

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | |
|---------------------|------|---------------------------|-----|---------|--------------------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------|-------------|---------|--------|--------|
| 2 Brown (49) | | | | | 8.6 km 395 m 22 C | | | | | | | | | | | | | |
| | | | | | 1(60) | 2(228) | 3(202) | 4(40) | 5(66) | 6(37) | 7(180) | 8(70) | 9(209) | 10(36) | 11(53) | 12(216) | 13(57) | 14(58) |
| | | | | | 15(223) | 16(205) | 17(38) | 18(210) | 19(44) | 20(34) | 21(45) | 22(199) | F | | | | | |
| 1 | 175 | Nick Barrable SYO | M40 | 59:58 | 1:51 | 3:29 | 7:36 | 14:41 | 15:35 | 23:30 | 25:45 | 26:46 | 31:04 | 33:07 | 34:17 | 36:53 | 40:51 | 42:18 |
| | | | | | 1:51 | 1:38 | 4:07 | 7:05 | 0:54 | 7:55 | 2:15 | 1:01 | 4:18 | 2:03 | 1:10 | 2:36 | 3:58 | 1:27 |
| | | | | | 44:03 | 47:46 | 50:26 | 51:54 | 54:47 | 56:47 | 58:39 | 59:34 | 59:58 | | | | | |
| | | | | | 1:45 | 3:43 | 2:40 | 1:28 | 2:53 | 2:00 | 1:52 | 0:55 | 0:24 | | | | | |
| 2 | 126 | Duncan Archer CLOK | M35 | 1:00:13 | 1:52 | 3:03 | 6:35 | 13:34 | 14:30 | 23:09 | 25:55 | 27:00 | 31:23 | 33:27 | 34:44 | 37:51 | 41:32 | 42:50 |
| | | | | | 1:52 | 1:11 | 3:32 | 6:59 | 0:56 | 8:39 | 2:46 | 1:05 | 4:23 | 2:04 | 1:17 | 3:07 | 3:41 | 1:18 |
| | | | | | 44:25 | 48:07 | 51:16 | 52:44 | 55:34 | 57:06 | 58:48 | 59:46 | 1:00:13 | | | | | |
| | | | | | 1:35 | 3:42 | 3:09 | 1:28 | 2:50 | 1:32 | 1:42 | 0:58 | 0:27 | | | | | |
| 3 | 474 | Dane Blomquist BAOC | M21 | 1:00:42 | 1:56 | 2:58 | 6:02 | 13:39 | 14:29 | 22:40 | 25:16 | 26:16 | 30:45 | 32:49 | 34:03 | 36:27 | 40:09 | 41:32 |
| | | | | | 1:56 | 1:02 | 3:04 | 7:37 | 0:50 | 8:11 | 2:36 | 1:00 | 4:29 | 2:04 | 1:14 | 2:24 | 3:42 | 1:23 |
| | | | | | 43:23 | 48:33 | 51:39 | 53:08 | 56:15 | 57:57 | 59:24 | 1:00:19 | 1:00:42 | | | | | |
| | | | | | 1:51 | 5:10 | 3:06 | 1:29 | 3:07 | 1:42 | 1:27 | 0:55 | 0:23 | | | | | |
| 4 | 515 | Geoff Ellis RAFO | M35 | 1:01:32 | 1:57 | 3:19 | 6:41 | 13:23 | 14:23 | 22:15 | 24:53 | 25:51 | 30:41 | 32:51 | 33:58 | 36:27 | 40:42 | 42:03 |
| | | | | | 1:57 | 1:22 | 3:22 | 6:42 | 1:00 | 7:52 | 2:38 | 0:58 | 4:50 | 2:10 | 1:07 | 2:29 | 4:15 | 1:21 |
| | | | | | 43:41 | 48:11 | 52:04 | 53:38 | 56:53 | 58:32 | 1:00:01 | 1:01:03 | 1:01:32 | | | | | |
| | | | | | 1:38 | 4:30 | 3:53 | 1:34 | 3:15 | 1:39 | 1:29 | 1:02 | 0:29 | | | | | |
| 5 | 160 | Roger Goddard FVO | M40 | 1:04:59 | 2:13 | 3:53 | 7:52 | 15:30 | 16:34 | 25:42 | 28:10 | 29:14 | 33:55 | 35:56 | 37:05 | 39:39 | 43:52 | 45:16 |
| | | | | | 2:13 | 1:40 | 3:59 | 7:38 | 1:04 | 9:08 | 2:28 | 1:04 | 4:41 | 2:01 | 1:09 | 2:34 | 4:13 | 1:24 |
| | | | | | 47:03 | 51:24 | 54:48 | 56:30 | 59:39 | 1:01:33 | 1:03:29 | 1:04:33 | 1:04:59 | | | | | |
| | | | | | 1:47 | 4:21 | 3:24 | 1:42 | 3:09 | 1:54 | 1:56 | 1:04 | 0:26 | | | | | |
| 6 | 572 | Ben Chesters SARUM | M35 | 1:05:04 | 2:03 | 3:17 | 7:42 | 15:49 | 16:51 | 25:51 | 28:08 | 29:10 | 34:08 | 36:10 | 37:27 | 40:09 | 44:11 | 45:33 |
| | | | | | 2:03 | 1:14 | 4:25 | 8:07 | 1:02 | 9:00 | 2:17 | 1:02 | 4:58 | 2:02 | 1:17 | 2:42 | 4:02 | 1:22 |
| | | | | | 47:23 | 52:46 | 55:57 | 57:19 | 1:00:15 | 1:01:51 | 1:03:45 | 1:04:39 | 1:05:04 | | | | | |
| | | | | | 1:50 | 5:23 | 3:11 | 1:22 | 2:56 | 1:36 | 1:54 | 0:54 | 0:25 | | | | | |
| 7 | 169 | Richard Barrett BAOC | M40 | 1:05:06 | 2:18 | 4:06 | 7:32 | 15:18 | 16:25 | 26:38 | 29:04 | 30:07 | 34:30 | 36:48 | 38:02 | 40:48 | 45:21 | 46:40 |
| | | | | | 2:18 | 1:48 | 3:26 | 7:46 | 1:07 | 10:13 | 2:26 | 1:03 | 4:23 | 2:18 | 1:14 | 2:46 | 4:33 | 1:19 |
| | | | | | 48:31 | 52:40 | 55:30 | 57:01 | 59:52 | 1:01:45 | 1:03:46 | 1:04:41 | 1:05:06 | | | | | |
| | | | | | 1:51 | 4:09 | 2:50 | 1:31 | 2:51 | 1:53 | 2:01 | 0:55 | 0:25 | | | | | |
| 8 | 557 | Adam Potter BOK | M21 | 1:06:50 | 1:56 | 3:22 | 6:39 | 14:43 | 15:38 | 23:11 | 25:39 | 26:43 | 31:29 | 33:20 | 34:35 | 37:26 | 41:25 | 42:43 |
| | | | | | 1:56 | 1:26 | 3:17 | 8:04 | 0:55 | 7:33 | 2:28 | 1:04 | 4:46 | 1:51 | 1:15 | 2:51 | 3:59 | 1:18 |
| | | | | | 44:11 | 48:59 | 52:09 | 53:20 | 57:07 | 1:01:29 | 1:05:26 | 1:06:25 | 1:06:50 | | | | | |
| | | | | | 1:28 | 4:48 | 3:10 | 1:11 | 3:47 | 4:22 | 3:57 | 0:59 | 0:25 | | | | | |
| 9 | 477 | Ben Mitchell SBOC | M21 | 1:07:00 | 2:23 | 3:53 | 7:50 | 16:52 | 17:47 | 27:07 | 29:21 | 30:19 | 34:56 | 37:01 | 38:10 | 41:57 | 46:32 | 47:47 |
| | | | | | 2:23 | 1:30 | 3:57 | 9:02 | 0:55 | 9:20 | 2:14 | 0:58 | 4:37 | 2:05 | 1:09 | 3:47 | 4:35 | 1:15 |
| | | | | | 49:25 | 53:13 | 56:01 | 57:26 | 1:00:54 | 1:02:57 | 1:05:48 | 1:06:38 | 1:07:00 | | | | | |
| | | | | | 1:38 | 3:48 | 2:48 | 1:25 | 3:28 | 2:03 | 2:51 | 0:50 | 0:22 | | | | | |
| 10 | 402 | Joe Taunton NOC | M21 | 1:08:24 | 2:05 | 3:17 | 6:55 | 15:12 | 16:16 | 25:54 | 28:12 | 29:12 | 34:11 | 36:36 | 37:51 | 40:37 | 44:23 | 45:59 |
| | | | | | 2:05 | 1:12 | 3:38 | 8:17 | 1:04 | 9:38 | 2:18 | 1:00 | 4:59 | 2:25 | 1:15 | 2:46 | 3:46 | 1:36 |
| | | | | | 47:36 | 56:13 | 59:13 | 1:00:37 | 1:03:42 | 1:05:16 | 1:06:56 | 1:07:55 | 1:08:24 | | | | | |
| | | | | | 1:37 | 8:37 | 3:00 | 1:24 | 3:05 | 1:34 | 1:40 | 0:59 | 0:29 | | | | | |
| 11 | 101 | Marcus Pinker CorkO | M40 | 1:08:35 | 2:13 | 3:44 | 8:20 | 17:33 | 18:39 | 27:17 | 29:26 | 30:38 | 35:15 | 37:51 | 38:56 | 41:53 | 46:01 | 47:19 |
| | | | | | 2:13 | 1:31 | 4:36 | 9:13 | 1:06 | 8:38 | 2:09 | 1:12 | 4:37 | 2:36 | 1:05 | 2:57 | 4:08 | 1:18 |
| | | | | | 49:01 | 54:36 | 57:39 | 1:00:44 | 1:03:41 | 1:05:28 | 1:07:06 | 1:08:08 | 1:08:35 | | | | | |
| | | | | | 1:42 | 5:35 | 3:03 | 3:05 | 2:57 | 1:47 | 1:38 | 1:02 | 0:27 | | | | | |
| 12 | 142 | Andy Simpson OD | M40 | 1:09:44 | 1:56 | 3:21 | 7:30 | 16:11 | 17:11 | 26:08 | 28:27 | 29:28 | 34:23 | 36:22 | 37:37 | 43:06 | 46:53 | 48:16 |
| | | | | | 1:56 | 1:25 | 4:09 | 8:41 | 1:00 | 8:57 | 2:19 | 1:01 | 4:55 | 1:59 | 1:15 | 5:29 | 3:47 | 1:23 |
| | | | | | 50:03 | 54:32 | 57:36 | 59:08 | 1:02:04 | 1:03:37 | 1:08:22 | 1:09:16 | 1:09:44 | | | | | |
| | | | | | 1:47 | 4:29 | 3:04 | 1:32 | 2:56 | 1:33 | 4:45 | 0:54 | 0:28 | | | | | |
| 13 | 640 | Romualdas Stupelis HOC | M21 | 1:10:54 | 2:01 | 3:50 | 7:19 | 15:16 | 16:15 | 25:04 | 27:40 | 28:48 | 33:40 | 35:44 | 38:28 | 41:47 | 45:32 | 47:34 |
| | | | | | 2:01 | 1:49 | 3:29 | 7:57 | 0:59 | 8:49 | 2:36 | 1:08 | 4:52 | 2:04 | 2:44 | 3:19 | 3:45 | 2:02 |
| | | | | | 49:55 | 55:56 | 59:01 | 1:00:44 | 1:04:59 | 1:06:58 | 1:09:14 | 1:10:26 | 1:10:54 | | | | | |
| | | | | | 2:21 | 6:01 | 3:05 | 1:43 | 4:15 | 1:59 | 2:16 | 1:12 | 0:28 | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | | | | | | |
|---------------------|------|-------------------------|-----|---------|---------------------|---------|---------|---------|-------------|---------|----------------|---------|---------|--------|--------|---------|--------|-------------|--|--|--|--|--|--|
| 2 Brown (49) | | | | | 8.6 km 395 m | | | | 22 C | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | | 1(60) | 2(228) | 3(202) | 4(40) | 5(66) | 6(37) | 7(180) | 8(70) | 9(209) | 10(36) | 11(53) | 12(216) | 13(57) | 14(58) | | | | | | |
| | | | | | 15(223) | 16(205) | 17(38) | 18(210) | 19(44) | 20(34) | 21(45) | 22(199) | F | | | | | | | | | | | |
| 14 | 426 | Alistair Masson SO | M21 | 1:11:00 | 3:50 | 5:05 | 8:16 | 15:41 | 16:36 | 26:48 | 28:51 | 29:58 | 34:16 | 36:17 | 38:36 | 42:57 | 47:15 | 48:32 | | | | | | |
| | | | | | 3:50 | 1:15 | 3:11 | 7:25 | 0:55 | 10:12 | 2:03 | 1:07 | 4:18 | 2:01 | 2:19 | 4:21 | 4:18 | 1:17 | | | | | | |
| | | | | | 50:08 | 54:17 | 58:36 | 1:01:29 | 1:04:36 | 1:07:51 | 1:09:31 | 1:10:33 | 1:11:00 | | | | | | | | | | | |
| | | | | | 1:36 | 4:09 | 4:19 | 2:53 | 3:07 | 3:15 | 1:40 | 1:02 | 0:27 | | | | | | | | | | | |
| 15 | 637 | Matthew Whipple UBOC | M21 | 1:12:34 | 1:57 | 3:30 | 8:04 | 16:20 | 17:25 | 26:52 | 29:17 | 30:33 | 36:53 | 39:13 | 40:39 | 43:42 | 48:16 | 49:35 | | | | | | |
| | | | | | 1:57 | 1:33 | 4:34 | 8:16 | 1:05 | 9:27 | 2:25 | 1:16 | 6:20 | 2:20 | 1:26 | 3:03 | 4:34 | 1:19 | | | | | | |
| | | | | | 51:19 | 55:54 | 1:00:02 | 1:01:31 | 1:04:49 | 1:07:11 | 1:11:04 | 1:12:07 | 1:12:34 | | | | | | | | | | | |
| | | | | | 1:44 | 4:35 | 4:08 | 1:29 | 3:18 | 2:22 | 3:53 | 1:03 | 0:27 | | | | | | | | | | | |
| 16 | 578 | James Hargreaves BOK | M21 | 1:12:43 | 2:05 | 3:35 | 7:11 | 15:17 | 16:17 | 25:00 | 27:21 | 28:36 | 33:16 | 36:30 | 38:27 | 42:15 | 46:39 | 47:52 | | | | | | |
| | | | | | 2:05 | 1:30 | 3:36 | 8:06 | 1:00 | 8:43 | 2:21 | 1:15 | 4:40 | 3:14 | 1:57 | 3:48 | 4:24 | 1:13 | | | | | | |
| | | | | | 49:38 | 54:56 | 1:00:27 | 1:01:58 | 1:05:37 | 1:08:00 | 1:10:43 | 1:12:02 | 1:12:43 | | | | | | | | | | | |
| | | | | | 1:46 | 5:18 | 5:31 | 1:31 | 3:39 | 2:23 | 2:43 | 1:19 | 0:41 | | | | | | | | | | | |
| 17 | 117 | Will Hensman FVO | M35 | 1:13:34 | 2:20 | 4:02 | 7:53 | 15:27 | 16:32 | 28:07 | 30:57 | 32:04 | 36:48 | 38:41 | 39:53 | 43:03 | 47:07 | 48:52 | | | | | | |
| | | | | | 2:20 | 1:42 | 3:51 | 7:34 | 1:05 | 11:35 | 2:50 | 1:07 | 4:44 | 1:53 | 1:12 | 3:10 | 4:04 | 1:45 | | | | | | |
| | | | | | 50:33 | 56:12 | 59:30 | 1:01:59 | 1:06:01 | 1:08:32 | 1:11:58 | 1:13:02 | 1:13:34 | | | | | | | | | | | |
| | | | | | 1:41 | 5:39 | 3:18 | 2:29 | 4:02 | 2:31 | 3:26 | 1:04 | 0:32 | | | | | | | | | | | |
| 18 | 441 | William Kromhout QO | M40 | 1:14:33 | 2:11 | 3:47 | 8:09 | 18:40 | 19:40 | 30:51 | 33:31 | 34:30 | 39:57 | 42:53 | 45:07 | 48:16 | 52:23 | 53:55 | | | | | | |
| | | | | | 2:11 | 1:36 | 4:22 | 10:31 | 1:00 | 11:11 | 2:40 | 0:59 | 5:27 | 2:56 | 2:14 | 3:09 | 4:07 | 1:32 | | | | | | |
| | | | | | 55:33 | 1:00:11 | 1:03:20 | 1:04:40 | 1:09:29 | 1:11:18 | 1:13:06 | 1:14:03 | 1:14:33 | | | | | | | | | | | |
| | | | | | 1:38 | 4:38 | 3:09 | 1:20 | 4:49 | 1:49 | 1:48 | 0:57 | 0:30 | | | | | | | | | | | |
| 19 | 549 | Mark Ford CHIG | M35 | 1:15:29 | 2:10 | 4:50 | 9:20 | 17:55 | 19:07 | 28:40 | 31:16 | 32:45 | 39:15 | 41:52 | 43:16 | 46:27 | 51:25 | 53:02 | | | | | | |
| | | | | | 2:10 | 2:40 | 4:30 | 8:35 | 1:12 | 9:33 | 2:36 | 1:29 | 6:30 | 2:37 | 1:24 | 3:11 | 4:58 | 1:37 | | | | | | |
| | | | | | 55:01 | 59:52 | 1:03:38 | 1:05:15 | 1:08:47 | 1:10:33 | 1:13:43 | 1:15:02 | 1:15:29 | | | | | | | | | | | |
| | | | | | 1:59 | 4:51 | 3:46 | 1:37 | 3:32 | 1:46 | 3:10 | 1:19 | 0:27 | | | | | | | | | | | |
| 20 | 607 | Ed Nicholas AROS | M21 | 1:16:19 | 1:57 | 3:36 | 7:37 | 18:31 | 19:34 | 30:09 | 33:23 | 34:32 | 39:59 | 42:16 | 43:47 | 46:38 | 51:06 | 53:02 | | | | | | |
| | | | | | 1:57 | 1:39 | 4:01 | 10:54 | 1:03 | 10:35 | 3:14 | 1:09 | 5:27 | 2:17 | 1:31 | 2:51 | 4:28 | 1:56 | | | | | | |
| | | | | | 54:57 | 1:01:26 | 1:04:31 | 1:05:59 | 1:10:46 | 1:12:38 | 1:14:58 | 1:15:54 | 1:16:19 | | | | | | | | | | | |
| | | | | | 1:55 | 6:29 | 3:05 | 1:28 | 4:47 | 1:52 | 2:20 | 0:56 | 0:25 | | | | | | | | | | | |
| 21 | 620 | Tim Britton BOK | M35 | 1:16:34 | 2:03 | 3:42 | 7:59 | 17:56 | 19:15 | 28:24 | 30:58 | 32:03 | 37:03 | 38:58 | 40:45 | 44:05 | 48:10 | 49:47 | | | | | | |
| | | | | | 2:03 | 1:39 | 4:17 | 9:57 | 1:19 | 9:09 | 2:34 | 1:05 | 5:00 | 1:55 | 1:47 | 3:20 | 4:05 | 1:37 | | | | | | |
| | | | | | 52:14 | 57:58 | 1:00:53 | 1:06:02 | 1:09:24 | 1:11:14 | 1:15:09 | 1:16:08 | 1:16:34 | | | | | | | | | | | |
| | | | | | 2:27 | 5:44 | 2:55 | 5:09 | 3:22 | 1:50 | 3:55 | 0:59 | 0:26 | | | | | | | | | | | |
| 22 | 568 | Keith Agmen BOK | M21 | 1:20:13 | 2:33 | 4:22 | 9:01 | 18:15 | 19:24 | 29:37 | 32:17 | 33:46 | 39:51 | 42:25 | 44:01 | 47:07 | 51:51 | 54:18 | | | | | | |
| | | | | | 2:33 | 1:49 | 4:39 | 9:14 | 1:09 | 10:13 | 2:40 | 1:29 | 6:05 | 2:34 | 1:36 | 3:06 | 4:44 | 2:27 | | | | | | |
| | | | | | 56:42 | 1:02:36 | 1:06:34 | 1:08:17 | 1:13:10 | 1:15:46 | 1:18:23 | 1:19:38 | 1:20:13 | | | | | | | | | | | |
| | | | | | 2:24 | 5:54 | 3:58 | 1:43 | 4:53 | 2:36 | 2:37 | 1:15 | 0:35 | | | | | | | | | | | |
| 23 | 436 | Richard Cronin NGOC | M21 | 1:22:01 | 2:19 | 5:00 | 9:35 | 19:05 | 20:30 | 33:35 | 36:34 | 38:02 | 44:12 | 47:06 | 48:48 | 52:39 | 57:40 | 59:42 | | | | | | |
| | | | | | 2:19 | 2:41 | 4:35 | 9:30 | 1:25 | 13:05 | 2:59 | 1:28 | 6:10 | 2:54 | 1:42 | 3:51 | 5:01 | 2:02 | | | | | | |
| | | | | | 1:01:50 | 1:06:54 | 1:10:29 | 1:13:01 | 1:16:37 | 1:18:27 | 1:20:23 | 1:21:31 | 1:22:01 | | | | | | | | | | | |
| | | | | | 2:08 | 5:04 | 3:35 | 2:32 | 3:36 | 1:50 | 1:56 | 1:08 | 0:30 | | | | | | | | | | | |
| 24 | 485 | Robert Ashton BAOC | M21 | 1:22:34 | 4:05 | 5:32 | 9:37 | 18:36 | 19:41 | 30:27 | 33:43 | 34:59 | 41:59 | 44:09 | 45:47 | 48:21 | 53:13 | 54:50 | | | | | | |
| | | | | | 4:05 | 1:27 | 4:05 | 8:59 | 1:05 | 10:46 | 3:16 | 1:16 | 7:00 | 2:10 | 1:38 | 2:34 | 4:52 | 1:37 | | | | | | |
| | | | | | 57:31 | 1:02:23 | 1:06:03 | 1:08:12 | 1:12:51 | 1:19:21 | 1:21:06 | 1:22:06 | 1:22:34 | | | | | | | | | | | |
| | | | | | 2:41 | 4:52 | 3:40 | 2:09 | 4:39 | 6:30 | 1:45 | 1:00 | 0:28 | | | | | | | | | | | |
| 25 | 184 | Declan McGrellis LVO | M40 | 1:23:41 | 2:09 | 4:50 | 9:42 | 20:50 | 21:58 | 31:57 | 37:18 | 38:33 | 43:57 | 46:59 | 48:38 | 51:58 | 57:31 | 59:19 | | | | | | |
| | | | | | 2:09 | 2:41 | 4:52 | 11:08 | 1:08 | 9:59 | 5:21 | 1:15 | 5:24 | 3:02 | 1:39 | 3:20 | 5:33 | 1:48 | | | | | | |
| | | | | | 1:01:33 | 1:06:24 | 1:09:58 | 1:11:35 | 1:15:15 | 1:18:13 | 1:22:13 | 1:23:15 | 1:23:41 | | | | | | | | | | | |
| | | | | | 2:14 | 4:51 | 3:34 | 1:37 | 3:40 | 2:58 | 4:00 | 1:02 | 0:26 | | | | | | | | | | | |
| 26 | 478 | Joe Gidley NGOC | M21 | 1:24:24 | 2:28 | 4:13 | 8:48 | 18:34 | 19:35 | 31:07 | 33:44 | 35:02 | 41:43 | 44:58 | 46:24 | 51:00 | 55:53 | 57:14 | | | | | | |
| | | | | | 2:28 | 1:45 | 4:35 | 9:46 | 1:01 | 11:32 | 2:37 | 1:18 | 6:41 | 3:15 | 1:26 | 4:36 | 4:53 | 1:21 | | | | | | |
| | | | | | 59:16 | 1:08:30 | 1:12:12 | 1:14:09 | 1:18:26 | 1:20:40 | 1:22:57 | 1:23:58 | 1:24:24 | | | | | | | | | | | |
| | | | | | 2:02 | 9:14 | 3:42 | 1:57 | 4:17 | 2:14 | 2:17 | 1:01 | 0:26 | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | |
|---------------------|------|-------------------------|-----|---------|----------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|--------|---------|---------|---------|---------|
| 2 Brown (49) | | | | | 8.6 km 395 m 22 C (cont.) | | | | | | | | | | | | | |
| | | | | | 1(60) | 2(228) | 3(202) | 4(40) | 5(66) | 6(37) | 7(180) | 8(70) | 9(209) | 10(36) | 11(53) | 12(216) | 13(57) | 14(58) |
| | | | | | 15(223) | 16(205) | 17(38) | 18(210) | 19(44) | 20(34) | 21(45) | 22(199) | F | | | | | |
| 27 | 212 | Richard Sansbury QO | M40 | 1:26:55 | 2:24 | 4:25 | 11:32 | 21:48 | 23:01 | 34:37 | 38:36 | 39:46 | 45:52 | 48:11 | 49:26 | 52:16 | 56:48 | 58:36 |
| | | | | | 2:24 | 2:01 | 7:07 | 10:16 | 1:13 | 11:36 | 3:59 | 1:10 | 6:06 | 2:19 | 1:15 | 2:50 | 4:32 | 1:48 |
| | | | | | 1:00:27 | 1:05:28 | 1:13:32 | 1:14:52 | 1:19:13 | 1:21:56 | 1:25:11 | 1:26:20 | 1:26:55 | | | | | |
| | | | | | 1:51 | 5:01 | 8:04 | 1:20 | 4:21 | 2:43 | 3:15 | 1:09 | 0:35 | | | | | |
| 28 | 537 | Stephen Read BAOC | M35 | 1:26:56 | 2:42 | 4:40 | 13:39 | 24:04 | 25:16 | 37:55 | 41:52 | 43:11 | 49:01 | 51:45 | 53:12 | 56:22 | 1:02:13 | 1:04:38 |
| | | | | | 2:42 | 1:58 | 8:59 | 10:25 | 1:12 | 12:39 | 3:57 | 1:19 | 5:50 | 2:44 | 1:27 | 3:10 | 5:51 | 2:25 |
| | | | | | 1:06:51 | 1:12:39 | 1:15:50 | 1:17:55 | 1:21:46 | 1:23:41 | 1:25:27 | 1:26:32 | 1:26:56 | | | | | |
| | | | | | 2:13 | 5:48 | 3:11 | 2:05 | 3:51 | 1:55 | 1:46 | 1:05 | 0:24 | | | | | |
| 29 | 621 | Tom Dobra UBOC | M21 | 1:27:08 | 2:30 | 4:35 | 9:03 | 18:26 | 19:41 | 31:36 | 34:39 | 36:05 | 41:32 | 44:08 | 45:41 | 53:17 | 58:34 | 1:01:26 |
| | | | | | 2:30 | 2:05 | 4:28 | 9:23 | 1:15 | 11:55 | 3:03 | 1:26 | 5:27 | 2:36 | 1:33 | 7:36 | 5:17 | 2:52 |
| | | | | | 1:03:31 | 1:09:29 | 1:13:00 | 1:14:49 | 1:18:06 | 1:19:49 | 1:25:26 | 1:26:43 | 1:27:08 | | | | | |
| | | | | | 2:05 | 5:58 | 3:31 | 1:49 | 3:17 | 1:43 | 5:37 | 1:17 | 0:25 | | | | | |
| 30 | 135 | Chris Lewis ESOC | M40 | 1:27:38 | 2:20 | 4:13 | 9:00 | 21:26 | 22:33 | 33:46 | 36:23 | 37:43 | 43:37 | 46:13 | 47:45 | 50:40 | 56:08 | 57:43 |
| | | | | | 2:20 | 1:53 | 4:47 | 12:26 | 1:07 | 11:13 | 2:37 | 1:20 | 5:54 | 2:36 | 1:32 | 2:55 | 5:28 | 1:35 |
| | | | | | 59:57 | 1:05:20 | 1:13:03 | 1:17:12 | 1:21:26 | 1:23:37 | 1:25:55 | 1:27:09 | 1:27:38 | | | | | |
| | | | | | 2:14 | 5:23 | 7:43 | 4:09 | 4:14 | 2:11 | 2:18 | 1:14 | 0:29 | | | | | |
| 31 | 377 | Scott Bailey BOK | M40 | 1:29:17 | 2:22 | 4:17 | 10:38 | 22:38 | 23:50 | 35:07 | 38:59 | 40:16 | 45:50 | 48:18 | 49:42 | 56:00 | 1:01:08 | 1:03:17 |
| | | | | | 2:22 | 1:55 | 6:21 | 12:00 | 1:12 | 11:17 | 3:52 | 1:17 | 5:34 | 2:28 | 1:24 | 6:18 | 5:08 | 2:09 |
| | | | | | 1:05:38 | 1:11:37 | 1:15:34 | 1:17:22 | 1:22:03 | 1:24:37 | 1:27:25 | 1:28:49 | 1:29:17 | | | | | |
| | | | | | 2:21 | 5:59 | 3:57 | 1:48 | 4:41 | 2:34 | 2:48 | 1:24 | 0:28 | | | | | |
| 32 | 435 | Brian Fletcher QO | M40 | 1:29:39 | 2:27 | 4:37 | 9:47 | 22:48 | 24:02 | 35:44 | 38:59 | 40:44 | 46:38 | 50:38 | 52:38 | 56:17 | 1:01:42 | 1:03:30 |
| | | | | | 2:27 | 2:10 | 5:10 | 13:01 | 1:14 | 11:42 | 3:15 | 1:45 | 5:54 | 4:00 | 2:00 | 3:39 | 5:25 | 1:48 |
| | | | | | 1:05:49 | 1:12:44 | 1:16:33 | 1:18:50 | 1:22:36 | 1:25:31 | 1:28:09 | 1:29:10 | 1:29:39 | | | | | |
| | | | | | 2:19 | 6:55 | 3:49 | 2:17 | 3:46 | 2:55 | 2:38 | 1:01 | 0:29 | | | | | |
| 33 | 191 | Fraser Purves FVO | M40 | 1:32:40 | 2:07 | 3:45 | 7:54 | 19:43 | 20:52 | 33:11 | 35:50 | 38:44 | 44:02 | 46:49 | 48:29 | 51:43 | 56:42 | 58:49 |
| | | | | | 2:07 | 1:38 | 4:09 | 11:49 | 1:09 | 12:19 | 2:39 | 2:54 | 5:18 | 2:47 | 1:40 | 3:14 | 4:59 | 2:07 |
| | | | | | 1:01:00 | 1:06:47 | 1:10:25 | 1:12:02 | 1:18:41 | 1:21:10 | 1:30:29 | 1:32:00 | 1:32:40 | | | | | |
| | | | | | 2:11 | 5:47 | 3:38 | 1:37 | 6:39 | 2:29 | 9:19 | 1:31 | 0:40 | | | | | |
| 34 | 564 | Matt Leathwood BOK | M40 | 1:37:30 | 2:36 | 5:24 | 18:26 | 28:47 | 30:02 | 41:26 | 44:42 | 46:04 | 52:12 | 54:55 | 56:51 | 1:00:09 | 1:07:38 | 1:10:58 |
| | | | | | 2:36 | 2:48 | 13:02 | 10:21 | 1:15 | 11:24 | 3:16 | 1:22 | 6:08 | 2:43 | 1:56 | 3:18 | 7:29 | 3:20 |
| | | | | | 1:13:17 | 1:21:19 | 1:24:49 | 1:26:56 | 1:30:37 | 1:33:29 | 1:36:02 | 1:37:02 | 1:37:30 | | | | | |
| | | | | | 2:19 | 8:02 | 3:30 | 2:07 | 3:41 | 2:52 | 2:33 | 1:00 | 0:28 | | | | | |
| 35 | 599 | Grey Grierson DEVON | M21 | 1:37:38 | 1:57 | 3:28 | 8:42 | 16:54 | 17:55 | 28:25 | 30:29 | 31:53 | 36:40 | 39:24 | 40:47 | 45:06 | 49:17 | 50:32 |
| | | | | | 1:57 | 1:31 | 5:14 | 8:12 | 1:01 | 10:30 | 2:04 | 1:24 | 4:47 | 2:44 | 1:23 | 4:19 | 4:11 | 1:15 |
| | | | | | 52:05 | 56:22 | 1:00:31 | 1:20:12 | 1:31:03 | 1:33:13 | 1:35:58 | 1:37:06 | 1:37:38 | | | | | |
| | | | | | 1:33 | 4:17 | 4:09 | 19:41 | 10:51 | 2:10 | 2:45 | 1:08 | 0:32 | | | | | |
| 36 | 334 | Edward Stott SLOW | M21 | 1:37:57 | 3:00 | 5:10 | 11:24 | 22:29 | 24:36 | 40:20 | 43:12 | 44:43 | 51:35 | 55:00 | 56:40 | 1:00:20 | 1:06:10 | 1:08:06 |
| | | | | | 3:00 | 2:10 | 6:14 | 11:05 | 2:07 | 15:44 | 2:52 | 1:31 | 6:52 | 3:25 | 1:40 | 3:40 | 5:50 | 1:56 |
| | | | | | 1:11:45 | 1:18:50 | 1:23:12 | 1:25:46 | 1:29:54 | 1:32:46 | 1:35:50 | 1:37:28 | 1:37:57 | | | | | |
| | | | | | 3:39 | 7:05 | 4:22 | 2:34 | 4:08 | 2:52 | 3:04 | 1:38 | 0:29 | | | | | |
| 37 | 538 | Adam Baker-Hale RAFO | M40 | 1:41:08 | 3:56 | 5:49 | 12:28 | 23:21 | 25:17 | 38:14 | 41:49 | 43:31 | 50:06 | 53:06 | 54:42 | 58:05 | 1:06:59 | 1:09:10 |
| | | | | | 3:56 | 1:53 | 6:39 | 10:53 | 1:56 | 12:57 | 3:35 | 1:42 | 6:35 | 3:00 | 1:36 | 3:23 | 8:54 | 2:11 |
| | | | | | 1:12:08 | 1:18:36 | 1:23:27 | 1:27:00 | 1:33:26 | 1:36:58 | 1:39:13 | 1:40:35 | 1:41:08 | | | | | |
| | | | | | 2:58 | 6:28 | 4:51 | 3:33 | 6:26 | 3:32 | 2:15 | 1:22 | 0:33 | | | | | |
| 38 | 151 | Bobby Smyth NWOC | M35 | 1:41:22 | 2:46 | 5:18 | 11:16 | 22:27 | 23:58 | 37:21 | 41:21 | 43:17 | 54:10 | 57:01 | 58:33 | 1:04:28 | 1:10:11 | 1:12:04 |
| | | | | | 2:46 | 2:32 | 5:58 | 11:11 | 1:31 | 13:23 | 4:00 | 1:56 | 10:53 | 2:51 | 1:32 | 5:55 | 5:43 | 1:53 |
| | | | | | 1:15:27 | 1:21:01 | 1:25:26 | 1:28:03 | 1:34:44 | 1:36:59 | 1:39:40 | 1:40:51 | 1:41:22 | | | | | |
| | | | | | 3:23 | 5:34 | 4:25 | 2:37 | 6:41 | 2:15 | 2:41 | 1:11 | 0:31 | | | | | |
| 39 | 363 | Dave Austin NGOC | M40 | 1:43:09 | 2:58 | 5:52 | 12:57 | 24:50 | 26:14 | 41:11 | 47:08 | 48:55 | 55:14 | 58:52 | 1:01:01 | 1:04:23 | 1:10:22 | 1:12:18 |
| | | | | | 2:58 | 2:54 | 7:05 | 11:53 | 1:24 | 14:57 | 5:57 | 1:47 | 6:19 | 3:38 | 2:09 | 3:22 | 5:59 | 1:56 |
| | | | | | 1:15:21 | 1:22:13 | 1:26:14 | 1:28:02 | 1:32:37 | 1:36:38 | 1:40:43 | 1:42:37 | 1:43:09 | | | | | |
| | | | | | 3:03 | 6:52 | 4:01 | 1:48 | 4:35 | 4:01 | 4:05 | 1:54 | 0:32 | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | |
|------------------------|-----------------------|--------------------------|-----|---------|----------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 2 Brown (49) | | | | | 8.6 km 395 m 22 C (cont.) | | | | | | | | | | | | | |
| | | | | | 1(60) | 2(228) | 3(202) | 4(40) | 5(66) | 6(37) | 7(180) | 8(70) | 9(209) | 10(36) | 11(53) | 12(216) | 13(57) | 14(58) |
| | | | | | 15(223) | 16(205) | 17(38) | 18(210) | 19(44) | 20(34) | 21(45) | 22(199) | F | | | | | |
| 40 | 118 | Clive Thomas MWOC | M35 | 1:44:50 | 2:50 | 5:08 | 9:50 | 20:02 | 21:25 | 33:15 | 36:42 | 38:23 | 48:49 | 51:28 | 53:06 | 59:00 | 1:04:50 | 1:06:46 |
| | | | | | 2:50 | 2:18 | 4:42 | 10:12 | 1:23 | 11:50 | 3:27 | 1:41 | 10:26 | 2:39 | 1:38 | 5:54 | 5:50 | 1:56 |
| | | | | | 1:09:46 | 1:15:37 | 1:20:21 | 1:27:00 | 1:34:44 | 1:38:39 | 1:42:38 | 1:44:13 | 1:44:50 | | | | | |
| | | | | | 3:00 | 5:51 | 4:44 | 6:39 | 7:44 | 3:55 | 3:59 | 1:35 | 0:37 | | | | | |
| 41 | 358 | Steve Green NGOC | M40 | 1:45:31 | 2:49 | 5:04 | 16:18 | 30:22 | 31:40 | 44:31 | 48:05 | 49:49 | 56:35 | 1:00:23 | 1:02:06 | 1:06:03 | 1:12:00 | 1:14:28 |
| | | | | | 2:49 | 2:15 | 11:14 | 14:04 | 1:18 | 12:51 | 3:34 | 1:44 | 6:46 | 3:48 | 1:43 | 3:57 | 5:57 | 2:28 |
| | | | | | 1:17:30 | 1:25:11 | 1:29:39 | 1:31:54 | 1:36:37 | 1:40:16 | 1:43:35 | 1:45:01 | 1:45:31 | | | | | |
| | | | | | 3:02 | 7:41 | 4:28 | 2:15 | 4:43 | 3:39 | 3:19 | 1:26 | 0:30 | | | | | |
| 42 | 499 | Tommi Grover BOK | M35 | 1:48:47 | 3:03 | 4:53 | 11:15 | 23:27 | 25:18 | 38:41 | 43:08 | 44:49 | 51:24 | 56:20 | 58:21 | 1:02:27 | 1:08:44 | 1:11:20 |
| | | | | | 3:03 | 1:50 | 6:22 | 12:12 | 1:51 | 13:23 | 4:27 | 1:41 | 6:35 | 4:56 | 2:01 | 4:06 | 6:17 | 2:36 |
| | | | | | 1:14:19 | 1:29:18 | 1:34:34 | 1:36:41 | 1:40:54 | 1:44:17 | 1:46:59 | 1:48:15 | 1:48:47 | | | | | |
| | | | | | 2:59 | 14:59 | 5:16 | 2:07 | 4:13 | 3:23 | 2:42 | 1:16 | 0:32 | | | | | |
| 43 | 244 | Peter Stagg BOK | M40 | 1:48:54 | 2:56 | 4:47 | 9:33 | 19:38 | 20:42 | 31:22 | 36:04 | 37:28 | 44:12 | 46:45 | 48:29 | 51:51 | 58:05 | 1:00:41 |
| | | | | | 2:56 | 1:51 | 4:46 | 10:05 | 1:04 | 10:40 | 4:42 | 1:24 | 6:44 | 2:33 | 1:44 | 3:22 | 6:14 | 2:36 |
| | | | | | 1:02:46 | 1:13:25 | 1:17:33 | 1:19:25 | 1:23:19 | 1:43:41 | 1:46:54 | 1:48:21 | 1:48:54 | | | | | |
| | | | | | 2:05 | 10:39 | 4:08 | 1:52 | 3:54 | 20:22 | 3:13 | 1:27 | 0:33 | | | | | |
| 44 | 340 | Mark Lockett KERNO | M40 | 1:52:39 | 2:54 | 5:06 | 11:15 | 25:31 | 27:04 | 42:12 | 46:20 | 48:23 | 54:42 | 58:21 | 1:00:01 | 1:04:20 | 1:10:54 | 1:13:05 |
| | | | | | 2:54 | 2:12 | 6:09 | 14:16 | 1:33 | 15:08 | 4:08 | 2:03 | 6:19 | 3:39 | 1:40 | 4:19 | 6:34 | 2:11 |
| | | | | | 1:16:03 | 1:25:12 | 1:29:24 | 1:31:41 | 1:38:09 | 1:46:52 | 1:50:10 | 1:51:52 | 1:52:39 | | | | | |
| | | | | | 2:58 | 9:09 | 4:12 | 2:17 | 6:28 | 8:43 | 3:18 | 1:42 | 0:47 | | | | | |
| 45 | 525 | Mark Burley BOK | M21 | 1:58:45 | 4:08 | 6:57 | 13:55 | 26:12 | 28:02 | 45:35 | 50:07 | 52:41 | 1:01:58 | 1:06:00 | 1:08:36 | 1:13:30 | 1:21:34 | 1:24:40 |
| | | | | | 4:08 | 2:49 | 6:58 | 12:17 | 1:50 | 17:33 | 4:32 | 2:34 | 9:17 | 4:02 | 2:36 | 4:54 | 8:04 | 3:06 |
| | | | | | 1:28:14 | 1:35:14 | 1:41:03 | 1:43:53 | 1:49:01 | 1:51:45 | 1:55:34 | 1:57:25 | 1:58:45 | | | | | |
| | | | | | 3:34 | 7:00 | 5:49 | 2:50 | 5:08 | 2:44 | 3:49 | 1:51 | 1:20 | | | | | |
| 46 | 510 | Scott Johnson NGOC | M35 | 2:16:02 | 4:28 | 6:30 | 11:13 | 25:37 | 28:41 | 41:47 | 46:12 | 48:18 | 1:00:52 | 1:04:40 | 1:06:59 | 1:10:30 | 1:18:30 | 1:20:51 |
| | | | | | 4:28 | 2:02 | 4:43 | 14:24 | 3:04 | 13:06 | 4:25 | 2:06 | 12:34 | 3:48 | 2:19 | 3:31 | 8:00 | 2:21 |
| | | | | | 1:27:10 | 1:36:18 | 1:41:33 | 1:44:49 | 2:06:56 | 2:11:11 | 2:14:06 | 2:15:32 | 2:16:02 | | | | | |
| | | | | | 6:19 | 9:08 | 5:15 | 3:16 | 22:07 | 4:15 | 2:55 | 1:26 | 0:30 | | | | | |
| 47 | 460 | Anders Johansson NGOC | M40 | 2:23:12 | 2:52 | 5:08 | 12:08 | 25:04 | 26:38 | 44:56 | 49:58 | 52:20 | 1:02:00 | 1:07:28 | 1:09:25 | 1:14:03 | 1:21:39 | 1:24:36 |
| | | | | | 2:52 | 2:16 | 7:00 | 12:56 | 1:34 | 18:18 | 5:02 | 2:22 | 9:40 | 5:28 | 1:57 | 4:38 | 7:36 | 2:57 |
| | | | | | 1:27:17 | 1:45:39 | 1:50:41 | 1:58:14 | 2:06:56 | 2:17:30 | 2:20:45 | 2:22:33 | 2:23:12 | | | | | |
| | | | | | 2:41 | 18:22 | 5:02 | 7:33 | 8:42 | 10:34 | 3:15 | 1:48 | 0:39 | | | | | |
| 509 | Kris Jones SBOC | M21 | mp | 1:49 | 2:54 | 6:03 | 13:28 | 14:20 | 21:52 | 24:08 | 25:24 | 29:27 | 31:09 | 32:17 | 34:20 | 37:46 | 39:04 | |
| | | | | | 1:49 | 1:05 | 3:09 | 7:25 | 0:52 | 7:32 | 2:16 | 1:16 | 4:03 | 1:42 | 1:08 | 2:03 | 3:26 | 1:18 |
| | | | | | 40:49 | 44:13 | 47:14 | 48:25 | ----- | 53:48 | 56:08 | 57:00 | 57:21 | 51:21 | | | | |
| | | | | | 1:45 | 3:24 | 3:01 | 1:11 | ----- | 5:23 | 2:20 | 0:52 | 0:21 | *65 | | | | |
| 479 | Jason Falconer WSX | M40 | dnf | 2:29 | 6:18 | 10:26 | 34:04 | 35:14 | 47:38 | 51:49 | 53:45 | 1:02:12 | 1:09:14 | 1:11:04 | 1:15:08 | 1:20:44 | 1:25:59 | |
| | | | | | 2:29 | 3:49 | 4:08 | 23:38 | 1:10 | 12:24 | 4:11 | 1:56 | 8:27 | 7:02 | 1:50 | 4:04 | 5:36 | 5:15 |
| | | | | | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | | | | |
| 3 Sh Brown (71) | | | | | 7.6 km 270 m 22 C | | | | | | | | | | | | | |
| | | | | | 1(64) | 2(47) | 3(228) | 4(202) | 5(37) | 6(180) | 7(70) | 8(214) | 9(209) | 10(36) | 11(53) | 12(62) | 13(229) | 14(58) |
| | | | | | 15(223) | 16(35) | 17(33) | 18(38) | 19(42) | 20(219) | 21(65) | 22(199) | F | | | | | |
| 1 | 167 | Clive Hallett BOK | M50 | 54:41 | 2:24 | 4:41 | 5:57 | 10:00 | 16:09 | 18:06 | 19:07 | 20:00 | 24:55 | 26:48 | 28:00 | 31:44 | 33:52 | 37:15 |
| | | | | | 2:24 | 2:17 | 1:16 | 4:03 | 6:09 | 1:57 | 1:01 | 0:53 | 4:55 | 1:53 | 1:12 | 3:44 | 2:08 | 3:23 |
| | | | | | 38:49 | 41:58 | 45:48 | 47:32 | 49:38 | 52:05 | 52:54 | 54:14 | 54:41 | | | | | |
| | | | | | 1:34 | 3:09 | 3:50 | 1:44 | 2:06 | 2:27 | 0:49 | 1:20 | 0:27 | | | | | |
| 2 | 186 | Tim Tett SYO | M50 | 55:18 | 2:27 | 4:56 | 6:11 | 10:59 | 16:11 | 18:12 | 19:07 | 20:06 | 23:52 | 25:54 | 26:58 | 31:22 | 32:58 | 36:41 |
| | | | | | 2:27 | 2:29 | 1:15 | 4:48 | 5:12 | 2:01 | 0:55 | 0:59 | 3:46 | 2:02 | 1:04 | 4:24 | 1:36 | 3:43 |
| | | | | | 38:17 | 41:36 | 45:42 | 47:29 | 49:36 | 52:17 | 53:12 | 54:46 | 55:18 | | | | | |
| | | | | | 1:36 | 3:19 | 4:06 | 1:47 | 2:07 | 2:41 | 0:55 | 1:34 | 0:32 | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | |
|------------------------|------|----------------------------|------|---------|----------------------------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|-------------|-------------|-------------|--------|-------------|-------------|
| 3 Sh Brown (71) | | | | | 7.6 km 270 m 22 C (cont.) | | | | | | | | | | | | | |
| | | | | | 1(64) | 2(47) | 3(228) | 4(202) | 5(37) | 6(180) | 7(70) | 8(214) | 9(209) | 10(36) | 11(53) | 12(62) | 13(229) | 14(58) |
| | | | | | 15(223) | 16(35) | 17(33) | 18(38) | 19(42) | 20(219) | 21(65) | 22(199) | F | | | | | |
| 3 | 301 | David Peel SYO | M45 | 55:47 | 2:31 | 4:50 | 6:22 | 10:29 | 15:37 | 17:59 | 19:07 | 20:13 | 24:15 | 26:16 | 27:34 | 31:23 | 33:55 | 37:56 |
| | | | | | 2:31 | 2:19 | 1:32 | 4:07 | 5:08 | 2:22 | 1:08 | 1:06 | 4:02 | 2:01 | 1:18 | 3:49 | 2:32 | 4:01 |
| | | | | | 39:40 | 42:57 | 46:55 | 48:31 | 50:27 | 52:53 | 53:42 | 55:17 | 55:47 | | | | | |
| | | | | | 1:44 | 3:17 | 3:58 | 1:36 | 1:56 | 2:26 | 0:49 | 1:35 | 0:30 | | | | | |
| 4 | 462 | Andrew Monro HOC | M45 | 56:40 | 2:15 | 4:21 | 6:10 | 10:17 | 16:51 | 19:56 | 21:05 | 21:57 | 25:45 | 28:26 | 29:38 | 33:51 | 35:25 | 38:43 |
| | | | | | 2:15 | 2:06 | 1:49 | 4:07 | 6:34 | 3:05 | 1:09 | 0:52 | 3:48 | 2:41 | 1:12 | 4:13 | 1:34 | 3:18 |
| | | | | | 40:37 | 43:45 | 47:43 | 49:26 | 52:01 | 54:22 | 55:08 | 56:13 | 56:40 | | | | | |
| | | | | | 1:54 | 3:08 | 3:58 | 1:43 | 2:35 | 2:21 | 0:46 | 1:05 | 0:27 | | | | | |
| 5 | 163 | Dave Robertson CLYDE | M50 | 57:44 | 2:48 | 5:36 | 6:49 | 11:02 | 16:16 | 18:47 | 19:59 | 21:01 | 24:44 | 27:44 | 30:03 | 34:14 | 36:17 | 40:13 |
| | | | | | 2:48 | 2:48 | 1:13 | 4:13 | 5:14 | 2:31 | 1:12 | 1:02 | 3:43 | 3:00 | 2:19 | 4:11 | 2:03 | 3:56 |
| | | | | | 41:53 | 44:59 | 48:51 | 50:42 | 52:41 | 55:12 | 55:57 | 57:16 | 57:44 | | | | | |
| | | | | | 1:40 | 3:06 | 3:52 | 1:51 | 1:59 | 2:31 | 0:45 | 1:19 | 0:28 | | | | | |
| 6 | 518 | John Duckworth DVO | M45 | 58:06 | 2:26 | 4:36 | 5:57 | 9:34 | 15:14 | 17:56 | 19:02 | 19:52 | 24:03 | 26:38 | 28:55 | 32:51 | 34:30 | 38:29 |
| | | | | | 2:26 | 2:10 | 1:21 | 3:37 | 5:40 | 2:42 | 1:06 | 0:50 | 4:11 | 2:35 | 2:17 | 3:56 | 1:39 | 3:59 |
| | | | | | 40:10 | 43:23 | 47:41 | 49:25 | 51:46 | 55:05 | 56:15 | 57:34 | 58:06 | | | | | |
| | | | | | 1:41 | 3:13 | 4:18 | 1:44 | 2:21 | 3:19 | 1:10 | 1:19 | 0:32 | | | | | |
| 7 | 180 | Jon Hollingdale MOR | M50 | 58:14 | 2:33 | 4:53 | 6:16 | 10:27 | 17:14 | 20:07 | 21:49 | 23:51 | 27:12 | 29:01 | 30:05 | 34:31 | 36:09 | 39:32 |
| | | | | | 2:33 | 2:20 | 1:23 | 4:11 | 6:47 | 2:53 | 1:42 | 2:02 | 3:21 | 1:49 | 1:04 | 4:26 | 1:38 | 3:23 |
| | | | | | 41:18 | 44:31 | 48:43 | 50:35 | 52:33 | 55:32 | 56:17 | 57:46 | 58:14 | | | | | |
| | | | | | 1:46 | 3:13 | 4:12 | 1:52 | 1:58 | 2:59 | 0:45 | 1:29 | 0:28 | | | | | |
| 8 | 230 | Ben Maliphant BOK | M20 | 59:24 | 2:14 | 4:20 | 5:56 | 9:13 | 14:44 | 16:57 | 18:09 | 20:11 | 24:00 | 26:08 | 27:23 | 31:33 | 33:46 | 37:29 |
| | | | | | 2:14 | 2:06 | 1:36 | 3:17 | 5:31 | 2:13 | 1:12 | 2:02 | 3:49 | 2:08 | 1:15 | 4:10 | 2:13 | 3:43 |
| | | | | | 39:22 | 42:26 | 46:23 | 48:20 | 50:58 | 56:29 | 57:21 | 58:53 | 59:24 | | | | | |
| | | | | | 1:53 | 3:04 | 3:57 | 1:57 | 2:38 | 5:31 | 0:52 | 1:32 | 0:31 | | | | | |
| 9 | 109 | Al Powell AIRE | M45 | 1:01:12 | 2:39 | 5:49 | 7:11 | 11:26 | 17:31 | 19:58 | 21:13 | 22:13 | 26:21 | 29:14 | 30:36 | 35:16 | 37:04 | 40:42 |
| | | | | | 2:39 | 3:10 | 1:22 | 4:15 | 6:05 | 2:27 | 1:15 | 1:00 | 4:08 | 2:53 | 1:22 | 4:40 | 1:48 | 3:38 |
| | | | | | 42:51 | 46:49 | 51:01 | 52:40 | 55:15 | 58:01 | 59:02 | 1:00:44 | 1:01:12 | | | | | |
| | | | | | 2:09 | 3:58 | 4:12 | 1:39 | 2:35 | 2:46 | 1:01 | 1:42 | 0:28 | | | | | |
| 10 | 636 | Jason Howell HOC | M45 | 1:01:17 | 2:41 | 5:14 | 6:39 | 10:50 | 16:33 | 18:55 | 20:02 | 21:03 | 25:16 | 27:27 | 28:52 | 33:36 | 35:34 | 40:13 |
| | | | | | 2:41 | 2:33 | 1:25 | 4:11 | 5:43 | 2:22 | 1:07 | 1:01 | 4:13 | 2:11 | 1:25 | 4:44 | 1:58 | 4:39 |
| | | | | | 42:10 | 46:14 | 50:29 | 52:00 | 54:30 | 58:25 | 59:19 | 1:00:42 | 1:01:17 | | | | | |
| | | | | | 1:57 | 4:04 | 4:15 | 1:31 | 2:30 | 3:55 | 0:54 | 1:23 | 0:35 | | | | | |
| 11 | 176 | Aonghus O'Cleirigh AJAX | M50 | 1:01:24 | 2:42 | 5:11 | 6:38 | 11:10 | 19:09 | 21:42 | 22:58 | 23:58 | 28:08 | 30:28 | 32:41 | 37:35 | 39:27 | 42:46 |
| | | | | | 2:42 | 2:29 | 1:27 | 4:32 | 7:59 | 2:33 | 1:16 | 1:00 | 4:10 | 2:20 | 2:13 | 4:54 | 1:52 | 3:19 |
| | | | | | 44:27 | 47:45 | 51:40 | 53:42 | 55:49 | 58:19 | 59:29 | 1:00:54 | 1:01:24 | | | | | |
| | | | | | 1:41 | 3:18 | 3:55 | 2:02 | 2:07 | 2:30 | 1:10 | 1:25 | 0:30 | | | | | |
| 12 | 524 | Paul Gebbett BOK | M45 | 1:02:02 | 2:32 | 5:43 | 7:21 | 11:51 | 17:32 | 20:25 | 21:44 | 22:41 | 26:40 | 30:22 | 31:44 | 36:17 | 38:36 | 42:23 |
| | | | | | 2:32 | 3:11 | 1:38 | 4:30 | 5:41 | 2:53 | 1:19 | 0:57 | 3:59 | 3:42 | 1:22 | 4:33 | 2:19 | 3:47 |
| | | | | | 44:23 | 47:54 | 51:52 | 53:34 | 56:18 | 58:58 | 1:00:01 | 1:01:27 | 1:02:02 | | | | | |
| | | | | | 2:00 | 3:31 | 3:58 | 1:42 | 2:44 | 2:40 | 1:03 | 1:26 | 0:35 | | | | | |
| 13 | 427 | Keith Masson MV | M50 | 1:02:13 | 2:41 | 5:24 | 6:49 | 10:51 | 16:43 | 19:51 | 20:51 | 21:51 | 25:53 | 29:00 | 30:15 | 34:03 | 36:38 | 40:25 |
| | | | | | 2:41 | 2:43 | 1:25 | 4:02 | 5:52 | 3:08 | 1:00 | 1:00 | 4:02 | 3:07 | 1:15 | 3:48 | 2:35 | 3:47 |
| | | | | | 42:07 | 45:20 | 51:52 | 53:16 | 55:32 | 59:02 | 1:00:18 | 1:01:42 | 1:02:13 | | | | | |
| | | | | | 1:42 | 3:13 | 6:32 | 1:24 | 2:16 | 3:30 | 1:16 | 1:24 | 0:31 | | | | | |
| 14 | 102 | Max Cole PFO | M45 | 1:02:54 | 2:26 | 5:13 | 7:00 | 11:30 | 16:38 | 22:25 | 23:45 | 24:45 | 28:33 | 30:27 | 31:56 | 35:45 | 37:28 | 41:26 |
| | | | | | 2:26 | 2:47 | 1:47 | 4:30 | 5:08 | 5:47 | 1:20 | 1:00 | 3:48 | 1:54 | 1:29 | 3:49 | 1:43 | 3:58 |
| | | | | | 43:15 | 46:17 | 50:17 | 52:15 | 57:01 | 59:35 | 1:00:37 | 1:02:28 | 1:02:54 | | | | | |
| | | | | | 1:49 | 3:02 | 4:00 | 1:58 | 4:46 | 2:34 | 1:02 | 1:51 | 0:26 | | | | | |
| 15 | 469 | Tom Bray SOC | M21S | 1:02:57 | 3:05 | 5:31 | 7:33 | 11:59 | 18:42 | 21:23 | 22:35 | 23:37 | 28:03 | 30:24 | 31:45 | 37:02 | 38:54 | 42:40 |
| | | | | | 3:05 | 2:26 | 2:02 | 4:26 | 6:43 | 2:41 | 1:12 | 1:02 | 4:26 | 2:21 | 1:21 | 5:17 | 1:52 | 3:46 |
| | | | | | 44:23 | 47:52 | 52:21 | 54:05 | 56:35 | 59:57 | 1:01:00 | 1:02:30 | 1:02:57 | | | | | |
| | | | | | 1:43 | 3:29 | 4:29 | 1:44 | 2:30 | 3:22 | 1:03 | 1:30 | 0:27 | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | |
|------------------------|------|--------------------------|------|---------|---------------------|--------|---------|---------|-------------|---------|---------|---------|----------------|--------|--------|-------------|---------|--------|
| 3 Sh Brown (71) | | | | | 7.6 km 270 m | | | | 22 C | | | | <i>(cont.)</i> | | | | | |
| | | | | | 1(64) | 2(47) | 3(228) | 4(202) | 5(37) | 6(180) | 7(70) | 8(214) | 9(209) | 10(36) | 11(53) | 12(62) | 13(229) | 14(58) |
| | | | | | 15(223) | 16(35) | 17(33) | 18(38) | 19(42) | 20(219) | 21(65) | 22(199) | F | | | | | |
| 16 | 141 | Sarah Rollins BAOC | W35V | 1:04:11 | 2:49 | 5:19 | 7:13 | 12:08 | 19:21 | 21:59 | 23:11 | 24:25 | 28:43 | 31:10 | 32:29 | 36:13 | 38:35 | 42:56 |
| | | | | | 2:49 | 2:30 | 1:54 | 4:55 | 7:13 | 2:38 | 1:12 | 1:14 | 4:18 | 2:27 | 1:19 | 3:44 | 2:22 | 4:21 |
| | | | | | 44:47 | 48:25 | 52:49 | 54:38 | 57:22 | 1:01:00 | 1:02:07 | 1:03:40 | 1:04:11 | | | | | |
| | | | | | 1:51 | 3:38 | 4:24 | 1:49 | 2:44 | 3:38 | 1:07 | 1:33 | 0:31 | | | | | |
| 17 | 569 | Richard Cottle BOK | M45 | 1:04:34 | 3:05 | 5:48 | 8:50 | 12:53 | 19:06 | 21:45 | 22:49 | 23:57 | 28:22 | 30:47 | 32:16 | 36:36 | 38:23 | 42:42 |
| | | | | | 3:05 | 2:43 | 3:02 | 4:03 | 6:13 | 2:39 | 1:04 | 1:08 | 4:25 | 2:25 | 1:29 | 4:20 | 1:47 | 4:19 |
| | | | | | 44:51 | 49:05 | 53:47 | 55:26 | 58:07 | 1:00:40 | 1:02:34 | 1:04:00 | 1:04:34 | | | | | |
| | | | | | 2:09 | 4:14 | 4:42 | 1:39 | 2:41 | 2:33 | 1:54 | 1:26 | 0:34 | | | | | |
| 18 | 112 | Angus Tyner Setanta | M45 | 1:04:51 | 2:47 | 7:24 | 9:14 | 14:14 | 20:15 | 22:59 | 24:15 | 25:23 | 29:26 | 32:08 | 33:42 | 37:45 | 40:13 | 43:58 |
| | | | | | 2:47 | 4:37 | 1:50 | 5:00 | 6:01 | 2:44 | 1:16 | 1:08 | 4:03 | 2:42 | 1:34 | 4:03 | 2:28 | 3:45 |
| | | | | | 45:56 | 49:47 | 54:07 | 55:41 | 58:33 | 1:01:18 | 1:02:18 | 1:04:23 | 1:04:51 | | | | | |
| | | | | | 1:58 | 3:51 | 4:20 | 1:34 | 2:52 | 2:45 | 1:00 | 2:05 | 0:28 | | | | | |
| 19 | 107 | Kenny Milton CLYDE | M45 | 1:07:15 | 2:52 | 6:01 | 7:33 | 12:42 | 22:05 | 24:32 | 27:18 | 28:21 | 32:18 | 35:06 | 36:45 | 41:17 | 43:07 | 46:48 |
| | | | | | 2:52 | 3:09 | 1:32 | 5:09 | 9:23 | 2:27 | 2:46 | 1:03 | 3:57 | 2:48 | 1:39 | 4:32 | 1:50 | 3:41 |
| | | | | | 48:52 | 52:50 | 57:02 | 58:42 | 1:01:19 | 1:04:07 | 1:05:09 | 1:06:48 | 1:07:15 | | | | | |
| | | | | | 2:04 | 3:58 | 4:12 | 1:40 | 2:37 | 2:48 | 1:02 | 1:39 | 0:27 | | | | | |
| 20 | 122 | Jon Cross FVO | M45 | 1:07:18 | 2:33 | 5:26 | 7:18 | 11:19 | 20:11 | 22:39 | 24:04 | 25:14 | 30:41 | 32:50 | 34:56 | 39:10 | 41:00 | 44:34 |
| | | | | | 2:33 | 2:53 | 1:52 | 4:01 | 8:52 | 2:28 | 1:25 | 1:10 | 5:27 | 2:09 | 2:06 | 4:14 | 1:50 | 3:34 |
| | | | | | 46:17 | 49:50 | 54:23 | 56:34 | 1:00:40 | 1:03:39 | 1:04:40 | 1:06:45 | 1:07:18 | | | | | |
| | | | | | 1:43 | 3:33 | 4:33 | 2:11 | 4:06 | 2:59 | 1:01 | 2:05 | 0:33 | | | | | |
| 21 | 136 | Ifor Powell BOK | M45 | 1:09:12 | 3:07 | 6:17 | 8:30 | 13:15 | 19:55 | 22:44 | 24:14 | 25:46 | 30:26 | 33:30 | 35:17 | 39:19 | 41:29 | 45:56 |
| | | | | | 3:07 | 3:10 | 2:13 | 4:45 | 6:40 | 2:49 | 1:30 | 1:32 | 4:40 | 3:04 | 1:47 | 4:02 | 2:10 | 4:27 |
| | | | | | 47:54 | 51:46 | 56:55 | 58:49 | 1:01:56 | 1:05:21 | 1:06:27 | 1:08:34 | 1:09:12 | | | | | |
| | | | | | 1:58 | 3:52 | 5:09 | 1:54 | 3:07 | 3:25 | 1:06 | 2:07 | 0:38 | | | | | |
| 21 | 194 | Colm O'Halloran CorkO | M50 | 1:09:12 | 3:27 | 6:11 | 7:40 | 12:31 | 20:11 | 22:46 | 23:45 | 25:11 | 29:58 | 31:58 | 33:13 | 38:06 | 40:02 | 43:56 |
| | | | | | 3:27 | 2:44 | 1:29 | 4:51 | 7:40 | 2:35 | 0:59 | 1:26 | 4:47 | 2:00 | 1:15 | 4:53 | 1:56 | 3:54 |
| | | | | | 47:48 | 52:29 | 57:33 | 1:00:41 | 1:03:16 | 1:06:19 | 1:07:23 | 1:08:43 | 1:09:12 | | | | | |
| | | | | | 3:52 | 4:41 | 5:04 | 3:08 | 2:35 | 3:03 | 1:04 | 1:20 | 0:29 | | | | | |
| 23 | 476 | Sam Mitchell SBOC | M20 | 1:10:13 | 2:45 | 5:19 | 7:10 | 11:29 | 20:11 | 23:06 | 24:34 | 25:32 | 30:07 | 32:48 | 34:23 | 39:11 | 41:47 | 46:42 |
| | | | | | 2:45 | 2:34 | 1:51 | 4:19 | 8:42 | 2:55 | 1:28 | 0:58 | 4:35 | 2:41 | 1:35 | 4:48 | 2:36 | 4:55 |
| | | | | | 48:54 | 53:59 | 58:45 | 1:01:27 | 1:03:59 | 1:07:17 | 1:08:16 | 1:09:52 | 1:10:13 | | | | | |
| | | | | | 2:12 | 5:05 | 4:46 | 2:42 | 2:32 | 3:18 | 0:59 | 1:36 | 0:21 | | | | | |
| 24 | 310 | Roger Thetford TVOC | M50 | 1:10:30 | 2:40 | 5:24 | 6:59 | 11:06 | 17:32 | 20:11 | 21:29 | 23:50 | 28:05 | 30:36 | 31:48 | 41:06 | 43:32 | 50:30 |
| | | | | | 2:40 | 2:44 | 1:35 | 4:07 | 6:26 | 2:39 | 1:18 | 2:21 | 4:15 | 2:31 | 1:12 | 9:18 | 2:26 | 6:58 |
| | | | | | 52:26 | 55:47 | 1:00:10 | 1:01:50 | 1:04:51 | 1:07:36 | 1:08:32 | 1:09:54 | 1:10:30 | | | | | |
| | | | | | 1:56 | 3:21 | 4:23 | 1:40 | 3:01 | 2:45 | 0:56 | 1:22 | 0:36 | | | | | |
| 25 | 237 | Michael Hallett BOK | M18 | 1:10:50 | 2:26 | 5:41 | 7:08 | 11:56 | 17:39 | 19:55 | 21:00 | 23:05 | 30:43 | 32:37 | 34:11 | 38:20 | 43:25 | 47:26 |
| | | | | | 2:26 | 3:15 | 1:27 | 4:48 | 5:43 | 2:16 | 1:05 | 2:05 | 7:38 | 1:54 | 1:34 | 4:09 | 5:05 | 4:01 |
| | | | | | 49:50 | 53:25 | 58:07 | 1:00:06 | 1:03:10 | 1:08:00 | 1:08:55 | 1:10:21 | 1:10:50 | | | | | |
| | | | | | 2:24 | 3:35 | 4:42 | 1:59 | 3:04 | 4:50 | 0:55 | 1:26 | 0:29 | | | | | |
| 26 | 513 | Richard Pay WRE | M50 | 1:13:36 | 3:01 | 6:25 | 8:02 | 12:52 | 20:27 | 23:28 | 24:59 | 26:14 | 32:09 | 35:04 | 36:48 | 42:40 | 44:43 | 49:36 |
| | | | | | 3:01 | 3:24 | 1:37 | 4:50 | 7:35 | 3:01 | 1:31 | 1:15 | 5:55 | 2:55 | 1:44 | 5:52 | 2:03 | 4:53 |
| | | | | | 52:04 | 56:19 | 1:01:23 | 1:03:20 | 1:06:36 | 1:10:03 | 1:11:18 | 1:12:58 | 1:13:36 | | | | | |
| | | | | | 2:28 | 4:15 | 5:04 | 1:57 | 3:16 | 3:27 | 1:15 | 1:40 | 0:38 | | | | | |
| 27 | 471 | Caroline Craig NGOC | W21 | 1:14:48 | 2:52 | 6:11 | 7:44 | 12:55 | 19:22 | 22:11 | 23:50 | 27:24 | 33:06 | 35:44 | 37:20 | 42:59 | 45:15 | 51:29 |
| | | | | | 2:52 | 3:19 | 1:33 | 5:11 | 6:27 | 2:49 | 1:39 | 3:34 | 5:42 | 2:38 | 1:36 | 5:39 | 2:16 | 6:14 |
| | | | | | 53:49 | 57:32 | 1:02:36 | 1:04:30 | 1:07:39 | 1:11:19 | 1:12:35 | 1:14:20 | 1:14:48 | | | | | |
| | | | | | 2:20 | 3:43 | 5:04 | 1:54 | 3:09 | 3:40 | 1:16 | 1:45 | 0:28 | | | | | |
| 28 | 243 | Alan Honey BOK | M50 | 1:15:39 | 3:25 | 6:19 | 8:09 | 13:16 | 20:21 | 23:45 | 25:04 | 26:23 | 31:55 | 35:06 | 37:24 | 42:23 | 44:32 | 50:07 |
| | | | | | 3:25 | 2:54 | 1:50 | 5:07 | 7:05 | 3:24 | 1:19 | 1:19 | 5:32 | 3:11 | 2:18 | 4:59 | 2:09 | 5:35 |
| | | | | | 53:14 | 57:40 | 1:02:14 | 1:04:07 | 1:07:49 | 1:11:09 | 1:12:50 | 1:15:04 | 1:15:39 | | | | | |
| | | | | | 3:07 | 4:26 | 4:34 | 1:53 | 3:42 | 3:20 | 1:41 | 2:14 | 0:35 | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | |
|------------------------|------|-------------------------|------|---------|---------------------|---------|-------------|---------|----------------|---------|---------|---------|---------|--------|--------|--------|---------|---------|
| 3 Sh Brown (71) | | | | | 7.6 km 270 m | | 22 C | | <i>(cont.)</i> | | | | | | | | | |
| | | | | | 1(64) | 2(47) | 3(228) | 4(202) | 5(37) | 6(180) | 7(70) | 8(214) | 9(209) | 10(36) | 11(53) | 12(62) | 13(229) | 14(58) |
| | | | | | 15(223) | 16(35) | 17(33) | 18(38) | 19(42) | 20(219) | 21(65) | 22(199) | F | | | | | |
| 29 | 280 | Phil Newall KERNO | M50 | 1:18:23 | 3:10 | 6:08 | 7:48 | 13:09 | 20:24 | 23:34 | 24:54 | 27:35 | 32:34 | 35:26 | 36:53 | 42:44 | 45:12 | 50:24 |
| | | | | | 3:10 | 2:58 | 1:40 | 5:21 | 7:15 | 3:10 | 1:20 | 2:41 | 4:59 | 2:52 | 1:27 | 5:51 | 2:28 | 5:12 |
| | | | | | 52:29 | 56:42 | 1:01:29 | 1:06:11 | 1:11:32 | 1:15:02 | 1:16:10 | 1:17:51 | 1:18:23 | | | | | |
| | | | | | 2:05 | 4:13 | 4:47 | 4:42 | 5:21 | 3:30 | 1:08 | 1:41 | 0:32 | | | | | |
| 30 | 156 | Toni O'Donovan CorkO | W35V | 1:19:00 | 3:53 | 7:17 | 9:36 | 14:29 | 22:07 | 24:43 | 26:09 | 27:18 | 32:35 | 35:01 | 36:25 | 41:36 | 45:19 | 50:58 |
| | | | | | 3:53 | 3:24 | 2:19 | 4:53 | 7:38 | 2:36 | 1:26 | 1:09 | 5:17 | 2:26 | 1:24 | 5:11 | 3:43 | 5:39 |
| | | | | | 55:20 | 59:34 | 1:04:20 | 1:06:32 | 1:10:09 | 1:14:09 | 1:15:34 | 1:18:16 | 1:19:00 | | | | | |
| | | | | | 4:22 | 4:14 | 4:46 | 2:12 | 3:37 | 4:00 | 1:25 | 2:42 | 0:44 | | | | | |
| 31 | 617 | David Vincent DVO | M50 | 1:20:41 | 4:04 | 7:47 | 9:54 | 15:32 | 22:25 | 25:41 | 27:26 | 28:56 | 35:39 | 38:34 | 40:07 | 47:24 | 50:01 | 54:22 |
| | | | | | 4:04 | 3:43 | 2:07 | 5:38 | 6:53 | 3:16 | 1:45 | 1:30 | 6:43 | 2:55 | 1:33 | 7:17 | 2:37 | 4:21 |
| | | | | | 57:05 | 1:02:11 | 1:07:29 | 1:10:23 | 1:13:32 | 1:17:24 | 1:18:28 | 1:20:10 | 1:20:41 | | | | | |
| | | | | | 2:43 | 5:06 | 5:18 | 2:54 | 3:09 | 3:52 | 1:04 | 1:42 | 0:31 | | | | | |
| 32 | 319 | Paul Fox SN | M50 | 1:22:50 | 3:04 | 6:10 | 8:41 | 14:13 | 22:46 | 26:06 | 27:35 | 28:46 | 34:54 | 38:28 | 40:28 | 46:48 | 49:45 | 55:47 |
| | | | | | 3:04 | 3:06 | 2:31 | 5:32 | 8:33 | 3:20 | 1:29 | 1:11 | 6:08 | 3:34 | 2:00 | 6:20 | 2:57 | 6:02 |
| | | | | | 58:48 | 1:03:29 | 1:09:05 | 1:11:27 | 1:15:20 | 1:19:02 | 1:20:24 | 1:22:13 | 1:22:50 | | | | | |
| | | | | | 3:01 | 4:41 | 5:36 | 2:22 | 3:53 | 3:42 | 1:22 | 1:49 | 0:37 | | | | | |
| 33 | 152 | Sian Mitchell HH | W35V | 1:23:58 | 3:35 | 7:03 | 9:22 | 14:27 | 21:37 | 25:14 | 27:04 | 30:09 | 35:22 | 37:59 | 39:32 | 44:40 | 50:07 | 55:05 |
| | | | | | 3:35 | 3:28 | 2:19 | 5:05 | 7:10 | 3:37 | 1:50 | 3:05 | 5:13 | 2:37 | 1:33 | 5:08 | 5:27 | 4:58 |
| | | | | | 58:00 | 1:03:43 | 1:09:00 | 1:11:08 | 1:16:23 | 1:20:13 | 1:21:25 | 1:23:25 | 1:23:58 | | | | | |
| | | | | | 2:55 | 5:43 | 5:17 | 2:08 | 5:15 | 3:50 | 1:12 | 2:00 | 0:33 | | | | | |
| 34 | 253 | Duncan Innes BOK | M50 | 1:24:09 | 3:09 | 6:17 | 8:30 | 13:46 | 22:08 | 25:43 | 27:34 | 29:10 | 33:59 | 36:45 | 38:21 | 42:57 | 45:36 | 50:41 |
| | | | | | 3:09 | 3:08 | 2:13 | 5:16 | 8:22 | 3:35 | 1:51 | 1:36 | 4:49 | 2:46 | 1:36 | 4:36 | 2:39 | 5:05 |
| | | | | | 53:24 | 57:57 | 1:03:42 | 1:05:52 | 1:14:19 | 1:19:55 | 1:21:03 | 1:23:30 | 1:24:09 | | | | | |
| | | | | | 2:43 | 4:33 | 5:45 | 2:10 | 8:27 | 5:36 | 1:08 | 2:27 | 0:39 | | | | | |
| 35 | 171 | David Watkins BADO | M50 | 1:24:16 | 4:05 | 7:21 | 9:07 | 14:26 | 23:01 | 26:13 | 27:57 | 29:56 | 34:46 | 39:06 | 40:54 | 47:37 | 51:37 | 56:41 |
| | | | | | 4:05 | 3:16 | 1:46 | 5:19 | 8:35 | 3:12 | 1:44 | 1:59 | 4:50 | 4:20 | 1:48 | 6:43 | 4:00 | 5:04 |
| | | | | | 58:58 | 1:04:03 | 1:09:59 | 1:13:16 | 1:17:23 | 1:20:42 | 1:21:52 | 1:23:45 | 1:24:16 | | | | | |
| | | | | | 2:17 | 5:05 | 5:56 | 3:17 | 4:07 | 3:19 | 1:10 | 1:53 | 0:31 | | | | | |
| 36 | 128 | Stephen Wilson CLYDE | M45 | 1:24:22 | 3:14 | 6:27 | 8:05 | 13:48 | 22:07 | 24:58 | 26:10 | 27:19 | 32:05 | 34:49 | 36:24 | 42:14 | 53:00 | 57:37 |
| | | | | | 3:14 | 3:13 | 1:38 | 5:43 | 8:19 | 2:51 | 1:12 | 1:09 | 4:46 | 2:44 | 1:35 | 5:50 | 10:46 | 4:37 |
| | | | | | 1:00:21 | 1:06:02 | 1:11:01 | 1:13:16 | 1:16:39 | 1:20:42 | 1:21:54 | 1:23:44 | 1:24:22 | | | | | |
| | | | | | 2:44 | 5:41 | 4:59 | 2:15 | 3:23 | 4:03 | 1:12 | 1:50 | 0:38 | | | | | |
| 37 | 467 | Richard Sharp TVOC | M50 | 1:24:41 | 4:27 | 9:09 | 10:47 | 16:07 | 25:37 | 28:24 | 29:37 | 30:47 | 37:14 | 39:40 | 41:16 | 46:58 | 49:14 | 54:18 |
| | | | | | 4:27 | 4:42 | 1:38 | 5:20 | 9:30 | 2:47 | 1:13 | 1:10 | 6:27 | 2:26 | 1:36 | 5:42 | 2:16 | 5:04 |
| | | | | | 56:27 | 1:02:02 | 1:07:33 | 1:10:08 | 1:18:09 | 1:21:28 | 1:22:31 | 1:24:07 | 1:24:41 | | | | | |
| | | | | | 2:09 | 5:35 | 5:31 | 2:35 | 8:01 | 3:19 | 1:03 | 1:36 | 0:34 | | | | | |
| 38 | 349 | Sean Rowe DEVON | M18 | 1:25:03 | 4:03 | 7:28 | 9:42 | 15:37 | 24:50 | 30:31 | 32:16 | 33:35 | 38:20 | 41:27 | 43:55 | 48:37 | 50:46 | 57:06 |
| | | | | | 4:03 | 3:25 | 2:14 | 5:55 | 9:13 | 5:41 | 1:45 | 1:19 | 4:45 | 3:07 | 2:28 | 4:42 | 2:09 | 6:20 |
| | | | | | 59:00 | 1:03:25 | 1:09:19 | 1:12:00 | 1:17:41 | 1:21:05 | 1:22:24 | 1:24:32 | 1:25:03 | | | | | |
| | | | | | 1:54 | 4:25 | 5:54 | 2:41 | 5:41 | 3:24 | 1:19 | 2:08 | 0:31 | | | | | |
| 39 | 532 | Andy Rimes QO | M50 | 1:25:45 | 3:20 | 6:36 | 8:25 | 13:47 | 21:26 | 26:01 | 27:55 | 31:28 | 36:48 | 40:00 | 41:36 | 46:40 | 48:32 | 55:41 |
| | | | | | 3:20 | 3:16 | 1:49 | 5:22 | 7:39 | 4:35 | 1:54 | 3:33 | 5:20 | 3:12 | 1:36 | 5:04 | 1:52 | 7:09 |
| | | | | | 57:39 | 1:03:34 | 1:09:42 | 1:11:54 | 1:17:23 | 1:20:40 | 1:22:40 | 1:25:10 | 1:25:45 | | | | | |
| | | | | | 1:58 | 5:55 | 6:08 | 2:12 | 5:29 | 3:17 | 2:00 | 2:30 | 0:35 | | | | | |
| 40 | 189 | Niall Reynolds SBOC | M50 | 1:27:15 | 3:34 | 7:27 | 9:55 | 16:39 | 24:04 | 27:32 | 29:07 | 32:24 | 38:39 | 43:02 | 44:53 | 50:03 | 54:18 | 1:00:16 |
| | | | | | 3:34 | 3:53 | 2:28 | 6:44 | 7:25 | 3:28 | 1:35 | 3:17 | 6:15 | 4:23 | 1:51 | 5:10 | 4:15 | 5:58 |
| | | | | | 1:02:45 | 1:07:17 | 1:12:46 | 1:15:18 | 1:18:10 | 1:21:52 | 1:24:27 | 1:26:34 | 1:27:15 | | | | | |
| | | | | | 2:29 | 4:32 | 5:29 | 2:32 | 2:52 | 3:42 | 2:35 | 2:07 | 0:41 | | | | | |
| 41 | 430 | Mark Collins DFOK | M50 | 1:27:53 | 3:21 | 6:33 | 10:34 | 16:55 | 25:48 | 28:27 | 29:50 | 31:18 | 36:25 | 39:47 | 41:34 | 52:25 | 55:34 | 1:01:22 |
| | | | | | 3:21 | 3:12 | 4:01 | 6:21 | 8:53 | 2:39 | 1:23 | 1:28 | 5:07 | 3:22 | 1:47 | 10:51 | 3:09 | 5:48 |
| | | | | | 1:03:51 | 1:07:55 | 1:13:39 | 1:16:26 | 1:21:14 | 1:24:11 | 1:25:44 | 1:27:18 | 1:27:53 | | | | | |
| | | | | | 2:29 | 4:04 | 5:44 | 2:47 | 4:48 | 2:57 | 1:33 | 1:34 | 0:35 | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | |
|------------------------|------|--------------------------|------|---------|----------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|--------|--------|--------|---------|---------|
| 3 Sh Brown (71) | | | | | 7.6 km 270 m 22 C (cont.) | | | | | | | | | | | | | |
| | | | | | 1(64) | 2(47) | 3(228) | 4(202) | 5(37) | 6(180) | 7(70) | 8(214) | 9(209) | 10(36) | 11(53) | 12(62) | 13(229) | 14(58) |
| | | | | | 15(223) | 16(35) | 17(33) | 18(38) | 19(42) | 20(219) | 21(65) | 22(199) | F | | | | | |
| 42 | 219 | Mark Adams HH | M50 | 1:28:49 | 3:21 | 6:16 | 7:50 | 13:22 | 23:32 | 26:52 | 28:14 | 29:27 | 34:47 | 37:19 | 38:52 | 46:35 | 55:34 | 1:01:22 |
| | | | | | 3:21 | 2:55 | 1:34 | 5:32 | 10:10 | 3:20 | 1:22 | 1:13 | 5:20 | 2:32 | 1:33 | 7:43 | 8:59 | 5:48 |
| | | | | | 1:04:04 | 1:08:12 | 1:13:30 | 1:15:55 | 1:20:58 | 1:24:42 | 1:26:13 | 1:28:03 | 1:28:49 | | | | | |
| 43 | 132 | Brendan Delaney DFO | M45 | 1:28:51 | 2:42 | 4:08 | 5:18 | 2:25 | 5:03 | 3:44 | 1:31 | 1:50 | 0:46 | | | | | |
| | | | | | 3:57 | 7:12 | 8:58 | 16:06 | 25:21 | 28:10 | 29:24 | 30:42 | 36:22 | 41:03 | 43:10 | 52:33 | 54:34 | 1:00:44 |
| | | | | | 3:57 | 3:15 | 1:46 | 7:08 | 9:15 | 2:49 | 1:14 | 1:18 | 5:40 | 4:41 | 2:07 | 9:23 | 2:01 | 6:10 |
| | | | | | 1:03:06 | 1:07:31 | 1:12:41 | 1:14:31 | 1:17:38 | 1:25:24 | 1:26:31 | 1:28:19 | 1:28:51 | | | | | |
| 44 | 461 | Robert Finch SOC | M21S | 1:28:54 | 2:22 | 4:25 | 5:10 | 1:50 | 3:07 | 7:46 | 1:07 | 1:48 | 0:32 | | | | | |
| | | | | | 2:43 | 5:46 | 7:18 | 16:04 | 32:12 | 36:00 | 37:37 | 38:47 | 43:30 | 47:05 | 48:39 | 56:01 | 58:47 | 1:04:08 |
| | | | | | 2:43 | 3:03 | 1:32 | 8:46 | 16:08 | 3:48 | 1:37 | 1:10 | 4:43 | 3:35 | 1:34 | 7:22 | 2:46 | 5:21 |
| | | | | | 1:06:58 | 1:11:08 | 1:16:19 | 1:18:31 | 1:21:40 | 1:24:52 | 1:26:02 | 1:28:22 | 1:28:54 | | | | | |
| 45 | 587 | Chris McCartney OD | M45 | 1:29:54 | 2:50 | 4:10 | 5:11 | 2:12 | 3:09 | 3:12 | 1:10 | 2:20 | 0:32 | | | | | |
| | | | | | 3:00 | 5:46 | 7:15 | 12:03 | 20:04 | 23:17 | 25:06 | 27:22 | 32:51 | 35:44 | 37:31 | 45:08 | 52:52 | 57:10 |
| | | | | | 3:00 | 2:46 | 1:29 | 4:48 | 8:01 | 3:13 | 1:49 | 2:16 | 5:29 | 2:53 | 1:47 | 7:37 | 7:44 | 4:18 |
| | | | | | 58:57 | 1:07:03 | 1:12:16 | 1:16:23 | 1:19:24 | 1:25:02 | 1:26:44 | 1:29:13 | 1:29:54 | | | | | |
| 46 | 233 | Philip Harvey WIM | M45 | 1:29:55 | 1:47 | 8:06 | 5:13 | 4:07 | 3:01 | 5:38 | 1:42 | 2:29 | 0:41 | | | | | |
| | | | | | 3:29 | 6:29 | 8:16 | 16:14 | 27:18 | 31:48 | 33:27 | 35:07 | 40:34 | 43:25 | 45:07 | 51:42 | 54:29 | 1:01:44 |
| | | | | | 3:29 | 3:00 | 1:47 | 7:58 | 11:04 | 4:30 | 1:39 | 1:40 | 5:27 | 2:51 | 1:42 | 6:35 | 2:47 | 7:15 |
| | | | | | 1:04:35 | 1:09:07 | 1:14:31 | 1:17:53 | 1:21:21 | 1:25:05 | 1:26:44 | 1:29:08 | 1:29:55 | | | | | |
| 47 | 386 | Andrew Reynolds DEVON | M45 | 1:31:04 | 2:51 | 4:32 | 5:24 | 3:22 | 3:28 | 3:44 | 1:39 | 2:24 | 0:47 | | | | | |
| | | | | | 3:26 | 7:03 | 8:49 | 15:01 | 24:16 | 27:55 | 29:39 | 31:08 | 37:19 | 41:49 | 43:41 | 51:41 | 59:24 | 1:04:56 |
| | | | | | 3:26 | 3:37 | 1:46 | 6:12 | 9:15 | 3:39 | 1:44 | 1:29 | 6:11 | 4:30 | 1:52 | 8:00 | 7:43 | 5:32 |
| | | | | | 1:07:31 | 1:12:04 | 1:17:27 | 1:20:14 | 1:24:25 | 1:27:34 | 1:28:37 | 1:30:26 | 1:31:04 | | | | | |
| 48 | 602 | Geoff Keenan DEVON | M50 | 1:32:28 | 2:35 | 4:33 | 5:23 | 2:47 | 4:11 | 3:09 | 1:03 | 1:49 | 0:38 | | | | | |
| | | | | | 3:36 | 7:52 | 9:52 | 16:37 | 24:57 | 28:35 | 30:07 | 32:03 | 39:33 | 43:39 | 46:58 | 54:11 | 56:27 | 1:01:38 |
| | | | | | 3:36 | 4:16 | 2:00 | 6:45 | 8:20 | 3:38 | 1:32 | 1:56 | 7:30 | 4:06 | 3:19 | 7:13 | 2:16 | 5:11 |
| | | | | | 1:06:05 | 1:11:14 | 1:17:05 | 1:20:36 | 1:24:13 | 1:28:01 | 1:29:51 | 1:31:44 | 1:32:28 | | | | | |
| 49 | 501 | Greg Best NGOC | M50 | 1:32:52 | 4:27 | 5:09 | 5:51 | 3:31 | 3:37 | 3:48 | 1:50 | 1:53 | 0:44 | | | | | |
| | | | | | 3:49 | 9:00 | 10:50 | 16:52 | 24:31 | 27:46 | 29:23 | 31:31 | 38:26 | 42:23 | 44:21 | 53:58 | 56:49 | 1:03:34 |
| | | | | | 3:49 | 5:11 | 1:50 | 6:02 | 7:39 | 3:15 | 1:37 | 2:08 | 6:55 | 3:57 | 1:58 | 9:37 | 2:51 | 6:45 |
| | | | | | 1:08:08 | 1:13:07 | 1:18:44 | 1:21:08 | 1:24:52 | 1:28:08 | 1:29:46 | 1:32:17 | 1:32:52 | | | | | |
| 50 | 548 | Doug Stimson NWO | M21S | 1:33:14 | 4:34 | 4:59 | 5:37 | 2:24 | 3:44 | 3:16 | 1:38 | 2:31 | 0:35 | | | | | |
| | | | | | 8:26 | 11:33 | 13:00 | 18:37 | 26:18 | 31:56 | 33:22 | 34:48 | 40:16 | 44:49 | 46:32 | 56:29 | 58:42 | 1:06:02 |
| | | | | | 8:26 | 3:07 | 1:27 | 5:37 | 7:41 | 5:38 | 1:26 | 1:26 | 5:28 | 4:33 | 1:43 | 9:57 | 2:13 | 7:20 |
| | | | | | 1:10:43 | 1:14:42 | 1:19:20 | 1:21:50 | 1:25:52 | 1:29:38 | 1:30:50 | 1:32:47 | 1:33:14 | | | | | |
| 51 | 495 | David Hunt BOK | M50 | 1:33:16 | 4:41 | 3:59 | 4:38 | 2:30 | 4:02 | 3:46 | 1:12 | 1:57 | 0:27 | | | | | |
| | | | | | 4:03 | 8:27 | 10:55 | 16:20 | 24:17 | 29:13 | 30:55 | 33:13 | 39:30 | 42:22 | 46:15 | 51:35 | 1:00:40 | 1:06:41 |
| | | | | | 4:03 | 4:24 | 2:28 | 5:25 | 7:57 | 4:56 | 1:42 | 2:18 | 6:17 | 2:52 | 3:53 | 5:20 | 9:05 | 6:01 |
| | | | | | 1:09:59 | 1:16:02 | 1:20:57 | 1:22:48 | 1:26:09 | 1:29:16 | 1:31:01 | 1:32:49 | 1:33:16 | | | | | |
| 52 | 232 | David Thomas SAX | M20 | 1:33:27 | 3:18 | 6:03 | 4:55 | 1:51 | 3:21 | 3:07 | 1:45 | 1:48 | 0:27 | | | | | |
| | | | | | 3:28 | 6:50 | 9:45 | 18:18 | 28:39 | 33:43 | 35:21 | 36:33 | 44:27 | 48:55 | 51:06 | 57:01 | 1:01:35 | 1:09:40 |
| | | | | | 3:28 | 3:22 | 2:55 | 8:33 | 10:21 | 5:04 | 1:38 | 1:12 | 7:54 | 4:28 | 2:11 | 5:55 | 4:34 | 8:05 |
| | | | | | 1:11:44 | 1:15:20 | 1:19:58 | 1:22:44 | 1:25:51 | 1:30:18 | 1:31:27 | 1:32:59 | 1:33:27 | | | | | |
| 53 | 622 | Spencer Modica QO | M45 | 1:33:34 | 2:04 | 3:36 | 4:38 | 2:46 | 3:07 | 4:27 | 1:09 | 1:32 | 0:28 | | | | | |
| | | | | | 3:35 | 6:57 | 11:34 | 18:38 | 28:55 | 32:50 | 34:11 | 35:49 | 42:39 | 45:46 | 47:40 | 53:08 | 55:04 | 1:00:53 |
| | | | | | 3:35 | 3:22 | 4:37 | 7:04 | 10:17 | 3:55 | 1:21 | 1:38 | 6:50 | 3:07 | 1:54 | 5:28 | 1:56 | 5:49 |
| | | | | | 1:03:10 | 1:07:32 | 1:13:11 | 1:18:10 | 1:26:17 | 1:29:43 | 1:31:05 | 1:33:06 | 1:33:34 | | | | | |
| 54 | 625 | Duncan Milne BOK | M45 | 1:35:52 | 2:17 | 4:22 | 5:39 | 4:59 | 8:07 | 3:26 | 1:22 | 2:01 | 0:28 | | | | | |
| | | | | | 4:50 | 8:07 | 9:59 | 16:38 | 26:41 | 30:40 | 32:57 | 34:38 | 41:42 | 45:28 | 49:36 | 56:32 | 59:47 | 1:07:18 |
| | | | | | 4:50 | 3:17 | 1:52 | 6:39 | 10:03 | 3:59 | 2:17 | 1:41 | 7:04 | 3:46 | 4:08 | 6:56 | 3:15 | 7:31 |
| | | | | | 1:10:20 | 1:16:02 | 1:22:29 | 1:24:57 | 1:28:31 | 1:32:16 | 1:33:31 | 1:35:18 | 1:35:52 | | | | | |
| | | | | | 3:02 | 5:42 | 6:27 | 2:28 | 3:34 | 3:45 | 1:15 | 1:47 | 0:34 | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | |
|------------------------|------|----------------------------------|------|----------------|---------------------|---------|---------|---------|-------------|---------|---------|---------|----------------|---------|--------|---------|---------|---------|
| 3 Sh Brown (71) | | | | | 7.6 km 270 m | | | | 22 C | | | | <i>(cont.)</i> | | | | | |
| | | | | | 1(64) | 2(47) | 3(228) | 4(202) | 5(37) | 6(180) | 7(70) | 8(214) | 9(209) | 10(36) | 11(53) | 12(62) | 13(229) | 14(58) |
| | | | | | 15(223) | 16(35) | 17(33) | 18(38) | 19(42) | 20(219) | 21(65) | 22(199) | F | | | | | |
| 55 | 298 | Kelvin Davies BOK | M50 | 1:37:08 | 3:37 | 8:33 | 11:05 | 17:44 | 26:45 | 30:29 | 32:40 | 34:27 | 42:12 | 45:28 | 47:25 | 54:15 | 58:29 | 1:06:06 |
| | | | | | 3:37 | 4:56 | 2:32 | 6:39 | 9:01 | 3:44 | 2:11 | 1:47 | 7:45 | 3:16 | 1:57 | 6:50 | 4:14 | 7:37 |
| | | | | | 1:09:12 | 1:14:46 | 1:21:08 | 1:23:42 | 1:27:49 | 1:32:14 | 1:33:58 | 1:36:29 | 1:37:08 | | | | | |
| | | | | | 3:06 | 5:34 | 6:22 | 2:34 | 4:07 | 4:25 | 1:44 | 2:31 | 0:39 | | | | | |
| 56 | 411 | Tom McMurtrie DEVON | M45 | 1:37:33 | 3:16 | 6:04 | 9:23 | 14:40 | 22:48 | 27:16 | 29:08 | 30:36 | 36:52 | 39:57 | 42:02 | 55:00 | 57:25 | 1:03:01 |
| | | | | | 3:16 | 2:48 | 3:19 | 5:17 | 8:08 | 4:28 | 1:52 | 1:28 | 6:16 | 3:05 | 2:05 | 12:58 | 2:25 | 5:36 |
| | | | | | 1:12:53 | 1:17:44 | 1:23:40 | 1:26:38 | 1:29:32 | 1:33:15 | 1:34:32 | 1:36:56 | 1:37:33 | | | | | |
| | | | | | 9:52 | 4:51 | 5:56 | 2:58 | 2:54 | 3:43 | 1:17 | 2:24 | 0:37 | | | | | |
| 57 | 313 | Rob Hick WSX | M50 | 1:39:43 | 3:50 | 7:21 | 9:06 | 14:23 | 22:44 | 27:02 | 28:59 | 30:23 | 36:33 | 40:54 | 44:15 | 51:19 | 54:20 | 59:50 |
| | | | | | 3:50 | 3:31 | 1:45 | 5:17 | 8:21 | 4:18 | 1:57 | 1:24 | 6:10 | 4:21 | 3:21 | 7:04 | 3:01 | 5:30 |
| | | | | | 1:10:19 | 1:14:50 | 1:20:43 | 1:26:42 | 1:32:02 | 1:35:57 | 1:37:15 | 1:39:12 | 1:39:43 | | | | | |
| | | | | | 10:29 | 4:31 | 5:53 | 5:59 | 5:20 | 3:55 | 1:18 | 1:57 | 0:31 | | | | | |
| 58 | 627 | Jessica Milne BOK | W21 | 1:39:45 | 3:42 | 7:45 | 10:40 | 17:14 | 26:14 | 31:16 | 32:57 | 34:30 | 45:45 | 49:11 | 53:31 | 59:28 | 1:02:29 | 1:09:21 |
| | | | | | 3:42 | 4:03 | 2:55 | 6:34 | 9:00 | 5:02 | 1:41 | 1:33 | 11:15 | 3:26 | 4:20 | 5:57 | 3:01 | 6:52 |
| | | | | | 1:12:41 | 1:19:10 | 1:25:49 | 1:28:04 | 1:32:18 | 1:36:10 | 1:37:23 | 1:39:13 | 1:39:45 | | | | | |
| | | | | | 3:20 | 6:29 | 6:39 | 2:15 | 4:14 | 3:52 | 1:13 | 1:50 | 0:32 | | | | | |
| 59 | 145 | Ann Haley INT | W35V | 1:41:52 | 6:00 | 9:47 | 12:53 | 19:00 | 26:30 | 29:58 | 31:29 | 33:12 | 39:01 | 44:21 | 46:06 | 52:44 | 58:06 | 1:05:04 |
| | | | | | 6:00 | 3:47 | 3:06 | 6:07 | 7:30 | 3:28 | 1:31 | 1:43 | 5:49 | 5:20 | 1:45 | 6:38 | 5:22 | 6:58 |
| | | | | | 1:07:53 | 1:14:28 | 1:21:00 | 1:25:56 | 1:32:30 | 1:36:20 | 1:38:49 | 1:41:11 | 1:41:52 | 1:03:32 | | | | |
| | | | | | 2:49 | 6:35 | 6:32 | 4:56 | 6:34 | 3:50 | 2:29 | 2:22 | 0:41 | *225 | | | | |
| 60 | 472 | Andrew Craig NGOC | M21S | 1:45:38 | 4:55 | 10:57 | 13:37 | 27:14 | 37:28 | 41:38 | 43:17 | 45:46 | 51:33 | 55:41 | 59:33 | 1:05:48 | 1:08:41 | 1:15:45 |
| | | | | | 4:55 | 6:02 | 2:40 | 13:37 | 10:14 | 4:10 | 1:39 | 2:29 | 5:47 | 4:08 | 3:52 | 6:15 | 2:53 | 7:04 |
| | | | | | 1:18:33 | 1:26:08 | 1:32:35 | 1:34:30 | 1:38:15 | 1:42:03 | 1:43:18 | 1:45:10 | 1:45:38 | | | | | |
| | | | | | 2:48 | 7:35 | 6:27 | 1:55 | 3:45 | 3:48 | 1:15 | 1:52 | 0:28 | | | | | |
| 61 | 339 | Joe Parkinson NGOC | M50 | 1:48:56 | 4:29 | 9:04 | 11:49 | 18:27 | 35:29 | 39:49 | 41:48 | 43:27 | 50:29 | 55:00 | 57:15 | 1:06:53 | 1:09:39 | 1:16:05 |
| | | | | | 4:29 | 4:35 | 2:45 | 6:38 | 17:02 | 4:20 | 1:59 | 1:39 | 7:02 | 4:31 | 2:15 | 9:38 | 2:46 | 6:26 |
| | | | | | 1:18:58 | 1:25:43 | 1:33:20 | 1:36:07 | 1:40:11 | 1:44:26 | 1:46:00 | 1:48:13 | 1:48:56 | 1:48:22 | | | | |
| | | | | | 2:53 | 6:45 | 7:37 | 2:47 | 4:04 | 4:15 | 1:34 | 2:13 | 0:43 | *199 | | | | |
| 62 | 322 | Colin Swallow SN | M50 | 1:51:31 | 4:25 | 8:20 | 13:23 | 21:28 | 31:27 | 36:36 | 38:12 | 41:34 | 49:45 | 54:04 | 56:43 | 1:02:52 | 1:09:35 | 1:15:09 |
| | | | | | 4:25 | 3:55 | 5:03 | 8:05 | 9:59 | 5:09 | 1:36 | 3:22 | 8:11 | 4:19 | 2:39 | 6:09 | 6:43 | 5:34 |
| | | | | | 1:18:19 | 1:23:20 | 1:30:24 | 1:32:48 | 1:36:34 | 1:46:44 | 1:48:16 | 1:50:45 | 1:51:31 | | | | | |
| | | | | | 3:10 | 5:01 | 7:04 | 2:24 | 3:46 | 10:10 | 1:32 | 2:29 | 0:46 | | | | | |
| 63 | 347 | Christopher Garrett DEVON | M20 | 1:52:52 | 5:15 | 9:43 | 13:15 | 21:09 | 29:47 | 34:36 | 36:14 | 37:39 | 44:44 | 50:21 | 52:43 | 1:01:51 | 1:08:24 | 1:14:38 |
| | | | | | 5:15 | 4:28 | 3:32 | 7:54 | 8:38 | 4:49 | 1:38 | 1:25 | 7:05 | 5:37 | 2:22 | 9:08 | 6:33 | 6:14 |
| | | | | | 1:18:10 | 1:24:05 | 1:31:39 | 1:34:12 | 1:42:34 | 1:47:25 | 1:49:11 | 1:52:19 | 1:52:52 | | | | | |
| | | | | | 3:32 | 5:55 | 7:34 | 2:33 | 8:22 | 4:51 | 1:46 | 3:08 | 0:33 | | | | | |
| 64 | 486 | Megan Ashton RMOC | W21 | 1:53:16 | 4:06 | 7:59 | 10:42 | 18:41 | 27:05 | 35:14 | 37:11 | 42:14 | 48:44 | 53:05 | 55:15 | 1:06:37 | 1:09:25 | 1:17:48 |
| | | | | | 4:06 | 3:53 | 2:43 | 7:59 | 8:24 | 8:09 | 1:57 | 5:03 | 6:30 | 4:21 | 2:10 | 11:22 | 2:48 | 8:23 |
| | | | | | 1:20:57 | 1:26:28 | 1:32:36 | 1:35:23 | 1:42:42 | 1:46:52 | 1:50:35 | 1:52:35 | 1:53:16 | | | | | |
| | | | | | 3:09 | 5:31 | 6:08 | 2:47 | 7:19 | 4:10 | 3:43 | 2:00 | 0:41 | | | | | |
| 65 | 550 | David Pal DEE | M45 | 1:56:22 | 4:30 | 9:01 | 11:34 | 19:58 | 33:48 | 38:13 | 39:53 | 42:21 | 50:22 | 54:44 | 57:16 | 1:05:51 | 1:09:03 | 1:16:34 |
| | | | | | 4:30 | 4:31 | 2:33 | 8:24 | 13:50 | 4:25 | 1:40 | 2:28 | 8:01 | 4:22 | 2:32 | 8:35 | 3:12 | 7:31 |
| | | | | | 1:21:25 | 1:29:56 | 1:37:43 | 1:40:32 | 1:47:16 | 1:51:57 | 1:53:33 | 1:55:46 | 1:56:22 | | | | | |
| | | | | | 4:51 | 8:31 | 7:47 | 2:49 | 6:44 | 4:41 | 1:36 | 2:13 | 0:36 | | | | | |
| 66 | 283 | Nick Dennis BOK | M50 | 1:59:05 | 3:41 | 7:11 | 9:21 | 15:52 | 23:58 | 28:30 | 31:05 | 38:10 | 43:58 | 48:24 | 50:42 | 58:30 | 1:12:05 | 1:21:26 |
| | | | | | 3:41 | 3:30 | 2:10 | 6:31 | 8:06 | 4:32 | 2:35 | 7:05 | 5:48 | 4:26 | 2:18 | 7:48 | 13:35 | 9:21 |
| | | | | | 1:25:08 | 1:31:11 | 1:37:04 | 1:44:04 | 1:50:10 | 1:54:53 | 1:56:43 | 1:58:28 | 1:59:05 | 1:09:46 | | | | |
| | | | | | 3:42 | 6:03 | 5:53 | 7:00 | 6:06 | 4:43 | 1:50 | 1:45 | 0:37 | *41 | | | | |
| 67 | 231 | Graham Thomas SAX | M50 | 2:06:44 | 5:54 | 9:51 | 12:04 | 19:09 | 33:08 | 37:28 | 39:29 | 40:55 | 48:46 | 53:06 | 56:01 | 1:05:31 | 1:09:45 | 1:17:03 |
| | | | | | 5:54 | 3:57 | 2:13 | 7:05 | 13:59 | 4:20 | 2:01 | 1:26 | 7:51 | 4:20 | 2:55 | 9:30 | 4:14 | 7:18 |
| | | | | | 1:21:00 | 1:28:29 | 1:34:56 | 1:40:56 | 1:54:10 | 2:00:21 | 2:02:40 | 2:05:58 | 2:06:44 | | | | | |
| | | | | | 3:57 | 7:29 | 6:27 | 6:00 | 13:14 | 6:11 | 2:19 | 3:18 | 0:46 | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | |
|------------------------|------------|------------------------|-----|--------------|--------------------------|--------------|--------------|--------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| 3 Sh Brown (71) | | | | | 7.6 km 270 m 22 C | | | | <i>(cont.)</i> | | | | | | | | | | |
| | | | | | 1(64) | 2(47) | 3(228) | 4(202) | 5(37) | 6(180) | 7(70) | 8(214) | 9(209) | 10(36) | 11(53) | 12(62) | 13(229) | 14(58) | |
| | | | | | 15(223) | 16(35) | 17(33) | 18(38) | 19(42) | 20(219) | 21(65) | 22(199) | F | | | | | | |
| 466 | | Jeremy Parr | M45 | mp | 3:34 | 7:06 | 8:57 | 14:53 | 24:03 | 28:15 | 29:41 | 31:42 | 36:55 | 40:17 | 41:52 | 48:51 | 51:43 | 57:12 | |
| | | SWOC | | | 3:34 | 3:32 | 1:51 | 5:56 | 9:10 | 4:12 | 1:26 | 2:01 | 5:13 | 3:22 | 1:35 | 6:59 | 2:52 | 5:29 | |
| | | | | | ---- | 1:04:46 | 1:10:24 | 1:12:35 | 1:16:13 | 1:19:55 | 1:21:33 | 1:23:23 | 1:23:58 | | | | | | |
| 488 | | Stuart Hanstock | M20 | dnf | 7:34 | 5:38 | 2:11 | 3:38 | 3:42 | 1:38 | 1:50 | 0:35 | | | | | | | |
| | | BOK | | | 3:45 | 7:17 | 11:24 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | |
| | | | | | 3:45 | 3:32 | 4:07 | ----- | ----- | ----- | ----- | ----- | ----- | | | | | | |
| 269 | | Phil Murray | M50 | dnf | ----- | ----- | ----- | ----- | ----- | ----- | 16:47 | 17:30 | | | | | | | |
| | | BOK | | | 2:35 | 5:10 | 6:38 | 10:50 | 18:23 | 21:02 | 22:11 | 23:05 | 27:06 | 29:25 | 30:40 | 34:50 | 39:17 | 43:41 | |
| | | | | | 2:35 | 2:35 | 1:28 | 4:12 | 7:33 | 2:39 | 1:09 | 0:54 | 4:01 | 2:19 | 1:15 | 4:10 | 4:27 | 4:24 | |
| | | | | | 45:50 | 49:20 | ----- | ----- | ----- | ----- | ----- | ----- | 1:11:02 | | | | | | |
| | | | | | 2:09 | 3:30 | | | | | | | | | | | | | |
| 554 | | David Potter | M50 | dnf | 6:51 | 12:29 | 14:57 | 24:44 | 46:11 | 52:53 | 55:38 | 58:43 | 1:23:14 | ----- | ----- | ----- | 1:37:29 | ----- | |
| | | BOK | | | 6:51 | 5:38 | 2:28 | 9:47 | 21:27 | 6:42 | 2:45 | 3:05 | 24:31 | | | | | | |
| | | | | | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | | | | | |
| 4 Blue (90) | | | | | 6.1 km 200 m 16 C | | | | | | | | | | | | | | |
| | | | | | 1(215) | 2(220) | 3(41) | 4(214) | 5(209) | 6(48) | 7(53) | 8(216) | 9(57) | 10(225) | 11(222) | 12(63) | 13(217) | 14(221) | |
| | | | | | 15(44) | 16(199) | F | | | | | | | | | | | | |
| 1 | 127 | Martin Dean | M55 | 44:51 | 3:10 | 5:41 | 7:53 | 12:09 | 16:00 | 17:42 | 19:32 | 22:22 | 26:51 | 28:09 | 30:18 | 33:40 | 36:32 | 39:00 | |
| | | FVO | | | 3:10 | 2:31 | 2:12 | 4:16 | 3:51 | 1:42 | 1:50 | 2:50 | 4:29 | 1:18 | 2:09 | 3:22 | 2:52 | 2:28 | |
| | | | | | 42:03 | 44:19 | 44:51 | | | | | | | | | | | | |
| | | | | | 3:03 | 2:16 | 0:32 | | | | | | | | | | | | |
| 2 | 116 | Mark Saunders | M55 | 46:02 | 3:18 | 5:49 | 7:57 | 12:02 | 15:56 | 17:33 | 19:14 | 22:06 | 26:06 | 27:29 | 29:39 | 35:56 | 38:22 | 40:28 | |
| | | BOK | | | 3:18 | 2:31 | 2:08 | 4:05 | 3:54 | 1:37 | 1:41 | 2:52 | 4:00 | 1:23 | 2:10 | 6:17 | 2:26 | 2:06 | |
| | | | | | 43:50 | 45:31 | 46:02 | | | | | | | | | | | | |
| | | | | | 3:22 | 1:41 | 0:31 | | | | | | | | | | | | |
| 3 | 123 | Kevin Harding | M55 | 46:27 | 3:18 | 7:39 | 9:47 | 14:17 | 18:07 | 19:48 | 21:35 | 24:14 | 28:38 | 30:02 | 32:15 | 35:31 | 38:37 | 41:08 | |
| | | HH | | | 3:18 | 4:21 | 2:08 | 4:30 | 3:50 | 1:41 | 1:47 | 2:39 | 4:24 | 1:24 | 2:13 | 3:16 | 3:06 | 2:31 | |
| | | | | | 44:11 | 45:56 | 46:27 | | | | | | | | | | | | |
| | | | | | 3:03 | 1:45 | 0:31 | | | | | | | | | | | | |
| 4 | 113 | John Tullie | M55 | 48:00 | 3:27 | 6:36 | 8:58 | 13:14 | 17:23 | 19:13 | 21:08 | 24:00 | 28:12 | 29:36 | 31:46 | 38:10 | 40:31 | 42:58 | |
| | | RR | | | 3:27 | 3:09 | 2:22 | 4:16 | 4:09 | 1:50 | 1:55 | 2:52 | 4:12 | 1:24 | 2:10 | 6:24 | 2:21 | 2:27 | |
| | | | | | 45:51 | 47:30 | 48:00 | | | | | | | | | | | | |
| | | | | | 2:53 | 1:39 | 0:30 | | | | | | | | | | | | |
| 5 | 325 | Zac Hudd | M16 | 49:10 | 2:55 | 5:29 | 10:48 | 15:29 | 19:20 | 20:59 | 22:56 | 26:07 | 30:35 | 31:50 | 35:16 | 38:38 | 41:21 | 43:51 | |
| | | BOK | | | 2:55 | 2:34 | 5:19 | 4:41 | 3:51 | 1:39 | 1:57 | 3:11 | 4:28 | 1:15 | 3:26 | 3:22 | 2:43 | 2:30 | |
| | | | | | 46:56 | 48:46 | 49:10 | | | | | | | | | | | | |
| | | | | | 3:05 | 1:50 | 0:24 | | | | | | | | | | | | |
| 6 | 165 | Helen Winskill | W40 | 49:22 | 3:26 | 6:24 | 8:45 | 12:56 | 17:00 | 18:48 | 20:32 | 25:58 | 30:06 | 31:28 | 33:40 | 37:35 | 40:30 | 43:19 | |
| | | WCOC | | | 3:26 | 2:58 | 2:21 | 4:11 | 4:04 | 1:48 | 1:44 | 5:26 | 4:08 | 1:22 | 2:12 | 3:55 | 2:55 | 2:49 | |
| | | | | | 46:55 | 48:51 | 49:22 | | | | | | | | | | | | |
| | | | | | 3:36 | 1:56 | 0:31 | | | | | | | | | | | | |
| 7 | 110 | Paul Addison | M55 | 49:24 | 3:28 | 6:24 | 8:39 | 13:26 | 17:22 | 19:35 | 21:14 | 24:02 | 28:42 | 31:02 | 34:24 | 38:08 | 40:49 | 43:12 | |
| | | DVO | | | 3:28 | 2:56 | 2:15 | 4:47 | 3:56 | 2:13 | 1:39 | 2:48 | 4:40 | 2:20 | 3:22 | 3:44 | 2:41 | 2:23 | |
| | | | | | 46:37 | 48:55 | 49:24 | 30:21 | | | | | | | | | | | |
| | | | | | 3:25 | 2:18 | 0:29 | *58 | | | | | | | | | | | |
| 8 | 185 | Rob Hickling | M60 | 49:37 | 3:10 | 5:58 | 8:44 | 13:38 | 18:01 | 19:47 | 21:48 | 24:42 | 29:18 | 31:04 | 33:46 | 37:40 | 41:06 | 43:35 | |
| | | GRAMP | | | 3:10 | 2:48 | 2:46 | 4:54 | 4:23 | 1:46 | 2:01 | 2:54 | 4:36 | 1:46 | 2:42 | 3:54 | 3:26 | 2:29 | |
| | | | | | 46:41 | 49:06 | 49:37 | | | | | | | | | | | | |
| | | | | | 3:06 | 2:25 | 0:31 | | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | | | | |
|--------------------|------|-----------------------------|-----|-------|---------------------|---------|-------------|--------|----------------|-------|-------|--------|-------|---------|---------|--------|---------|---------|--|--|--|--|
| 4 Blue (90) | | | | | 6.1 km 200 m | | 16 C | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | | 1(215) | 2(220) | 3(41) | 4(214) | 5(209) | 6(48) | 7(53) | 8(216) | 9(57) | 10(225) | 11(222) | 12(63) | 13(217) | 14(221) | | | | |
| | | | | | 15(44) | 16(199) | F | | | | | | | | | | | | | | | |
| 9 | 195 | Eddie Harwood MOR | M60 | 49:43 | 3:39 | 6:36 | 8:57 | 13:50 | 18:09 | 20:17 | 22:08 | 25:26 | 30:25 | 31:54 | 34:28 | 38:19 | 40:58 | 43:51 | | | | |
| | | | | | 3:39 | 2:57 | 2:21 | 4:53 | 4:19 | 2:08 | 1:51 | 3:18 | 4:59 | 1:29 | 2:34 | 3:51 | 2:39 | 2:53 | | | | |
| | | | | | 47:00 | 49:11 | 49:43 | | | | | | | | | | | | | | | |
| | | | | | 3:09 | 2:11 | 0:32 | | | | | | | | | | | | | | | |
| 10 | 511 | Philip Eeles SOC | M55 | 50:42 | 3:22 | 6:07 | 10:30 | 14:49 | 19:15 | 22:28 | 24:04 | 27:27 | 32:20 | 33:42 | 36:02 | 39:46 | 42:25 | 45:10 | | | | |
| | | | | | 3:22 | 2:45 | 4:23 | 4:19 | 4:26 | 3:13 | 1:36 | 3:23 | 4:53 | 1:22 | 2:20 | 3:44 | 2:39 | 2:45 | | | | |
| | | | | | 48:31 | 50:09 | 50:42 | | | | | | | | | | | | | | | |
| | | | | | 3:21 | 1:38 | 0:33 | | | | | | | | | | | | | | | |
| 11 | 446 | Colin Dickson BAOC | M55 | 51:31 | 3:32 | 6:41 | 11:27 | 15:56 | 20:24 | 23:18 | 25:12 | 28:20 | 33:42 | 35:06 | 37:33 | 41:11 | 43:32 | 45:51 | | | | |
| | | | | | 3:32 | 3:09 | 4:46 | 4:29 | 4:28 | 2:54 | 1:54 | 3:08 | 5:22 | 1:24 | 2:27 | 3:38 | 2:21 | 2:19 | | | | |
| | | | | | 49:06 | 51:01 | 51:31 | | | | | | | | | | | | | | | |
| | | | | | 3:15 | 1:55 | 0:30 | | | | | | | | | | | | | | | |
| 12 | 527 | Eddie Narbett BOK | M16 | 52:08 | 3:10 | 6:11 | 11:16 | 16:15 | 20:21 | 22:07 | 24:04 | 26:36 | 31:27 | 32:40 | 35:03 | 38:32 | 43:06 | 46:14 | | | | |
| | | | | | 3:10 | 3:01 | 5:05 | 4:59 | 4:06 | 1:46 | 1:57 | 2:32 | 4:51 | 1:13 | 2:23 | 3:29 | 4:34 | 3:08 | | | | |
| | | | | | 49:28 | 51:41 | 52:08 | | | | | | | | | | | | | | | |
| | | | | | 3:14 | 2:13 | 0:27 | | | | | | | | | | | | | | | |
| 13 | 440 | Dave Kingham TVOC | M55 | 52:21 | 3:38 | 7:10 | 10:13 | 15:24 | 20:23 | 22:29 | 24:24 | 27:39 | 32:37 | 34:03 | 36:30 | 40:21 | 42:51 | 45:50 | | | | |
| | | | | | 3:38 | 3:32 | 3:03 | 5:11 | 4:59 | 2:06 | 1:55 | 3:15 | 4:58 | 1:26 | 2:27 | 3:51 | 2:30 | 2:59 | | | | |
| | | | | | 49:09 | 51:43 | 52:21 | | | | | | | | | | | | | | | |
| | | | | | 3:19 | 2:34 | 0:38 | | | | | | | | | | | | | | | |
| 14 | 193 | Alun Jones TVOC | M60 | 52:45 | 3:34 | 6:41 | 9:10 | 14:07 | 18:33 | 20:37 | 22:40 | 26:01 | 31:12 | 32:50 | 36:42 | 40:24 | 43:01 | 45:55 | | | | |
| | | | | | 3:34 | 3:07 | 2:29 | 4:57 | 4:26 | 2:04 | 2:03 | 3:21 | 5:11 | 1:38 | 3:52 | 3:42 | 2:37 | 2:54 | | | | |
| | | | | | 49:41 | 52:13 | 52:45 | | | | | | | | | | | | | | | |
| | | | | | 3:46 | 2:32 | 0:32 | | | | | | | | | | | | | | | |
| 15 | 364 | Chris Moncaster KERNO | M60 | 54:29 | 3:42 | 6:24 | 8:57 | 13:42 | 18:11 | 20:40 | 23:08 | 28:05 | 33:07 | 35:08 | 37:46 | 41:23 | 44:43 | 48:30 | | | | |
| | | | | | 3:42 | 2:42 | 2:33 | 4:45 | 4:29 | 2:29 | 2:28 | 4:57 | 5:02 | 2:01 | 2:38 | 3:37 | 3:20 | 3:47 | | | | |
| | | | | | 52:02 | 53:55 | 54:29 | | | | | | | | | | | | | | | |
| | | | | | 3:32 | 1:53 | 0:34 | | | | | | | | | | | | | | | |
| 15 | 437 | Andy Stott NGOC | M55 | 54:29 | 3:48 | 7:26 | 10:00 | 15:11 | 20:01 | 22:36 | 24:26 | 27:36 | 33:05 | 34:39 | 37:14 | 41:21 | 44:04 | 46:50 | | | | |
| | | | | | 3:48 | 3:38 | 2:34 | 5:11 | 4:50 | 2:35 | 1:50 | 3:10 | 5:29 | 1:34 | 2:35 | 4:07 | 2:43 | 2:46 | | | | |
| | | | | | 50:14 | 53:52 | 54:29 | | | | | | | | | | | | | | | |
| | | | | | 3:24 | 3:38 | 0:37 | | | | | | | | | | | | | | | |
| 17 | 312 | Ian Ditchfield MV | M55 | 55:58 | 3:54 | 7:14 | 9:37 | 14:35 | 21:20 | 23:26 | 26:05 | 29:20 | 34:59 | 36:38 | 39:11 | 43:09 | 46:19 | 49:17 | | | | |
| | | | | | 3:54 | 3:20 | 2:23 | 4:58 | 6:45 | 2:06 | 2:39 | 3:15 | 5:39 | 1:39 | 2:33 | 3:58 | 3:10 | 2:58 | | | | |
| | | | | | 53:19 | 55:23 | 55:58 | | | | | | | | | | | | | | | |
| | | | | | 4:02 | 2:04 | 0:35 | | | | | | | | | | | | | | | |
| 18 | 190 | Steve Whitehead EBOR | M60 | 56:23 | 3:28 | 10:03 | 12:23 | 17:55 | 22:25 | 24:12 | 26:10 | 29:41 | 34:46 | 36:37 | 39:08 | 43:01 | 45:59 | 49:42 | | | | |
| | | | | | 3:28 | 6:35 | 2:20 | 5:32 | 4:30 | 1:47 | 1:58 | 3:31 | 5:05 | 1:51 | 2:31 | 3:53 | 2:58 | 3:43 | | | | |
| | | | | | 53:24 | 55:46 | 56:23 | | | | | | | | | | | | | | | |
| | | | | | 3:42 | 2:22 | 0:37 | | | | | | | | | | | | | | | |
| 19 | 458 | Bruce Bryant OD | M55 | 58:20 | 4:07 | 7:36 | 10:25 | 15:58 | 21:32 | 24:00 | 27:15 | 30:40 | 36:15 | 38:06 | 40:46 | 45:11 | 48:03 | 51:12 | | | | |
| | | | | | 4:07 | 3:29 | 2:49 | 5:33 | 5:34 | 2:28 | 3:15 | 3:25 | 5:35 | 1:51 | 2:40 | 4:25 | 2:52 | 3:09 | | | | |
| | | | | | 55:41 | 57:44 | 58:20 | | | | | | | | | | | | | | | |
| | | | | | 4:29 | 2:03 | 0:36 | | | | | | | | | | | | | | | |
| 20 | 254 | Mikhail Gryaznevich TVOC | M60 | 58:58 | 3:59 | 7:32 | 13:11 | 19:15 | 25:05 | 27:37 | 29:38 | 33:57 | 38:52 | 40:17 | 42:48 | 46:34 | 49:09 | 51:55 | | | | |
| | | | | | 3:59 | 3:33 | 5:39 | 6:04 | 5:50 | 2:32 | 2:01 | 4:19 | 4:55 | 1:25 | 2:31 | 3:46 | 2:35 | 2:46 | | | | |
| | | | | | 55:17 | 58:13 | 58:58 | | | | | | | | | | | | | | | |
| | | | | | 3:22 | 2:56 | 0:45 | | | | | | | | | | | | | | | |
| 21 | 228 | Peter Maliphant BOK | M55 | 59:31 | 3:36 | 10:21 | 12:48 | 17:34 | 24:19 | 27:24 | 29:15 | 34:10 | 39:28 | 41:37 | 43:48 | 47:42 | 50:20 | 53:11 | | | | |
| | | | | | 3:36 | 6:45 | 2:27 | 4:46 | 6:45 | 3:05 | 1:51 | 4:55 | 5:18 | 2:09 | 2:11 | 3:54 | 2:38 | 2:51 | | | | |
| | | | | | 56:50 | 58:59 | 59:31 | | | | | | | | | | | | | | | |
| | | | | | 3:39 | 2:09 | 0:32 | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | |
|--------------------|------|-------------------------|-----|---------|--------------------------|---------|---------|----------------|--------|-------|-------|--------|-------|---------|---------|--------|---------|---------|
| 4 Blue (90) | | | | | 6.1 km 200 m 16 C | | | <i>(cont.)</i> | | | | | | | | | | |
| | | | | | 1(215) | 2(220) | 3(41) | 4(214) | 5(209) | 6(48) | 7(53) | 8(216) | 9(57) | 10(225) | 11(222) | 12(63) | 13(217) | 14(221) |
| | | | | | 15(44) | 16(199) | F | | | | | | | | | | | |
| 22 | 482 | Charles Daniel BOK | M55 | 1:00:20 | 3:23 | 6:55 | 9:54 | 15:08 | 20:00 | 22:33 | 25:05 | 29:14 | 34:12 | 36:02 | 38:40 | 43:02 | 46:18 | 51:09 |
| | | | | | 3:23 | 3:32 | 2:59 | 5:14 | 4:52 | 2:33 | 2:32 | 4:09 | 4:58 | 1:50 | 2:38 | 4:22 | 3:16 | 4:51 |
| | | | | | 57:32 | 59:45 | 1:00:20 | | | | | | | | | | | |
| | | | | | 6:23 | 2:13 | 0:35 | | | | | | | | | | | |
| 23 | 473 | Axel Blomquist BAOC | M60 | 1:00:27 | 3:50 | 6:59 | 11:04 | 16:26 | 21:09 | 23:24 | 25:25 | 28:26 | 33:29 | 35:12 | 39:08 | 43:09 | 50:13 | 52:56 |
| | | | | | 3:50 | 3:09 | 4:05 | 5:22 | 4:43 | 2:15 | 2:01 | 3:01 | 5:03 | 1:43 | 3:56 | 4:01 | 7:04 | 2:43 |
| | | | | | 57:47 | 59:48 | 1:00:27 | | | | | | | | | | | |
| | | | | | 4:51 | 2:01 | 0:39 | | | | | | | | | | | |
| 24 | 178 | John Britton MDOC | M60 | 1:00:55 | 4:07 | 8:00 | 10:47 | 18:44 | 23:09 | 25:14 | 27:25 | 30:44 | 36:59 | 38:51 | 41:23 | 47:18 | 50:44 | 53:42 |
| | | | | | 4:07 | 3:53 | 2:47 | 7:57 | 4:25 | 2:05 | 2:11 | 3:19 | 6:15 | 1:52 | 2:32 | 5:55 | 3:26 | 2:58 |
| | | | | | 57:33 | 1:00:24 | 1:00:55 | | | | | | | | | | | |
| | | | | | 3:51 | 2:51 | 0:31 | | | | | | | | | | | |
| 25 | 592 | Vladimir Kuznetsov SWOC | M55 | 1:01:24 | 3:43 | 7:09 | 10:00 | 16:13 | 21:43 | 25:58 | 28:05 | 31:31 | 38:48 | 40:36 | 43:04 | 47:26 | 50:46 | 54:17 |
| | | | | | 3:43 | 3:26 | 2:51 | 6:13 | 5:30 | 4:15 | 2:07 | 3:26 | 7:17 | 1:48 | 2:28 | 4:22 | 3:20 | 3:31 |
| | | | | | 58:46 | 1:00:49 | 1:01:24 | | | | | | | | | | | |
| | | | | | 4:29 | 2:03 | 0:35 | | | | | | | | | | | |
| 26 | 149 | Sue Bett SN | W40 | 1:01:44 | 4:10 | 7:41 | 10:26 | 16:59 | 22:12 | 24:59 | 27:20 | 30:48 | 37:00 | 39:01 | 41:47 | 46:27 | 50:26 | 54:11 |
| | | | | | 4:10 | 3:31 | 2:45 | 6:33 | 5:13 | 2:47 | 2:21 | 3:28 | 6:12 | 2:01 | 2:46 | 4:40 | 3:59 | 3:45 |
| | | | | | 58:35 | 1:01:09 | 1:01:44 | | | | | | | | | | | |
| | | | | | 4:24 | 2:34 | 0:35 | | | | | | | | | | | |
| 27 | 208 | Alan Rosen HH | M55 | 1:02:06 | 3:53 | 7:06 | 9:43 | 15:03 | 19:46 | 21:28 | 23:25 | 29:11 | 35:06 | 37:04 | 41:10 | 45:34 | 50:34 | 54:00 |
| | | | | | 3:53 | 3:13 | 2:37 | 5:20 | 4:43 | 1:42 | 1:57 | 5:46 | 5:55 | 1:58 | 4:06 | 4:24 | 5:00 | 3:26 |
| | | | | | 59:28 | 1:01:33 | 1:02:06 | | | | | | | | | | | |
| | | | | | 5:28 | 2:05 | 0:33 | | | | | | | | | | | |
| 28 | 157 | Heather Thomson ESOC | W40 | 1:02:08 | 4:01 | 7:25 | 10:25 | 15:49 | 20:32 | 22:35 | 24:39 | 30:15 | 35:46 | 37:27 | 40:06 | 45:26 | 48:49 | 51:59 |
| | | | | | 4:01 | 3:24 | 3:00 | 5:24 | 4:43 | 2:03 | 2:04 | 5:36 | 5:31 | 1:41 | 2:39 | 5:20 | 3:23 | 3:10 |
| | | | | | 58:46 | 1:01:34 | 1:02:08 | | | | | | | | | | | |
| | | | | | 6:47 | 2:48 | 0:34 | | | | | | | | | | | |
| 29 | 417 | Charlie Turner SLOW | M60 | 1:02:43 | 3:45 | 6:59 | 9:41 | 15:11 | 20:15 | 23:12 | 25:24 | 30:25 | 35:40 | 38:16 | 41:16 | 47:22 | 50:47 | 54:53 |
| | | | | | 3:45 | 3:14 | 2:42 | 5:30 | 5:04 | 2:57 | 2:12 | 5:01 | 5:15 | 2:36 | 3:00 | 6:06 | 3:25 | 4:06 |
| | | | | | 59:31 | 1:02:03 | 1:02:43 | | | | | | | | | | | |
| | | | | | 4:38 | 2:32 | 0:40 | | | | | | | | | | | |
| 30 | 181 | Mike Kay MWOC | M60 | 1:02:55 | 3:59 | 7:49 | 10:47 | 16:46 | 21:47 | 24:13 | 26:29 | 33:28 | 39:37 | 41:09 | 44:20 | 48:43 | 52:00 | 55:21 |
| | | | | | 3:59 | 3:50 | 2:58 | 5:59 | 5:01 | 2:26 | 2:16 | 6:59 | 6:09 | 1:32 | 3:11 | 4:23 | 3:17 | 3:21 |
| | | | | | 59:25 | 1:02:24 | 1:02:55 | | | | | | | | | | | |
| | | | | | 4:04 | 2:59 | 0:31 | | | | | | | | | | | |
| 31 | 146 | Kath Broatch ERYRI | W40 | 1:03:18 | 4:18 | 8:57 | 11:49 | 16:55 | 22:46 | 25:01 | 27:43 | 33:00 | 39:07 | 40:58 | 43:51 | 48:20 | 52:27 | 56:13 |
| | | | | | 4:18 | 4:39 | 2:52 | 5:06 | 5:51 | 2:15 | 2:42 | 5:17 | 6:07 | 1:51 | 2:53 | 4:29 | 4:07 | 3:46 |
| | | | | | 1:00:16 | 1:02:49 | 1:03:18 | | | | | | | | | | | |
| | | | | | 4:03 | 2:33 | 0:29 | | | | | | | | | | | |
| 32 | 534 | Christopher Kelsey BOK | M55 | 1:04:31 | 3:49 | 10:15 | 12:47 | 18:14 | 22:29 | 26:25 | 28:14 | 32:18 | 37:23 | 40:42 | 43:19 | 49:41 | 53:37 | 56:49 |
| | | | | | 3:49 | 6:26 | 2:32 | 5:27 | 4:15 | 3:56 | 1:49 | 4:04 | 5:05 | 3:19 | 2:37 | 6:22 | 3:56 | 3:12 |
| | | | | | 1:01:40 | 1:04:02 | 1:04:31 | | | | | | | | | | | |
| | | | | | 4:51 | 2:22 | 0:29 | | | | | | | | | | | |
| 33 | 303 | John Franklin SYO | M60 | 1:05:28 | 4:41 | 8:40 | 11:49 | 18:01 | 23:53 | 26:19 | 28:40 | 33:37 | 40:31 | 42:27 | 45:20 | 50:01 | 53:59 | 57:51 |
| | | | | | 4:41 | 3:59 | 3:09 | 6:12 | 5:52 | 2:26 | 2:21 | 4:57 | 6:54 | 1:56 | 2:53 | 4:41 | 3:58 | 3:52 |
| | | | | | 1:02:22 | 1:04:46 | 1:05:28 | | | | | | | | | | | |
| | | | | | 4:31 | 2:24 | 0:42 | | | | | | | | | | | |
| 34 | 257 | Barry Elkington OD | M55 | 1:05:51 | 3:49 | 8:21 | 12:28 | 19:32 | 24:31 | 27:27 | 29:36 | 34:58 | 40:07 | 41:47 | 45:17 | 50:29 | 53:41 | 57:23 |
| | | | | | 3:49 | 4:32 | 4:07 | 7:04 | 4:59 | 2:56 | 2:09 | 5:22 | 5:09 | 1:40 | 3:30 | 5:12 | 3:12 | 3:42 |
| | | | | | 1:02:30 | 1:05:07 | 1:05:51 | | | | | | | | | | | |
| | | | | | 5:07 | 2:37 | 0:44 | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | | | |
|--------------------|------|--------------------------|-----|---------|--------------------------|---------|---------|----------------|--------|-------|-------|--------|-------|---------|---------|--------|---------|---------|--|--|--|
| 4 Blue (90) | | | | | 6.1 km 200 m 16 C | | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | | 1(215) | 2(220) | 3(41) | 4(214) | 5(209) | 6(48) | 7(53) | 8(216) | 9(57) | 10(225) | 11(222) | 12(63) | 13(217) | 14(221) | | | |
| | | | | | 15(44) | 16(199) | F | | | | | | | | | | | | | | |
| 35 | 161 | Jenny Hemming ERYRI | W40 | 1:05:56 | 3:52 | 7:19 | 14:23 | 20:11 | 25:56 | 28:27 | 30:49 | 34:12 | 41:10 | 43:52 | 46:22 | 50:27 | 56:08 | 58:50 | | | |
| | | | | | 3:52 | 3:27 | 7:04 | 5:48 | 5:45 | 2:31 | 2:22 | 3:23 | 6:58 | 2:42 | 2:30 | 4:05 | 5:41 | 2:42 | | | |
| | | | | | 1:03:19 | 1:05:22 | 1:05:56 | | | | | | | | | | | | | | |
| | | | | | 4:29 | 2:03 | 0:34 | | | | | | | | | | | | | | |
| 36 | 389 | Neil Grant SWOC | M60 | 1:06:18 | 4:06 | 7:18 | 13:08 | 19:15 | 24:30 | 27:12 | 29:27 | 35:40 | 41:09 | 43:36 | 47:12 | 51:16 | 54:44 | 59:17 | | | |
| | | | | | 4:06 | 3:12 | 5:50 | 6:07 | 5:15 | 2:42 | 2:15 | 6:13 | 5:29 | 2:27 | 3:36 | 4:04 | 3:28 | 4:33 | | | |
| | | | | | 1:03:28 | 1:05:42 | 1:06:18 | | | | | | | | | | | | | | |
| | | | | | 4:11 | 2:14 | 0:36 | | | | | | | | | | | | | | |
| 37 | 294 | Stephen Eastley KERNO | M60 | 1:06:28 | 6:55 | 11:51 | 15:24 | 21:34 | 26:32 | 28:34 | 31:15 | 34:38 | 39:52 | 41:36 | 45:58 | 51:09 | 55:28 | 59:40 | | | |
| | | | | | 6:55 | 4:56 | 3:33 | 6:10 | 4:58 | 2:02 | 2:41 | 3:23 | 5:14 | 1:44 | 4:22 | 5:11 | 4:19 | 4:12 | | | |
| | | | | | 1:03:42 | 1:05:54 | 1:06:28 | | | | | | | | | | | | | | |
| | | | | | 4:02 | 2:12 | 0:34 | | | | | | | | | | | | | | |
| 38 | 106 | Val Jones Fingal | M55 | 1:07:55 | 4:09 | 7:30 | 11:19 | 17:25 | 22:37 | 24:45 | 27:08 | 31:27 | 38:23 | 40:15 | 43:08 | 52:32 | 56:16 | 59:44 | | | |
| | | | | | 4:09 | 3:21 | 3:49 | 6:06 | 5:12 | 2:08 | 2:23 | 4:19 | 6:56 | 1:52 | 2:53 | 9:24 | 3:44 | 3:28 | | | |
| | | | | | 1:04:58 | 1:07:18 | 1:07:55 | | | | | | | | | | | | | | |
| | | | | | 5:14 | 2:20 | 0:37 | | | | | | | | | | | | | | |
| 39 | 420 | Bryan Smith DEVON | M60 | 1:08:29 | 4:36 | 8:27 | 16:21 | 22:40 | 29:38 | 32:28 | 34:54 | 38:35 | 45:22 | 47:28 | 50:05 | 54:11 | 57:38 | 1:01:20 | | | |
| | | | | | 4:36 | 3:51 | 7:54 | 6:19 | 6:58 | 2:50 | 2:26 | 3:41 | 6:47 | 2:06 | 2:37 | 4:06 | 3:27 | 3:42 | | | |
| | | | | | 1:05:59 | 1:07:57 | 1:08:29 | | | | | | | | | | | | | | |
| | | | | | 4:39 | 1:58 | 0:32 | | | | | | | | | | | | | | |
| 40 | 245 | Jane Stagg BOK | W40 | 1:09:31 | 14:49 | 17:47 | 21:03 | 26:08 | 31:49 | 33:53 | 36:41 | 39:51 | 48:57 | 51:11 | 53:50 | 57:38 | 1:00:29 | 1:03:10 | | | |
| | | | | | 14:49 | 2:58 | 3:16 | 5:05 | 5:41 | 2:04 | 2:48 | 3:10 | 9:06 | 2:14 | 2:39 | 3:48 | 2:51 | 2:41 | | | |
| | | | | | 1:06:41 | 1:09:01 | 1:09:31 | | | | | | | | | | | | | | |
| | | | | | 3:31 | 2:20 | 0:30 | | | | | | | | | | | | | | |
| 41 | 650 | David Harper DEVON | M60 | 1:09:42 | 4:04 | 12:31 | 15:34 | 21:22 | 26:54 | 28:46 | 30:39 | 35:37 | 42:04 | 48:18 | 52:13 | 56:09 | 59:21 | 1:01:58 | | | |
| | | | | | 4:04 | 8:27 | 3:03 | 5:48 | 5:32 | 1:52 | 1:53 | 4:58 | 6:27 | 6:14 | 3:55 | 3:56 | 3:12 | 2:37 | | | |
| | | | | | 1:05:57 | 1:09:05 | 1:09:42 | | | | | | | | | | | | | | |
| | | | | | 3:59 | 3:08 | 0:37 | | | | | | | | | | | | | | |
| 42 | 487 | Philip Baxter LVO | M60 | 1:10:51 | 4:21 | 8:16 | 12:07 | 18:29 | 24:23 | 27:32 | 30:06 | 34:35 | 41:14 | 43:50 | 47:59 | 53:48 | 58:00 | 1:02:11 | | | |
| | | | | | 4:21 | 3:55 | 3:51 | 6:22 | 5:54 | 3:09 | 2:34 | 4:29 | 6:39 | 2:36 | 4:09 | 5:49 | 4:12 | 4:11 | | | |
| | | | | | 1:07:21 | 1:10:12 | 1:10:51 | | | | | | | | | | | | | | |
| | | | | | 5:10 | 2:51 | 0:39 | | | | | | | | | | | | | | |
| 43 | 563 | Rachel Leathwood BOK | W40 | 1:11:26 | 3:54 | 8:10 | 16:00 | 22:15 | 28:26 | 31:04 | 33:28 | 37:04 | 43:03 | 44:54 | 48:27 | 55:24 | 58:33 | 1:02:20 | | | |
| | | | | | 3:54 | 4:16 | 7:50 | 6:15 | 6:11 | 2:38 | 2:24 | 3:36 | 5:59 | 1:51 | 3:33 | 6:57 | 3:09 | 3:47 | | | |
| | | | | | 1:08:17 | 1:10:50 | 1:11:26 | | | | | | | | | | | | | | |
| | | | | | 5:57 | 2:33 | 0:36 | | | | | | | | | | | | | | |
| 44 | 252 | Christine Farr SWOC | W35 | 1:11:59 | 4:46 | 8:45 | 12:49 | 18:55 | 25:08 | 29:16 | 31:48 | 36:48 | 43:21 | 45:25 | 49:43 | 54:35 | 58:51 | 1:02:54 | | | |
| | | | | | 4:46 | 3:59 | 4:04 | 6:06 | 6:13 | 4:08 | 2:32 | 5:00 | 6:33 | 2:04 | 4:18 | 4:52 | 4:16 | 4:03 | | | |
| | | | | | 1:07:59 | 1:11:21 | 1:11:59 | | | | | | | | | | | | | | |
| | | | | | 5:05 | 3:22 | 0:38 | | | | | | | | | | | | | | |
| 45 | 382 | Graham Capper EBOR | M55 | 1:12:12 | 4:44 | 8:15 | 15:53 | 22:00 | 27:47 | 30:11 | 33:37 | 37:16 | 43:14 | 46:05 | 48:54 | 54:37 | 58:06 | 1:01:54 | | | |
| | | | | | 4:44 | 3:31 | 7:38 | 6:07 | 5:47 | 2:24 | 3:26 | 3:39 | 5:58 | 2:51 | 2:49 | 5:43 | 3:29 | 3:48 | | | |
| | | | | | 1:06:12 | 1:11:32 | 1:12:12 | | | | | | | | | | | | | | |
| | | | | | 4:18 | 5:20 | 0:40 | | | | | | | | | | | | | | |
| 46 | 342 | Rod Postlethwaite WRE | M60 | 1:12:15 | 4:36 | 9:03 | 12:12 | 19:55 | 26:52 | 29:52 | 32:15 | 37:19 | 44:02 | 46:12 | 52:24 | 57:48 | 1:01:19 | 1:04:46 | | | |
| | | | | | 4:36 | 4:27 | 3:09 | 7:43 | 6:57 | 3:00 | 2:23 | 5:04 | 6:43 | 2:10 | 6:12 | 5:24 | 3:31 | 3:27 | | | |
| | | | | | 1:09:16 | 1:11:43 | 1:12:15 | | | | | | | | | | | | | | |
| | | | | | 4:30 | 2:27 | 0:32 | | | | | | | | | | | | | | |
| 47 | 396 | Barry Olds KERNO | M60 | 1:12:22 | 4:55 | 9:29 | 14:33 | 21:35 | 28:18 | 33:25 | 35:49 | 39:57 | 46:22 | 48:31 | 51:41 | 56:40 | 59:54 | 1:03:46 | | | |
| | | | | | 4:55 | 4:34 | 5:04 | 7:02 | 6:43 | 5:07 | 2:24 | 4:08 | 6:25 | 2:09 | 3:10 | 4:59 | 3:14 | 3:52 | | | |
| | | | | | 1:08:57 | 1:11:42 | 1:12:22 | | | | | | | | | | | | | | |
| | | | | | 5:11 | 2:45 | 0:40 | | | | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | | | | |
|--------------------|------|---------------------------|-----|---------|---------------------|---------|-------------|--------|----------------|-------|-------|--------|-------|---------|---------|---------|---------|---------|---------|--|--|--|
| 4 Blue (90) | | | | | 6.1 km 200 m | | 16 C | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | | 1(215) | 2(220) | 3(41) | 4(214) | 5(209) | 6(48) | 7(53) | 8(216) | 9(57) | 10(225) | 11(222) | 12(63) | 13(217) | 14(221) | | | | |
| | | | | | 15(44) | 16(199) | F | | | | | | | | | | | | | | | |
| 48 | 528 | Paul Basher HOC | M60 | 1:12:49 | 4:48 | 8:32 | 14:06 | 20:00 | 26:14 | 29:34 | 31:48 | 40:10 | 46:11 | 48:17 | 52:37 | 58:06 | 1:01:29 | 1:05:19 | | | | |
| | | | | | 4:48 | 3:44 | 5:34 | 5:54 | 6:14 | 3:20 | 2:14 | 8:22 | 6:01 | 2:06 | 4:20 | 5:29 | 3:23 | 3:50 | | | | |
| | | | | | 1:09:53 | 1:12:02 | 1:12:49 | | | | | | | | | | | | 1:12:08 | | | |
| | | | | | 4:34 | 2:09 | 0:47 | | | | | | | | | | | | *199 | | | |
| 49 | 187 | John McCullough 3ROC | M60 | 1:12:56 | 4:17 | 7:57 | 11:01 | 17:10 | 22:47 | 25:02 | 27:29 | 32:29 | 39:22 | 41:35 | 46:16 | 51:07 | 59:25 | 1:03:05 | | | | |
| | | | | | 4:17 | 3:40 | 3:04 | 6:09 | 5:37 | 2:15 | 2:27 | 5:00 | 6:53 | 2:13 | 4:41 | 4:51 | 8:18 | 3:40 | | | | |
| | | | | | 1:09:51 | 1:12:21 | 1:12:56 | | | | | | | | | | | | | | | |
| | | | | | 6:46 | 2:30 | 0:35 | | | | | | | | | | | | | | | |
| 50 | 588 | Alan Leakey SLOW | M60 | 1:13:01 | 5:00 | 8:40 | 11:53 | 17:57 | 23:45 | 28:40 | 30:51 | 35:37 | 42:14 | 44:29 | 47:32 | 54:59 | 58:53 | 1:04:20 | | | | |
| | | | | | 5:00 | 3:40 | 3:13 | 6:04 | 5:48 | 4:55 | 2:11 | 4:46 | 6:37 | 2:15 | 3:03 | 7:27 | 3:54 | 5:27 | | | | |
| | | | | | 1:09:04 | 1:12:18 | 1:13:01 | | | | | | | | | | | | | | | |
| | | | | | 4:44 | 3:14 | 0:43 | | | | | | | | | | | | | | | |
| 51 | 240 | John Simmons BOK | M60 | 1:14:39 | 4:24 | 7:59 | 13:06 | 19:02 | 24:25 | 27:31 | 29:57 | 40:30 | 46:53 | 49:16 | 51:57 | 56:17 | 59:54 | 1:04:33 | | | | |
| | | | | | 4:24 | 3:35 | 5:07 | 5:56 | 5:23 | 3:06 | 2:26 | 10:33 | 6:23 | 2:23 | 2:41 | 4:20 | 3:37 | 4:39 | | | | |
| | | | | | 1:11:01 | 1:14:08 | 1:14:39 | | | | | | | | | | | | | | | |
| | | | | | 6:28 | 3:07 | 0:31 | | | | | | | | | | | | | | | |
| 52 | 451 | Graham Pring KERNO | M55 | 1:15:33 | 5:36 | 10:21 | 13:29 | 19:23 | 26:15 | 31:24 | 33:52 | 38:48 | 49:35 | 52:27 | 55:24 | 59:58 | 1:03:35 | 1:07:55 | | | | |
| | | | | | 5:36 | 4:45 | 3:08 | 5:54 | 6:52 | 5:09 | 2:28 | 4:56 | 10:47 | 2:52 | 2:57 | 4:34 | 3:37 | 4:20 | | | | |
| | | | | | 1:12:47 | 1:15:02 | 1:15:33 | | | | | | | | | | | | | | | |
| | | | | | 4:52 | 2:15 | 0:31 | | | | | | | | | | | | | | | |
| 53 | 103 | Steve Jones SBOC | M55 | 1:15:58 | 4:04 | 8:04 | 14:04 | 20:07 | 26:07 | 29:29 | 32:03 | 35:54 | 43:47 | 46:08 | 51:06 | 56:42 | 1:02:28 | 1:06:53 | | | | |
| | | | | | 4:04 | 4:00 | 6:00 | 6:03 | 6:00 | 3:22 | 2:34 | 3:51 | 7:53 | 2:21 | 4:58 | 5:36 | 5:46 | 4:25 | | | | |
| | | | | | 1:11:13 | 1:15:17 | 1:15:58 | | | | | | | | | | | | | | | |
| | | | | | 4:20 | 4:04 | 0:41 | | | | | | | | | | | | | | | |
| 54 | 395 | Chris Johnson BOK | M60 | 1:18:20 | 5:16 | 9:14 | 12:54 | 20:06 | 27:20 | 31:00 | 34:11 | 40:37 | 48:07 | 50:22 | 53:54 | 59:43 | 1:04:35 | 1:09:22 | | | | |
| | | | | | 5:16 | 3:58 | 3:40 | 7:12 | 7:14 | 3:40 | 3:11 | 6:26 | 7:30 | 2:15 | 3:32 | 5:49 | 4:52 | 4:47 | | | | |
| | | | | | 1:14:35 | 1:17:35 | 1:18:20 | | | | | | | | | | | | | | | |
| | | | | | 5:13 | 3:00 | 0:45 | | | | | | | | | | | | | | | |
| 55 | 444 | Andy Robinson SLOW | M60 | 1:18:23 | 5:12 | 9:11 | 13:18 | 20:12 | 26:35 | 29:20 | 32:06 | 37:12 | 43:45 | 46:14 | 49:30 | 1:01:30 | 1:05:32 | 1:09:17 | | | | |
| | | | | | 5:12 | 3:59 | 4:07 | 6:54 | 6:23 | 2:45 | 2:46 | 5:06 | 6:33 | 2:29 | 3:16 | 12:00 | 4:02 | 3:45 | | | | |
| | | | | | 1:13:51 | 1:17:28 | 1:18:23 | | | | | | | | | | | | | | | |
| | | | | | 4:34 | 3:37 | 0:55 | | | | | | | | | | | | | | | |
| 56 | 421 | Mike Goldthorpe SOC | M55 | 1:18:24 | 3:43 | 9:56 | 17:48 | 23:42 | 29:45 | 35:36 | 37:42 | 41:49 | 47:42 | 49:46 | 52:46 | 57:38 | 1:07:24 | 1:11:24 | | | | |
| | | | | | 3:43 | 6:13 | 7:52 | 5:54 | 6:03 | 5:51 | 2:06 | 4:07 | 5:53 | 2:04 | 3:00 | 4:52 | 9:46 | 4:00 | | | | |
| | | | | | 1:15:49 | 1:17:50 | 1:18:24 | | | | | | | | | | | | | | | |
| | | | | | 4:25 | 2:01 | 0:34 | | | | | | | | | | | | | | | |
| 57 | 216 | Ian Sayer WSX | M60 | 1:19:03 | 4:17 | 12:15 | 15:37 | 23:46 | 30:53 | 34:32 | 37:17 | 42:59 | 50:28 | 52:49 | 55:29 | 1:00:45 | 1:04:19 | 1:08:39 | | | | |
| | | | | | 4:17 | 7:58 | 3:22 | 8:09 | 7:07 | 3:39 | 2:45 | 5:42 | 7:29 | 2:21 | 2:40 | 5:16 | 3:34 | 4:20 | | | | |
| | | | | | 1:14:00 | 1:18:25 | 1:19:03 | | | | | | | | | | | | | | | |
| | | | | | 5:21 | 4:25 | 0:38 | | | | | | | | | | | | | | | |
| 58 | 360 | Gerry Ashton NGOC | M60 | 1:19:51 | 5:21 | 10:53 | 14:12 | 21:26 | 27:16 | 30:17 | 33:18 | 38:01 | 45:20 | 48:11 | 52:43 | 1:00:25 | 1:04:54 | 1:09:56 | | | | |
| | | | | | 5:21 | 5:32 | 3:19 | 7:14 | 5:50 | 3:01 | 3:01 | 4:43 | 7:19 | 2:51 | 4:32 | 7:42 | 4:29 | 5:02 | | | | |
| | | | | | 1:16:04 | 1:18:59 | 1:19:51 | | | | | | | | | | | | | | | |
| | | | | | 6:08 | 2:55 | 0:52 | | | | | | | | | | | | | | | |
| 59 | 475 | David Mitchell SBOC | M55 | 1:19:57 | 4:57 | 10:36 | 14:13 | 21:47 | 28:26 | 32:11 | 35:13 | 40:24 | 47:48 | 50:03 | 54:31 | 1:00:07 | 1:04:41 | 1:10:14 | | | | |
| | | | | | 4:57 | 5:39 | 3:37 | 7:34 | 6:39 | 3:45 | 3:02 | 5:11 | 7:24 | 2:15 | 4:28 | 5:36 | 4:34 | 5:33 | | | | |
| | | | | | 1:15:58 | 1:19:07 | 1:19:57 | | | | | | | | | | | | | | | |
| | | | | | 5:44 | 3:09 | 0:50 | | | | | | | | | | | | | | | |
| 60 | 393 | Sarah Louise Franci SN | W40 | 1:20:01 | 4:38 | 10:46 | 19:33 | 28:50 | 34:53 | 38:02 | 41:16 | 45:42 | 53:07 | 55:24 | 59:02 | 1:04:01 | 1:07:48 | 1:11:26 | | | | |
| | | | | | 4:38 | 6:08 | 8:47 | 9:17 | 6:03 | 3:09 | 3:14 | 4:26 | 7:25 | 2:17 | 3:38 | 4:59 | 3:47 | 3:38 | | | | |
| | | | | | 1:16:59 | 1:19:28 | 1:20:01 | | | | | | | | | | | | | | | |
| | | | | | 5:33 | 2:29 | 0:33 | | | | | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | | | |
|--------------------|------|---------------------------|-----|---------|--------------------------|---------|---------|----------------|--------|-------|-------|--------|-------|---------|---------|---------|---------|---------|--|--|--|
| 4 Blue (90) | | | | | 6.1 km 200 m 16 C | | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | | 1(215) | 2(220) | 3(41) | 4(214) | 5(209) | 6(48) | 7(53) | 8(216) | 9(57) | 10(225) | 11(222) | 12(63) | 13(217) | 14(221) | | | |
| | | | | | 15(44) | 16(199) | F | | | | | | | | | | | | | | |
| 61 | 398 | Barrie Pearson SO | M60 | 1:20:02 | 4:35 | 9:19 | 16:29 | 23:07 | 28:43 | 31:05 | 33:38 | 38:37 | 45:20 | 47:52 | 51:43 | 57:03 | 1:02:55 | 1:09:09 | | | |
| | | | | | 4:35 | 4:44 | 7:10 | 6:38 | 5:36 | 2:22 | 2:33 | 4:59 | 6:43 | 2:32 | 3:51 | 5:20 | 5:52 | 6:14 | | | |
| | | | | | 1:15:44 | 1:19:30 | 1:20:02 | | | | | | | | | | | | | | |
| 62 | 565 | Steve Robertson QO | M60 | 1:20:33 | 6:35 | 3:46 | 0:32 | | | | | | | | | | | | | | |
| | | | | | 5:16 | 12:41 | 15:41 | 25:08 | 31:13 | 37:44 | 40:03 | 44:49 | 52:44 | 55:04 | 59:19 | 1:04:31 | 1:07:40 | 1:11:35 | | | |
| | | | | | 5:16 | 7:25 | 3:00 | 9:27 | 6:05 | 6:31 | 2:19 | 4:46 | 7:55 | 2:20 | 4:15 | 5:12 | 3:09 | 3:55 | | | |
| | | | | | 1:17:14 | 1:19:52 | 1:20:33 | | | | | | | | | | | | | | |
| 63 | 502 | Steve Chiverton HOC | M60 | 1:20:45 | 5:39 | 2:38 | 0:41 | | | | | | | | | | | | | | |
| | | | | | 4:44 | 8:15 | 11:17 | 18:11 | 24:15 | 29:31 | 38:18 | 42:35 | 49:58 | 52:05 | 57:03 | 1:01:37 | 1:06:01 | 1:10:23 | | | |
| | | | | | 4:44 | 3:31 | 3:02 | 6:54 | 6:04 | 5:16 | 8:47 | 4:17 | 7:23 | 2:07 | 4:58 | 4:34 | 4:24 | 4:22 | | | |
| | | | | | 1:17:29 | 1:20:00 | 1:20:45 | | | | | | | | | | | | | | |
| 64 | 174 | Raymond Finlay FermO | M60 | 1:20:49 | 7:06 | 2:31 | 0:45 | | | | | | | | | | | | | | |
| | | | | | 4:02 | 7:50 | 12:43 | 24:51 | 29:54 | 32:22 | 34:34 | 38:55 | 44:57 | 46:52 | 53:53 | 59:13 | 1:07:20 | 1:10:47 | | | |
| | | | | | 4:02 | 3:48 | 4:53 | 12:08 | 5:03 | 2:28 | 2:12 | 4:21 | 6:02 | 1:55 | 7:01 | 5:20 | 8:07 | 3:27 | | | |
| | | | | | 1:17:53 | 1:20:17 | 1:20:49 | | | | | | | | | | | | | | |
| 65 | 470 | Anthony Cockbain HOC | M55 | 1:22:45 | 7:06 | 2:24 | 0:32 | | | | | | | | | | | | | | |
| | | | | | 5:39 | 14:11 | 22:27 | 29:03 | 35:48 | 38:41 | 41:11 | 45:16 | 53:25 | 56:05 | 1:00:02 | 1:05:32 | 1:09:27 | 1:13:40 | | | |
| | | | | | 5:39 | 8:32 | 8:16 | 6:36 | 6:45 | 2:53 | 2:30 | 4:05 | 8:09 | 2:40 | 3:57 | 5:30 | 3:55 | 4:13 | | | |
| | | | | | 1:18:54 | 1:22:05 | 1:22:45 | | | | | | | | | | | | | | |
| 66 | 120 | Pat McCavana GEN | M55 | 1:23:00 | 5:14 | 3:11 | 0:40 | | | | | | | | | | | | | | |
| | | | | | 4:34 | 10:20 | 13:08 | 19:16 | 25:58 | 29:25 | 31:45 | 42:26 | 49:58 | 53:00 | 1:00:59 | 1:07:06 | 1:10:55 | 1:15:03 | | | |
| | | | | | 4:34 | 5:46 | 2:48 | 6:08 | 6:42 | 3:27 | 2:20 | 10:41 | 7:32 | 3:02 | 7:59 | 6:07 | 3:49 | 4:08 | | | |
| | | | | | 1:19:49 | 1:22:31 | 1:23:00 | | | | | | | | | | | | | | |
| 67 | 210 | Robin Smith SOC | M60 | 1:23:06 | 4:46 | 2:42 | 0:29 | | | | | | | | | | | | | | |
| | | | | | 9:25 | 24:22 | 28:03 | 34:07 | 40:04 | 42:48 | 45:01 | 48:43 | 55:53 | 58:20 | 1:01:20 | 1:06:16 | 1:10:38 | 1:14:22 | | | |
| | | | | | 9:25 | 14:57 | 3:41 | 6:04 | 5:57 | 2:44 | 2:13 | 3:42 | 7:10 | 2:27 | 3:00 | 4:56 | 4:22 | 3:44 | | | |
| | | | | | 1:19:17 | 1:22:29 | 1:23:06 | | | | | | | | | | | | | | |
| 68 | 424 | Kevin Bush SWOC | M55 | 1:23:26 | 4:55 | 3:12 | 0:37 | | | | | | | | | | | | | | |
| | | | | | 8:23 | 12:38 | 17:27 | 25:43 | 32:32 | 36:29 | 39:43 | 44:31 | 52:26 | 54:55 | 58:34 | 1:04:13 | 1:08:29 | 1:12:41 | | | |
| | | | | | 8:23 | 4:15 | 4:49 | 8:16 | 6:49 | 3:57 | 3:14 | 4:48 | 7:55 | 2:29 | 3:39 | 5:39 | 4:16 | 4:12 | | | |
| | | | | | 1:19:42 | 1:22:39 | 1:23:26 | | | | | | | | | | | | | | |
| 69 | 521 | Paul Street SLOW | M60 | 1:24:00 | 7:01 | 2:57 | 0:47 | | | | | | | | | | | | | | |
| | | | | | 3:51 | 10:39 | 14:39 | 20:22 | 31:37 | 34:36 | 37:13 | 45:22 | 53:30 | 55:42 | 1:00:29 | 1:06:08 | 1:09:57 | 1:13:45 | | | |
| | | | | | 3:51 | 6:48 | 4:00 | 5:43 | 11:15 | 2:59 | 2:37 | 8:09 | 8:08 | 2:12 | 4:47 | 5:39 | 3:49 | 3:48 | | | |
| | | | | | 1:20:31 | 1:23:16 | 1:24:00 | | | | | | | | | | | | | | |
| 70 | 261 | John Mills SWOC | M60 | 1:24:51 | 6:46 | 2:45 | 0:44 | | | | | | | | | | | | | | |
| | | | | | 11:09 | 15:16 | 18:33 | 25:15 | 32:03 | 35:31 | 42:12 | 48:03 | 54:57 | 57:21 | 1:02:22 | 1:08:05 | 1:11:53 | 1:16:56 | | | |
| | | | | | 11:09 | 4:07 | 3:17 | 6:42 | 6:48 | 3:28 | 6:41 | 5:51 | 6:54 | 2:24 | 5:01 | 5:43 | 3:48 | 5:03 | | | |
| | | | | | 1:21:36 | 1:24:08 | 1:24:51 | | | | | | | | | | | | | | |
| 71 | 608 | Ali Lea BAOC | W35 | 1:26:49 | 4:40 | 2:32 | 0:43 | | | | | | | | | | | | | | |
| | | | | | 6:03 | 10:51 | 17:47 | 26:04 | 33:03 | 37:34 | 41:05 | 45:56 | 53:53 | 56:15 | 1:00:32 | 1:06:29 | 1:11:18 | 1:16:26 | | | |
| | | | | | 6:03 | 4:48 | 6:56 | 8:17 | 6:59 | 4:31 | 3:31 | 4:51 | 7:57 | 2:22 | 4:17 | 5:57 | 4:49 | 5:08 | | | |
| | | | | | 1:22:56 | 1:26:01 | 1:26:49 | | | | | | | | | | | | | | |
| 72 | 143 | Alison Cunningham ESOC | W40 | 1:26:56 | 6:30 | 3:05 | 0:48 | | | | | | | | | | | | | | |
| | | | | | 4:13 | 15:32 | 18:34 | 24:29 | 37:01 | 40:27 | 42:41 | 47:07 | 53:11 | 56:18 | 59:27 | 1:08:31 | 1:12:57 | 1:16:41 | | | |
| | | | | | 4:13 | 11:19 | 3:02 | 5:55 | 12:32 | 3:26 | 2:14 | 4:26 | 6:04 | 3:07 | 3:09 | 9:04 | 4:26 | 3:44 | | | |
| | | | | | 1:21:12 | 1:26:18 | 1:26:56 | | | | | | | | | | | | | | |
| 73 | 154 | Violet Linton LVO | W40 | 1:27:04 | 4:31 | 5:06 | 0:38 | | | | | | | | | | | | | | |
| | | | | | 4:39 | 9:24 | 12:39 | 19:13 | 25:23 | 28:05 | 31:01 | 38:33 | 49:06 | 51:56 | 55:54 | 1:01:14 | 1:13:42 | 1:18:17 | | | |
| | | | | | 4:39 | 4:45 | 3:15 | 6:34 | 6:10 | 2:42 | 2:56 | 7:32 | 10:33 | 2:50 | 3:58 | 5:20 | 12:28 | 4:35 | | | |
| | | | | | 1:23:47 | 1:26:27 | 1:27:04 | | | | | | | | | | | | | | |
| | | | | | 5:30 | 2:40 | 0:37 | | | | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | | | | |
|-----------------------|------|----------------------------|------|-------|--------------------------|--------|---------|-------|----------------|-------|-------|--------|-------|--------|--------|--------|--------|---------|--|--|--|--|
| 5 Sh Blue (85) | | | | | 5.3 km 135 m 17 C | | | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | | 1(60) | 2(69) | 3(201) | 4(41) | 5(62) | 6(57) | 7(58) | 8(222) | 9(63) | 10(32) | 11(33) | 12(38) | 13(42) | 14(206) | | | | |
| | | | | | 15(204) | 16(44) | 17(199) | F | | | | | | | | | | | | | | |
| 9 | 292 | Mike Wimpenny DEVON | M65 | 48:51 | 2:54 | 5:47 | 8:52 | 11:07 | 14:52 | 19:05 | 20:57 | 24:10 | 28:26 | 30:04 | 33:48 | 36:06 | 39:26 | 40:52 | | | | |
| | | | | | 2:54 | 2:53 | 3:05 | 2:15 | 3:45 | 4:13 | 1:52 | 3:13 | 4:16 | 1:38 | 3:44 | 2:18 | 3:20 | 1:26 | | | | |
| | | | | | 43:30 | 45:48 | 48:09 | 48:51 | | | | | | | | | | | | | | |
| | | | | | 2:38 | 2:18 | 2:21 | 0:42 | | | | | | | | | | | | | | |
| 10 | 170 | Vicky Thornton MDOC | W50 | 49:53 | 2:42 | 5:59 | 8:28 | 10:59 | 15:05 | 19:34 | 21:52 | 24:46 | 29:05 | 31:01 | 34:17 | 37:00 | 40:24 | 42:04 | | | | |
| | | | | | 2:42 | 3:17 | 2:29 | 2:31 | 4:06 | 4:29 | 2:18 | 2:54 | 4:19 | 1:56 | 3:16 | 2:43 | 3:24 | 1:40 | | | | |
| | | | | | 44:24 | 46:48 | 49:21 | 49:53 | | | | | | | | | | | | | | |
| | | | | | 2:20 | 2:24 | 2:33 | 0:32 | | | | | | | | | | | | | | |
| 11 | 188 | Jane Morgan SO | W50 | 49:59 | 2:38 | 5:26 | 8:02 | 10:32 | 14:11 | 18:09 | 20:32 | 23:54 | 28:25 | 30:25 | 33:27 | 35:50 | 40:46 | 42:21 | | | | |
| | | | | | 2:38 | 2:48 | 2:36 | 2:30 | 3:39 | 3:58 | 2:23 | 3:22 | 4:31 | 2:00 | 3:02 | 2:23 | 4:56 | 1:35 | | | | |
| | | | | | 44:46 | 46:57 | 49:29 | 49:59 | | | | | | | | | | | | | | |
| | | | | | 2:25 | 2:11 | 2:32 | 0:30 | | | | | | | | | | | | | | |
| 12 | 192 | Alice Bedwell BOK | W50 | 50:16 | 2:59 | 5:53 | 8:33 | 11:11 | 15:53 | 21:05 | 22:53 | 25:55 | 30:37 | 32:22 | 35:43 | 37:41 | 40:44 | 41:58 | | | | |
| | | | | | 2:59 | 2:54 | 2:40 | 2:38 | 4:42 | 5:12 | 1:48 | 3:02 | 4:42 | 1:45 | 3:21 | 1:58 | 3:03 | 1:14 | | | | |
| | | | | | 44:17 | 46:38 | 49:42 | 50:16 | | | | | | | | | | | | | | |
| | | | | | 2:19 | 2:21 | 3:04 | 0:34 | | | | | | | | | | | | | | |
| 13 | 155 | David May SLOW | M65 | 50:49 | 2:47 | 5:39 | 8:30 | 11:38 | 15:51 | 20:00 | 21:57 | 25:39 | 30:24 | 32:25 | 35:35 | 37:44 | 41:20 | 42:24 | | | | |
| | | | | | 2:47 | 2:52 | 2:51 | 3:08 | 4:13 | 4:09 | 1:57 | 3:42 | 4:45 | 2:01 | 3:10 | 2:09 | 3:36 | 1:04 | | | | |
| | | | | | 44:34 | 46:44 | 50:14 | 50:49 | | | | | | | | | | | | | | |
| | | | | | 2:10 | 2:10 | 3:30 | 0:35 | | | | | | | | | | | | | | |
| 14 | 105 | Lucy Wiegand SYO | W45 | 51:04 | 2:55 | 5:52 | 8:11 | 10:26 | 15:43 | 19:49 | 21:43 | 25:23 | 30:15 | 31:57 | 35:54 | 38:27 | 42:38 | 44:01 | | | | |
| | | | | | 2:55 | 2:57 | 2:19 | 2:15 | 5:17 | 4:06 | 1:54 | 3:40 | 4:52 | 1:42 | 3:57 | 2:33 | 4:11 | 1:23 | | | | |
| | | | | | 46:08 | 48:12 | 50:31 | 51:04 | | | | | | | | | | | | | | |
| | | | | | 2:07 | 2:04 | 2:19 | 0:33 | | | | | | | | | | | | | | |
| 15 | 611 | Jim Prowting TVOC | M65 | 51:13 | 3:17 | 6:10 | 8:52 | 11:11 | 15:16 | 19:34 | 22:20 | 25:21 | 29:53 | 31:57 | 35:39 | 38:04 | 42:21 | 43:36 | | | | |
| | | | | | 3:17 | 2:53 | 2:42 | 2:19 | 4:05 | 4:18 | 2:46 | 3:01 | 4:32 | 2:04 | 3:42 | 2:25 | 4:17 | 1:15 | | | | |
| | | | | | 45:36 | 48:31 | 50:36 | 51:13 | | | | | | | | | | | | | | |
| | | | | | 2:00 | 2:55 | 2:05 | 0:37 | | | | | | | | | | | | | | |
| 16 | 415 | Christopher Branfor WIM | M65 | 51:51 | 2:57 | 6:57 | 10:14 | 12:53 | 17:34 | 22:01 | 24:08 | 27:20 | 31:39 | 33:23 | 37:00 | 39:09 | 42:43 | 44:14 | | | | |
| | | | | | 2:57 | 4:00 | 3:17 | 2:39 | 4:41 | 4:27 | 2:07 | 3:12 | 4:19 | 1:44 | 3:37 | 2:09 | 3:34 | 1:31 | | | | |
| | | | | | 46:29 | 48:49 | 51:09 | 51:51 | | | | | | | | | | | | | | |
| | | | | | 2:15 | 2:20 | 2:20 | 0:42 | | | | | | | | | | | | | | |
| 17 | 159 | Tim Sands BASOC | M65 | 51:58 | 3:02 | 5:58 | 8:33 | 11:05 | 15:57 | 20:14 | 22:43 | 25:48 | 30:28 | 32:08 | 35:30 | 38:00 | 41:31 | 42:55 | | | | |
| | | | | | 3:02 | 2:56 | 2:35 | 2:32 | 4:52 | 4:17 | 2:29 | 3:05 | 4:40 | 1:40 | 3:22 | 2:30 | 3:31 | 1:24 | | | | |
| | | | | | 45:07 | 47:15 | 51:21 | 51:58 | | | | | | | | | | | | | | |
| | | | | | 2:12 | 2:08 | 4:06 | 0:37 | | | | | | | | | | | | | | |
| 18 | 260 | Lesley Ross OD | W45 | 52:18 | 5:23 | 8:07 | 11:01 | 13:11 | 17:30 | 23:47 | 25:52 | 29:06 | 33:33 | 35:25 | 38:43 | 41:02 | 43:53 | 45:06 | | | | |
| | | | | | 5:23 | 2:44 | 2:54 | 2:10 | 4:19 | 6:17 | 2:05 | 3:14 | 4:27 | 1:52 | 3:18 | 2:19 | 2:51 | 1:13 | | | | |
| | | | | | 47:14 | 49:25 | 51:33 | 52:18 | | | | | | | | | | | | | | |
| | | | | | 2:08 | 2:11 | 2:08 | 0:45 | | | | | | | | | | | | | | |
| 19 | 544 | Phil Conway GO | M50S | 54:01 | 2:43 | 5:32 | 8:19 | 10:57 | 16:17 | 21:08 | 23:14 | 27:45 | 32:41 | 34:33 | 38:22 | 40:59 | 44:19 | 45:59 | | | | |
| | | | | | 2:43 | 2:49 | 2:47 | 2:38 | 5:20 | 4:51 | 2:06 | 4:31 | 4:56 | 1:52 | 3:49 | 2:37 | 3:20 | 1:40 | | | | |
| | | | | | 48:13 | 50:48 | 53:17 | 54:01 | | | | | | | | | | | | | | |
| | | | | | 2:14 | 2:35 | 2:29 | 0:44 | | | | | | | | | | | | | | |
| 20 | 369 | Nick Nourse NWO | M50S | 54:29 | 3:10 | 5:57 | 8:44 | 11:12 | 15:38 | 20:36 | 23:30 | 27:21 | 32:43 | 34:44 | 38:34 | 40:54 | 44:40 | 46:15 | | | | |
| | | | | | 3:10 | 2:47 | 2:47 | 2:28 | 4:26 | 4:58 | 2:54 | 3:51 | 5:22 | 2:01 | 3:50 | 2:20 | 3:46 | 1:35 | | | | |
| | | | | | 48:49 | 51:24 | 53:41 | 54:29 | | | | | | | | | | | | | | |
| | | | | | 2:34 | 2:35 | 2:17 | 0:48 | | | | | | | | | | | | | | |
| 21 | 571 | Alison Harding HH | W50 | 54:45 | 2:57 | 6:23 | 9:14 | 12:18 | 17:12 | 21:33 | 23:30 | 28:47 | 33:16 | 35:12 | 38:29 | 41:12 | 44:53 | 46:18 | | | | |
| | | | | | 2:57 | 3:26 | 2:51 | 3:04 | 4:54 | 4:21 | 1:57 | 5:17 | 4:29 | 1:56 | 3:17 | 2:43 | 3:41 | 1:25 | | | | |
| | | | | | 48:36 | 51:08 | 54:08 | 54:45 | | | | | | | | | | | | | | |
| | | | | | 2:18 | 2:32 | 3:00 | 0:37 | | | | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | | | | |
|-----------------------|------|--------------------------|------|---------|--------------------------|---------|---------|---------|----------------|-------|-------|--------|-------|--------|---------|---------|---------|---------|--|--|--|--|
| 5 Sh Blue (85) | | | | | 5.3 km 135 m 17 C | | | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | | 1(60) | 2(69) | 3(201) | 4(41) | 5(62) | 6(57) | 7(58) | 8(222) | 9(63) | 10(32) | 11(33) | 12(38) | 13(42) | 14(206) | | | | |
| | | | | | 15(204) | 16(44) | 17(199) | F | | | | | | | | | | | | | | |
| 48 | 250 | Richard Steptoe TVOC | M65 | 1:08:24 | 7:49 | 11:11 | 14:33 | 17:42 | 24:35 | 31:16 | 34:25 | 38:42 | 44:42 | 47:05 | 50:48 | 53:21 | 57:37 | 59:25 | | | | |
| | | | | | 7:49 | 3:22 | 3:22 | 3:09 | 6:53 | 6:41 | 3:09 | 4:17 | 6:00 | 2:23 | 3:43 | 2:33 | 4:16 | 1:48 | | | | |
| | | | | | 1:01:57 | 1:04:49 | 1:07:36 | 1:08:24 | | | | | | | | | | | | | | |
| | | | | | 2:32 | 2:52 | 2:47 | 0:48 | | | | | | | | | | | | | | |
| 49 | 279 | Dave Urch BOK | M65 | 1:08:57 | 3:57 | 8:05 | 11:44 | 14:20 | 19:31 | 26:03 | 31:38 | 37:28 | 42:37 | 44:37 | 48:50 | 52:23 | 55:57 | 58:03 | | | | |
| | | | | | 3:57 | 4:08 | 3:39 | 2:36 | 5:11 | 6:32 | 5:35 | 5:50 | 5:09 | 2:00 | 4:13 | 3:33 | 3:34 | 2:06 | | | | |
| | | | | | 1:01:23 | 1:04:33 | 1:08:13 | 1:08:57 | | | | | | | | | | | | | | |
| | | | | | 3:20 | 3:10 | 3:40 | 0:44 | | | | | | | | | | | | | | |
| 50 | 330 | Karen Crawford BOK | W45 | 1:09:46 | 3:27 | 6:37 | 10:21 | 14:28 | 19:35 | 24:37 | 27:23 | 30:51 | 35:42 | 37:36 | 41:23 | 44:12 | 49:18 | 51:27 | | | | |
| | | | | | 3:27 | 3:10 | 3:44 | 4:07 | 5:07 | 5:02 | 2:46 | 3:28 | 4:51 | 1:54 | 3:47 | 2:49 | 5:06 | 2:09 | | | | |
| | | | | | 57:53 | 1:06:15 | 1:09:03 | 1:09:46 | | | | | | | | | | | | | | |
| | | | | | 6:26 | 8:22 | 2:48 | 0:43 | | | | | | | | | | | | | | |
| 51 | 209 | Greg Birdseye TVOC | M65 | 1:10:43 | 5:43 | 9:17 | 13:37 | 16:50 | 22:17 | 29:09 | 31:33 | 36:35 | 42:07 | 44:32 | 49:11 | 53:51 | 58:25 | 1:00:14 | | | | |
| | | | | | 5:43 | 3:34 | 4:20 | 3:13 | 5:27 | 6:52 | 2:24 | 5:02 | 5:32 | 2:25 | 4:39 | 4:40 | 4:34 | 1:49 | | | | |
| | | | | | 1:03:00 | 1:06:08 | 1:09:52 | 1:10:43 | | | | | | | | | | | | | | |
| | | | | | 2:46 | 3:08 | 3:44 | 0:51 | | | | | | | | | | | | | | |
| 52 | 121 | Gabriella Walsh MWOC | W45 | 1:11:05 | 3:06 | 6:30 | 10:01 | 12:34 | 23:40 | 28:30 | 31:12 | 34:29 | 44:34 | 46:52 | 50:19 | 53:12 | 1:00:58 | 1:02:35 | | | | |
| | | | | | 3:06 | 3:24 | 3:31 | 2:33 | 11:06 | 4:50 | 2:42 | 3:17 | 10:05 | 2:18 | 3:27 | 2:53 | 7:46 | 1:37 | | | | |
| | | | | | 1:05:06 | 1:07:36 | 1:10:32 | 1:11:05 | | | | | | | | | | | | | | |
| | | | | | 2:31 | 2:30 | 2:56 | 0:33 | | | | | | | | | | | | | | |
| 53 | 595 | Keith Willdig OD | M65 | 1:12:46 | 6:49 | 13:37 | 19:21 | 22:32 | 27:26 | 34:01 | 37:02 | 44:21 | 50:50 | 53:09 | 56:33 | 59:07 | 1:03:06 | 1:04:33 | | | | |
| | | | | | 6:49 | 6:48 | 5:44 | 3:11 | 4:54 | 6:35 | 3:01 | 7:19 | 6:29 | 2:19 | 3:24 | 2:34 | 3:59 | 1:27 | | | | |
| | | | | | 1:07:09 | 1:09:52 | 1:12:11 | 1:12:46 | | | | | | | | | | | | | | |
| | | | | | 2:36 | 2:43 | 2:19 | 0:35 | | | | | | | | | | | | | | |
| 54 | 387 | Alison Reynolds DEVON | W45 | 1:13:01 | 3:07 | 6:19 | 9:57 | 13:00 | 17:51 | 33:37 | 37:50 | 41:16 | 46:07 | 50:47 | 55:15 | 57:56 | 1:02:24 | 1:04:29 | | | | |
| | | | | | 3:07 | 3:12 | 3:38 | 3:03 | 4:51 | 15:46 | 4:13 | 3:26 | 4:51 | 4:40 | 4:28 | 2:41 | 4:28 | 2:05 | | | | |
| | | | | | 1:07:18 | 1:09:48 | 1:12:29 | 1:13:01 | | | | | | | | | | | | | | |
| | | | | | 2:49 | 2:30 | 2:41 | 0:32 | | | | | | | | | | | | | | |
| 55 | 277 | Howard Thomas BOK | M65 | 1:13:52 | 3:43 | 8:19 | 11:09 | 17:51 | 22:25 | 27:29 | 29:34 | 35:18 | 40:14 | 42:19 | 48:33 | 52:24 | 58:09 | 1:00:15 | | | | |
| | | | | | 3:43 | 4:36 | 2:50 | 6:42 | 4:34 | 5:04 | 2:05 | 5:44 | 4:56 | 2:05 | 6:14 | 3:51 | 5:45 | 2:06 | | | | |
| | | | | | 1:03:11 | 1:06:41 | 1:13:07 | 1:13:52 | | | | | | | | | | | | | | |
| | | | | | 2:56 | 3:30 | 6:26 | 0:45 | | | | | | | | | | | | | | |
| 56 | 603 | Barbara Keenan DEVON | W45 | 1:14:02 | 3:49 | 7:15 | 10:25 | 13:00 | 17:36 | 22:28 | 24:55 | 28:37 | 35:29 | 37:36 | 41:28 | 44:50 | 59:18 | 1:00:40 | | | | |
| | | | | | 3:49 | 3:26 | 3:10 | 2:35 | 4:36 | 4:52 | 2:27 | 3:42 | 6:52 | 2:07 | 3:52 | 3:22 | 14:28 | 1:22 | | | | |
| | | | | | 1:04:43 | 1:10:21 | 1:13:19 | 1:14:02 | | | | | | | | | | | | | | |
| | | | | | 4:03 | 5:38 | 2:58 | 0:43 | | | | | | | | | | | | | | |
| 57 | 626 | Jane Milne BOK | W45 | 1:15:24 | 6:27 | 12:05 | 15:55 | 19:08 | 24:47 | 30:36 | 33:17 | 38:56 | 45:34 | 48:06 | 52:55 | 57:13 | 1:02:54 | 1:05:29 | | | | |
| | | | | | 6:27 | 5:38 | 3:50 | 3:13 | 5:39 | 5:49 | 2:41 | 5:39 | 6:38 | 2:32 | 4:49 | 4:18 | 5:41 | 2:35 | | | | |
| | | | | | 1:08:28 | 1:11:57 | 1:14:45 | 1:15:24 | | | | | | | | | | | | | | |
| | | | | | 2:59 | 3:29 | 2:48 | 0:39 | | | | | | | | | | | | | | |
| 58 | 304 | Paul Hammond HOC | M50S | 1:15:51 | 4:43 | 8:28 | 11:43 | 14:47 | 19:58 | 26:51 | 29:18 | 33:23 | 38:27 | 41:13 | 46:05 | 51:28 | 57:12 | 59:36 | | | | |
| | | | | | 4:43 | 3:45 | 3:15 | 3:04 | 5:11 | 6:53 | 2:27 | 4:05 | 5:04 | 2:46 | 4:52 | 5:23 | 5:44 | 2:24 | | | | |
| | | | | | 1:09:08 | 1:12:21 | 1:15:12 | 1:15:51 | | | | | | | | | | | | | | |
| | | | | | 9:32 | 3:13 | 2:51 | 0:39 | | | | | | | | | | | | | | |
| 59 | 392 | Nick Hockey DEVON | M65 | 1:19:20 | 3:02 | 6:06 | 10:03 | 13:56 | 18:33 | 24:06 | 27:31 | 32:52 | 37:21 | 39:25 | 43:34 | 59:24 | 1:08:01 | 1:09:15 | | | | |
| | | | | | 3:02 | 3:04 | 3:57 | 3:53 | 4:37 | 5:33 | 3:25 | 5:21 | 4:29 | 2:04 | 4:09 | 15:50 | 8:37 | 1:14 | | | | |
| | | | | | 1:11:48 | 1:15:25 | 1:18:34 | 1:19:20 | | | | | | | | | | | | | | |
| | | | | | 2:33 | 3:37 | 3:09 | 0:46 | | | | | | | | | | | | | | |
| 60 | 130 | Helena Nolan ESOC | W45 | 1:23:28 | 23:45 | 27:22 | 30:10 | 32:40 | 36:36 | 42:18 | 44:27 | 48:09 | 53:15 | 57:12 | 1:00:41 | 1:04:56 | 1:13:06 | 1:15:06 | | | | |
| | | | | | 23:45 | 3:37 | 2:48 | 2:30 | 3:56 | 5:42 | 2:09 | 3:42 | 5:06 | 3:57 | 3:29 | 4:15 | 8:10 | 2:00 | | | | |
| | | | | | 1:17:12 | 1:19:52 | 1:22:53 | 1:23:28 | | | | | | | | | | | | | | |
| | | | | | 2:06 | 2:40 | 3:01 | 0:35 | | | | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | |
|-----------------------|------|--------------------------|------|---------|--------------------------|---------|---------|---------|----------------|-------|-------|--------|-------|--------|---------|---------|---------|---------|
| 5 Sh Blue (85) | | | | | 5.3 km 135 m 17 C | | | | <i>(cont.)</i> | | | | | | | | | |
| | | | | | 1(60) | 2(69) | 3(201) | 4(41) | 5(62) | 6(57) | 7(58) | 8(222) | 9(63) | 10(32) | 11(33) | 12(38) | 13(42) | 14(206) |
| | | | | | 15(204) | 16(44) | 17(199) | F | | | | | | | | | | |
| 61 | 559 | Louise Tonge BOK | W45 | 1:23:35 | 4:07 | 7:59 | 12:08 | 15:02 | 20:33 | 26:56 | 29:36 | 37:31 | 43:31 | 46:23 | 55:35 | 59:31 | 1:05:21 | 1:08:07 |
| | | | | | 4:07 | 3:52 | 4:09 | 2:54 | 5:31 | 6:23 | 2:40 | 7:55 | 6:00 | 2:52 | 9:12 | 3:56 | 5:50 | 2:46 |
| | | | | | 1:15:58 | 1:19:46 | 1:22:56 | 1:23:35 | | | | | | | | | | |
| | | | | | 7:51 | 3:48 | 3:10 | 0:39 | | | | | | | | | | |
| 62 | 450 | Allan McCall NGOC | M45S | 1:23:38 | 3:36 | 14:31 | 17:50 | 21:20 | 26:17 | 32:07 | 36:38 | 40:52 | 49:18 | 51:41 | 55:04 | 1:03:48 | 1:08:45 | 1:12:16 |
| | | | | | 3:36 | 10:55 | 3:19 | 3:30 | 4:57 | 5:50 | 4:31 | 4:14 | 8:26 | 2:23 | 3:23 | 8:44 | 4:57 | 3:31 |
| | | | | | 1:15:45 | 1:19:40 | 1:22:55 | 1:23:38 | | | | | | | | | | |
| | | | | | 3:29 | 3:55 | 3:15 | 0:43 | | | | | | | | | | |
| 63 | 633 | Chris Hasler QO | M45S | 1:24:26 | 4:00 | 7:15 | 14:54 | 20:41 | 26:23 | 32:53 | 37:03 | 42:15 | 49:56 | 52:22 | 56:19 | 59:27 | 1:05:50 | 1:08:10 |
| | | | | | 4:00 | 3:15 | 7:39 | 5:47 | 5:42 | 6:30 | 4:10 | 5:12 | 7:41 | 2:26 | 3:57 | 3:08 | 6:23 | 2:20 |
| | | | | | 1:15:00 | 1:19:25 | 1:23:47 | 1:24:26 | | | | | | | | | | |
| | | | | | 6:50 | 4:25 | 4:22 | 0:39 | | | | | | | | | | |
| 64 | 196 | Mary O'Connell 3ROC | W50 | 1:25:11 | 4:51 | 9:40 | 13:08 | 15:46 | 21:25 | 26:51 | 28:54 | 32:30 | 38:32 | 40:29 | 43:54 | 53:11 | 1:01:36 | 1:05:18 |
| | | | | | 4:51 | 4:49 | 3:28 | 2:38 | 5:39 | 5:26 | 2:03 | 3:36 | 6:02 | 1:57 | 3:25 | 9:17 | 8:25 | 3:42 |
| | | | | | 1:13:25 | 1:15:57 | 1:24:39 | 1:25:11 | | | | | | | | | | |
| | | | | | 8:07 | 2:32 | 8:42 | 0:32 | | | | | | | | | | |
| 65 | 307 | Mark Blackstone BOK | M65 | 1:25:45 | 3:44 | 8:19 | 14:23 | 17:43 | 31:09 | 38:14 | 41:10 | 47:12 | 54:32 | 57:28 | 1:02:35 | 1:05:44 | 1:11:04 | 1:12:55 |
| | | | | | 3:44 | 4:35 | 6:04 | 3:20 | 13:26 | 7:05 | 2:56 | 6:02 | 7:20 | 2:56 | 5:07 | 3:09 | 5:20 | 1:51 |
| | | | | | 1:16:49 | 1:20:48 | 1:24:55 | 1:25:45 | | | | | | | | | | |
| | | | | | 3:54 | 3:59 | 4:07 | 0:50 | | | | | | | | | | |
| 66 | 327 | Peter Heywood KERNO | M65 | 1:25:58 | 3:34 | 10:40 | 14:59 | 17:53 | 24:02 | 30:36 | 32:41 | 37:47 | 44:11 | 46:39 | 54:40 | 58:06 | 1:07:01 | 1:08:59 |
| | | | | | 3:34 | 7:06 | 4:19 | 2:54 | 6:09 | 6:34 | 2:05 | 5:06 | 6:24 | 2:28 | 8:01 | 3:26 | 8:55 | 1:58 |
| | | | | | 1:17:32 | 1:22:07 | 1:25:18 | 1:25:58 | | | | | | | | | | |
| | | | | | 8:33 | 4:35 | 3:11 | 0:40 | | | | | | | | | | |
| 67 | 284 | Rachel Dennis BOK | W45 | 1:25:59 | 5:57 | 9:37 | 13:39 | 17:37 | 23:34 | 29:25 | 32:25 | 37:32 | 44:19 | 47:16 | 54:14 | 56:59 | 1:12:45 | 1:14:40 |
| | | | | | 5:57 | 3:40 | 4:02 | 3:58 | 5:57 | 5:51 | 3:00 | 5:07 | 6:47 | 2:57 | 6:58 | 2:45 | 15:46 | 1:55 |
| | | | | | 1:17:52 | 1:21:58 | 1:25:16 | 1:25:59 | | | | | | | | | | |
| | | | | | 3:12 | 4:06 | 3:18 | 0:43 | | | | | | | | | | |
| 68 | 115 | Stephanie Pruzina LVO | W45 | 1:27:18 | 3:47 | 8:29 | 12:52 | 15:26 | 24:29 | 29:52 | 34:40 | 42:26 | 48:38 | 50:33 | 54:48 | 1:01:49 | 1:14:39 | 1:18:08 |
| | | | | | 3:47 | 4:42 | 4:23 | 2:34 | 9:03 | 5:23 | 4:48 | 7:46 | 6:12 | 1:55 | 4:15 | 7:01 | 12:50 | 3:29 |
| | | | | | 1:20:53 | 1:24:06 | 1:26:46 | 1:27:18 | | | | | | | | | | |
| | | | | | 2:45 | 3:13 | 2:40 | 0:32 | | | | | | | | | | |
| 69 | 262 | Rodney Archard NGOC | M65 | 1:27:48 | 3:22 | 7:13 | 10:13 | 13:09 | 24:08 | 29:51 | 42:00 | 46:04 | 52:00 | 54:37 | 59:14 | 1:02:40 | 1:06:53 | 1:08:50 |
| | | | | | 3:22 | 3:51 | 3:00 | 2:56 | 10:59 | 5:43 | 12:09 | 4:04 | 5:56 | 2:37 | 4:37 | 3:26 | 4:13 | 1:57 |
| | | | | | 1:20:47 | 1:24:16 | 1:27:01 | 1:27:48 | | | | | | | | | | |
| | | | | | 11:57 | 3:29 | 2:45 | 0:47 | | | | | | | | | | |
| 70 | 272 | Mark Dyer BOK | M65 | 1:28:07 | 5:12 | 8:17 | 11:18 | 18:36 | 31:26 | 36:57 | 39:25 | 43:27 | 48:03 | 50:08 | 54:09 | 1:03:34 | 1:14:25 | 1:16:39 |
| | | | | | 5:12 | 3:05 | 3:01 | 7:18 | 12:50 | 5:31 | 2:28 | 4:02 | 4:36 | 2:05 | 4:01 | 9:25 | 10:51 | 2:14 |
| | | | | | 1:21:25 | 1:24:47 | 1:27:22 | 1:28:07 | | | | | | | | | | |
| | | | | | 4:46 | 3:22 | 2:35 | 0:45 | | | | | | | | | | |
| 71 | 390 | Gwen Tanner BOK | W50 | 1:29:14 | 6:24 | 10:00 | 13:47 | 16:55 | 23:12 | 31:21 | 35:56 | 40:37 | 49:50 | 53:46 | 58:56 | 1:05:09 | 1:16:33 | 1:19:08 |
| | | | | | 6:24 | 3:36 | 3:47 | 3:08 | 6:17 | 8:09 | 4:35 | 4:41 | 9:13 | 3:56 | 5:10 | 6:13 | 11:24 | 2:35 |
| | | | | | 1:22:05 | 1:25:18 | 1:28:27 | 1:29:14 | | | | | | | | | | |
| | | | | | 2:57 | 3:13 | 3:09 | 0:47 | | | | | | | | | | |
| 72 | 263 | Matthew Knipe QO | M50S | 1:29:15 | 4:42 | 10:43 | 16:18 | 23:15 | 30:40 | 39:31 | 43:53 | 49:26 | 55:52 | 58:44 | 1:04:45 | 1:08:29 | 1:14:29 | 1:16:58 |
| | | | | | 4:42 | 6:01 | 5:35 | 6:57 | 7:25 | 8:51 | 4:22 | 5:33 | 6:26 | 2:52 | 6:01 | 3:44 | 6:00 | 2:29 |
| | | | | | 1:20:23 | 1:25:29 | 1:28:28 | 1:29:15 | | | | | | | | | | |
| | | | | | 3:25 | 5:06 | 2:59 | 0:47 | | | | | | | | | | |
| 73 | 223 | Kay Hughes HOC | W50 | 1:32:06 | 5:17 | 10:03 | 14:09 | 17:37 | 28:58 | 36:45 | 39:58 | 46:29 | 53:15 | 57:05 | 1:03:43 | 1:06:47 | 1:13:31 | 1:16:02 |
| | | | | | 5:17 | 4:46 | 4:06 | 3:28 | 11:21 | 7:47 | 3:13 | 6:31 | 6:46 | 3:50 | 6:38 | 3:04 | 6:44 | 2:31 |
| | | | | | 1:22:23 | 1:27:05 | 1:31:14 | 1:32:06 | | | | | | | | | | |
| | | | | | 6:21 | 4:42 | 4:09 | 0:52 | | | | | | | | | | |

| Pl | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | |
|---------------------|------|----------------------------|------|-------|--------------------------|-------|----------------|-------|--------|-------|-------|-------|-------|---------|---------|---------|---------|--------|--|
| 6 Green (88) | | | | | 4.4 km 145 m 15 C | | <i>(cont.)</i> | | | | | | | | | | | | |
| | | | | | 1(64) | 2(47) | 3(43) | 4(57) | 5(213) | 6(46) | 7(35) | 8(32) | 9(33) | 10(217) | 11(210) | 12(206) | 13(226) | 14(44) | |
| | | | | | 15(199) | F | | | | | | | | | | | | | |
| 14 | 589 | Diane Leakey SLOW | W55 | 54:42 | 4:27 | 8:27 | 11:22 | 14:17 | 18:03 | 22:56 | 29:08 | 33:07 | 37:16 | 39:44 | 42:42 | 45:25 | 48:53 | 51:17 | |
| | | | | | 4:27 | 4:00 | 2:55 | 2:55 | 3:46 | 4:53 | 6:12 | 3:59 | 4:09 | 2:28 | 2:58 | 2:43 | 3:28 | 2:24 | |
| | | | | | 53:53 | 54:42 | | | | | | | | | | | | | |
| | | | | | 2:36 | 0:49 | | | | | | | | | | | | | |
| 15 | 114 | Judy Burge LOC | W55 | 54:47 | 4:11 | 7:45 | 10:58 | 13:57 | 17:57 | 22:55 | 28:32 | 32:10 | 36:22 | 39:20 | 41:30 | 44:19 | 49:03 | 50:52 | |
| | | | | | 4:11 | 3:34 | 3:13 | 2:59 | 4:00 | 4:58 | 5:37 | 3:38 | 4:12 | 2:58 | 2:10 | 2:49 | 4:44 | 1:49 | |
| | | | | | 54:14 | 54:47 | | | | | | | | | | | | | |
| | | | | | 3:22 | 0:33 | | | | | | | | | | | | | |
| 16 | 133 | Jackie Hallett BOK | W55 | 55:04 | 4:17 | 7:22 | 9:55 | 12:26 | 16:41 | 18:25 | 25:59 | 29:29 | 33:10 | 39:19 | 41:08 | 43:00 | 49:35 | 51:14 | |
| | | | | | 4:17 | 3:05 | 2:33 | 2:31 | 4:15 | 1:44 | 7:34 | 3:30 | 3:41 | 6:09 | 1:49 | 1:52 | 6:35 | 1:39 | |
| | | | | | 54:24 | 55:04 | | | | | | | | | | | | | |
| | | | | | 3:10 | 0:40 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| 17 | 530 | Peter Carey OD | M70 | 55:34 | 4:16 | 9:43 | 12:45 | 16:15 | 20:24 | 22:24 | 28:14 | 32:18 | 35:58 | 41:05 | 44:36 | 47:10 | 50:24 | 52:16 | |
| | | | | | 4:16 | 5:27 | 3:02 | 3:30 | 4:09 | 2:00 | 5:50 | 4:04 | 3:40 | 5:07 | 3:31 | 2:34 | 3:14 | 1:52 | |
| | | | | | 54:53 | 55:34 | | | | | | | | | | | | | |
| | | | | | 2:37 | 0:41 | | | | | | | | | | | | | |
| 18 | 545 | Keith Henderson WIM | M70 | 55:40 | 4:40 | 9:08 | 12:03 | 14:49 | 22:00 | 25:28 | 31:30 | 35:25 | 39:22 | 41:51 | 43:35 | 46:07 | 49:43 | 51:33 | |
| | | | | | 4:40 | 4:28 | 2:55 | 2:46 | 7:11 | 3:28 | 6:02 | 3:55 | 3:57 | 2:29 | 1:44 | 2:32 | 3:36 | 1:50 | |
| | | | | | 55:01 | 55:40 | | | | | | | | | | | | | |
| | | | | | 3:28 | 0:39 | | | | | | | | | | | | | |
| 19 | 246 | Millie Stagg BOK | W16 | 56:26 | 4:48 | 8:56 | 12:03 | 15:25 | 19:41 | 21:45 | 27:40 | 31:12 | 35:20 | 40:27 | 42:49 | 46:38 | 50:01 | 52:07 | |
| | | | | | 4:48 | 4:08 | 3:07 | 3:22 | 4:16 | 2:04 | 5:55 | 3:32 | 4:08 | 5:07 | 2:22 | 3:49 | 3:23 | 2:06 | |
| | | | | | 55:47 | 56:26 | | | | | | | | | | | | | |
| | | | | | 3:40 | 0:39 | | | | | | | | | | | | | |
| 20 | 448 | Judith Austerberry NGOC | W40S | 56:43 | 4:09 | 7:38 | 10:05 | 12:53 | 17:05 | 19:27 | 25:27 | 30:55 | 34:32 | 41:22 | 43:26 | 48:25 | 50:53 | 52:58 | |
| | | | | | 4:09 | 3:29 | 2:27 | 2:48 | 4:12 | 2:22 | 6:00 | 5:28 | 3:37 | 6:50 | 2:04 | 4:59 | 2:28 | 2:05 | |
| | | | | | 56:12 | 56:43 | | | | | | | | | | | | | |
| | | | | | 3:14 | 0:31 | | | | | | | | | | | | | |
| 21 | 438 | Gill Stott NGOC | W55 | 56:54 | 4:04 | 9:06 | 11:47 | 16:44 | 20:32 | 22:56 | 28:29 | 32:04 | 35:32 | 39:01 | 43:18 | 47:48 | 51:40 | 53:42 | |
| | | | | | 4:04 | 5:02 | 2:41 | 4:57 | 3:48 | 2:24 | 5:33 | 3:35 | 3:28 | 3:29 | 4:17 | 4:30 | 3:52 | 2:02 | |
| | | | | | 56:18 | 56:54 | | | | | | | | | | | | | |
| | | | | | 2:36 | 0:36 | | | | | | | | | | | | | |
| 22 | 581 | Heather Rogers OD | W16 | 57:31 | 3:55 | 7:31 | 10:22 | 13:20 | 18:09 | 23:49 | 30:58 | 35:09 | 38:51 | 41:54 | 43:54 | 47:06 | 51:56 | 53:30 | |
| | | | | | 3:55 | 3:36 | 2:51 | 2:58 | 4:49 | 5:40 | 7:09 | 4:11 | 3:42 | 3:03 | 2:00 | 3:12 | 4:50 | 1:34 | |
| | | | | | 56:57 | 57:31 | | | | | | | | | | | | | |
| | | | | | 3:27 | 0:34 | | | | | | | | | | | | | |
| 23 | 153 | Lynne Walker BASOC | W60 | 57:56 | 4:37 | 9:13 | 12:33 | 15:51 | 20:55 | 25:06 | 31:55 | 36:27 | 40:38 | 43:53 | 45:55 | 48:50 | 52:35 | 54:34 | |
| | | | | | 4:37 | 4:36 | 3:20 | 3:18 | 5:04 | 4:11 | 6:49 | 4:32 | 4:11 | 3:15 | 2:02 | 2:55 | 3:45 | 1:59 | |
| | | | | | 57:20 | 57:56 | | | | | | | | | | | | | |
| | | | | | 2:46 | 0:36 | | | | | | | | | | | | | |
| 24 | 535 | Helen Kelsey BOK | W55 | 58:23 | 4:44 | 8:53 | 12:51 | 16:31 | 20:26 | 26:02 | 31:47 | 35:25 | 39:02 | 42:04 | 45:13 | 48:54 | 52:22 | 54:38 | |
| | | | | | 4:44 | 4:09 | 3:58 | 3:40 | 3:55 | 5:36 | 5:45 | 3:38 | 3:37 | 3:02 | 3:09 | 3:41 | 3:28 | 2:16 | |
| | | | | | 57:45 | 58:23 | | | | | | | | | | | | | |
| | | | | | 3:07 | 0:38 | | | | | | | | | | | | | |
| 25 | 498 | Peter Wilson BKO | M55S | 58:29 | 4:23 | 8:19 | 11:31 | 14:30 | 18:23 | 20:56 | 27:32 | 31:58 | 36:29 | 42:27 | 44:29 | 47:42 | 51:51 | 54:06 | |
| | | | | | 4:23 | 3:56 | 3:12 | 2:59 | 3:53 | 2:33 | 6:36 | 4:26 | 4:31 | 5:58 | 2:02 | 3:13 | 4:09 | 2:15 | |
| | | | | | 57:50 | 58:29 | | | | | | | | | | | | | |
| | | | | | 3:44 | 0:39 | | | | | | | | | | | | | |
| 26 | 172 | Janice Nisbet ESOC | W60 | 58:42 | 4:16 | 8:40 | 12:14 | 15:20 | 19:05 | 22:56 | 28:27 | 33:26 | 37:42 | 42:17 | 45:10 | 48:11 | 51:34 | 54:47 | |
| | | | | | 4:16 | 4:24 | 3:34 | 3:06 | 3:45 | 3:51 | 5:31 | 4:59 | 4:16 | 4:35 | 2:53 | 3:01 | 3:23 | 3:13 | |
| | | | | | 58:04 | 58:42 | | | | | | | | | | | | | |
| | | | | | 3:17 | 0:38 | | | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | |
|---------------------|------|---------------------------|------|---------|--------------------------|---------|----------------|-------|--------|-------|-------|-------|-------|---------|---------|---------|---------|---------|--|
| 6 Green (88) | | | | | 4.4 km 145 m 15 C | | <i>(cont.)</i> | | | | | | | | | | | | |
| | | | | | 1(64) | 2(47) | 3(43) | 4(57) | 5(213) | 6(46) | 7(35) | 8(32) | 9(33) | 10(217) | 11(210) | 12(206) | 13(226) | 14(44) | |
| | | | | | 15(199) | F | | | | | | | | | | | | | |
| 27 | 447 | Elisabeth Dickson BAOC | W55 | 59:07 | 3:59 | 7:45 | 10:57 | 14:07 | 18:22 | 21:39 | 27:37 | 31:32 | 35:51 | 43:04 | 45:20 | 48:52 | 52:32 | 55:29 | |
| | | | | | 3:59 | 3:46 | 3:12 | 3:10 | 4:15 | 3:17 | 5:58 | 3:55 | 4:19 | 7:13 | 2:16 | 3:32 | 3:40 | 2:57 | |
| | | | | | 58:26 | 59:07 | | | | | | | | | | | | | |
| | | | | | 2:57 | 0:41 | | | | | | | | | | | | | |
| 28 | 104 | Lindsey Knox RR | W55 | 59:55 | 3:38 | 9:03 | 12:09 | 16:54 | 20:55 | 23:22 | 30:13 | 34:15 | 38:02 | 41:17 | 44:01 | 49:28 | 52:51 | 55:22 | |
| | | | | | 3:38 | 5:25 | 3:06 | 4:45 | 4:01 | 2:27 | 6:51 | 4:02 | 3:47 | 3:15 | 2:44 | 5:27 | 3:23 | 2:31 | |
| | | | | | 59:14 | 59:55 | | | | | | | | | | | | | |
| | | | | | 3:52 | 0:41 | | | | | | | | | | | | | |
| 29 | 546 | Ken Stimson NWO | M60S | 1:00:05 | 6:42 | 11:52 | 15:46 | 18:55 | 23:36 | 27:07 | 33:34 | 37:39 | 41:18 | 44:58 | 47:46 | 51:06 | 54:34 | 56:32 | |
| | | | | | 6:42 | 5:10 | 3:54 | 3:09 | 4:41 | 3:31 | 6:27 | 4:05 | 3:39 | 3:40 | 2:48 | 3:20 | 3:28 | 1:58 | |
| | | | | | 59:29 | 1:00:05 | | | | | | | | | | | | | |
| | | | | | 2:57 | 0:36 | | | | | | | | | | | | | |
| 30 | 401 | Alan Simpson DEVON | M70 | 1:00:28 | 6:28 | 10:16 | 13:33 | 17:58 | 22:35 | 27:32 | 34:31 | 37:57 | 42:05 | 45:35 | 47:37 | 50:39 | 54:58 | 57:03 | |
| | | | | | 6:28 | 3:48 | 3:17 | 4:25 | 4:37 | 4:57 | 6:59 | 3:26 | 4:08 | 3:30 | 2:02 | 3:02 | 4:19 | 2:05 | |
| | | | | | 59:44 | 1:00:28 | | | | | | | | | | | | | |
| | | | | | 2:41 | 0:44 | | | | | | | | | | | | | |
| 31 | 124 | Pauline McAdam RR | W55 | 1:00:33 | 4:43 | 10:37 | 14:07 | 17:34 | 22:51 | 24:48 | 31:21 | 35:39 | 39:12 | 46:30 | 49:00 | 51:29 | 54:49 | 56:42 | |
| | | | | | 4:43 | 5:54 | 3:30 | 3:27 | 5:17 | 1:57 | 6:33 | 4:18 | 3:33 | 7:18 | 2:30 | 2:29 | 3:20 | 1:53 | |
| | | | | | 59:57 | 1:00:33 | | | | | | | | | | | | | |
| | | | | | 3:15 | 0:36 | | | | | | | | | | | | | |
| 32 | 158 | Christine Kiddier GO | W60 | 1:00:54 | 3:47 | 7:30 | 10:39 | 13:08 | 17:04 | 23:01 | 30:18 | 33:49 | 37:50 | 42:09 | 50:19 | 52:53 | 56:04 | 57:54 | |
| | | | | | 3:47 | 3:43 | 3:09 | 2:29 | 3:56 | 5:57 | 7:17 | 3:31 | 4:01 | 4:19 | 8:10 | 2:34 | 3:11 | 1:50 | |
| | | | | | 1:00:18 | 1:00:54 | | | | | | | | | | | | | |
| | | | | | 2:24 | 0:36 | | | | | | | | | | | | | |
| 33 | 271 | Liz Godfree DVO | W60 | 1:02:31 | 3:38 | 7:19 | 9:52 | 18:07 | 22:40 | 28:15 | 35:31 | 39:06 | 44:11 | 47:33 | 49:18 | 52:46 | 56:38 | 58:48 | |
| | | | | | 3:38 | 3:41 | 2:33 | 8:15 | 4:33 | 5:35 | 7:16 | 3:35 | 5:05 | 3:22 | 1:45 | 3:28 | 3:52 | 2:10 | |
| | | | | | 1:01:55 | 1:02:31 | | | | | | | | | | | | | |
| | | | | | 3:07 | 0:36 | | | | | | | | | | | | | |
| 34 | 463 | John Middler OD | M60S | 1:03:20 | 4:31 | 8:58 | 12:30 | 16:54 | 21:51 | 24:08 | 30:50 | 34:46 | 39:13 | 42:26 | 44:25 | 48:06 | 56:17 | 59:10 | |
| | | | | | 4:31 | 4:27 | 3:32 | 4:24 | 4:57 | 2:17 | 6:42 | 3:56 | 4:27 | 3:13 | 1:59 | 3:41 | 8:11 | 2:53 | |
| | | | | | 1:02:31 | 1:03:20 | | | | | | | | | | | | | |
| | | | | | 3:21 | 0:49 | | | | | | | | | | | | | |
| 35 | 242 | Steve Burge LOC | M70 | 1:03:46 | 4:33 | 8:19 | 11:15 | 13:49 | 19:39 | 21:51 | 28:23 | 32:23 | 46:31 | 49:37 | 51:53 | 54:46 | 58:09 | 1:00:06 | |
| | | | | | 4:33 | 3:46 | 2:56 | 2:34 | 5:50 | 2:12 | 6:32 | 4:00 | 14:08 | 3:06 | 2:16 | 2:53 | 3:23 | 1:57 | |
| | | | | | 1:03:04 | 1:03:46 | | | | | | | | | | | | | |
| | | | | | 2:58 | 0:42 | | | | | | | | | | | | | |
| 36 | 321 | Jane Archer SN | W60 | 1:06:14 | 5:56 | 10:08 | 13:09 | 17:33 | 21:26 | 23:49 | 36:04 | 42:41 | 46:47 | 50:30 | 52:43 | 55:42 | 59:20 | 1:02:42 | |
| | | | | | 5:56 | 4:12 | 3:01 | 4:24 | 3:53 | 2:23 | 12:15 | 6:37 | 4:06 | 3:43 | 2:13 | 2:59 | 3:38 | 3:22 | |
| | | | | | 1:05:24 | 1:06:14 | | | | | | | | | | | | | |
| | | | | | 2:42 | 0:50 | | | | | | | | | | | | | |
| 37 | 584 | Lesley Brown HOC | W60 | 1:06:35 | 5:25 | 10:30 | 14:10 | 17:49 | 22:48 | 27:13 | 33:40 | 37:26 | 42:01 | 46:42 | 51:01 | 55:17 | 59:19 | 1:02:11 | |
| | | | | | 5:25 | 5:05 | 3:40 | 3:39 | 4:59 | 4:25 | 6:27 | 3:46 | 4:35 | 4:41 | 4:19 | 4:16 | 4:02 | 2:52 | |
| | | | | | 1:05:45 | 1:06:35 | | | | | | | | | | | | | |
| | | | | | 3:34 | 0:50 | | | | | | | | | | | | | |
| 38 | 536 | Frank Ince SWOC | M70 | 1:06:56 | 3:51 | 8:07 | 10:44 | 14:24 | 18:20 | 25:31 | 31:59 | 35:23 | 40:02 | 49:33 | 52:44 | 56:54 | 1:01:23 | 1:03:28 | |
| | | | | | 3:51 | 4:16 | 2:37 | 3:40 | 3:56 | 7:11 | 6:28 | 3:24 | 4:39 | 9:31 | 3:11 | 4:10 | 4:29 | 2:05 | |
| | | | | | 1:06:12 | 1:06:56 | | | | | | | | | | | | | |
| | | | | | 2:44 | 0:44 | | | | | | | | | | | | | |
| 39 | 406 | John Parfitt BOK | M70 | 1:08:27 | 4:27 | 8:20 | 11:18 | 15:23 | 20:05 | 22:24 | 37:31 | 41:50 | 45:35 | 48:54 | 53:57 | 58:11 | 1:02:47 | 1:05:07 | |
| | | | | | 4:27 | 3:53 | 2:58 | 4:05 | 4:42 | 2:19 | 15:07 | 4:19 | 3:45 | 3:19 | 5:03 | 4:14 | 4:36 | 2:20 | |
| | | | | | 1:07:46 | 1:08:27 | | | | | | | | | | | | | |
| | | | | | 2:39 | 0:41 | | | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | |
|---------------------|------|--------------------------|------|---------|--------------------------|---------|----------------|-------|--------|-------|-------|-------|-------|---------|---------|---------|---------|---------|--|
| 6 Green (88) | | | | | 4.4 km 145 m 15 C | | <i>(cont.)</i> | | | | | | | | | | | | |
| | | | | | 1(64) | 2(47) | 3(43) | 4(57) | 5(213) | 6(46) | 7(35) | 8(32) | 9(33) | 10(217) | 11(210) | 12(206) | 13(226) | 14(44) | |
| | | | | | 15(199) | F | | | | | | | | | | | | | |
| 40 | 376 | Sue Gard QO | W60 | 1:08:34 | 4:46 | 9:40 | 12:56 | 16:34 | 21:30 | 24:40 | 31:59 | 36:57 | 41:58 | 48:43 | 51:25 | 56:09 | 1:01:20 | 1:04:12 | |
| | | | | | 4:46 | 4:54 | 3:16 | 3:38 | 4:56 | 3:10 | 7:19 | 4:58 | 5:01 | 6:45 | 2:42 | 4:44 | 5:11 | 2:52 | |
| | | | | | 1:07:32 | 1:08:34 | 1:07:39 | | | | | | | | | | | | |
| | | | | | 3:20 | 1:02 | *199 | | | | | | | | | | | | |
| 41 | 533 | Rosie Wych QO | W55 | 1:09:07 | 4:10 | 9:44 | 12:35 | 15:36 | 19:52 | 33:59 | 39:46 | 45:08 | 48:47 | 51:49 | 53:40 | 57:18 | 1:01:36 | 1:03:25 | |
| | | | | | 4:10 | 5:34 | 2:51 | 3:01 | 4:16 | 14:07 | 5:47 | 5:22 | 3:39 | 3:02 | 1:51 | 3:38 | 4:18 | 1:49 | |
| | | | | | 1:08:27 | 1:09:07 | | | | | | | | | | | | | |
| | | | | | 5:02 | 0:40 | | | | | | | | | | | | | |
| 42 | 574 | Philip Kirk OD | M55S | 1:09:32 | 4:43 | 9:54 | 13:43 | 17:24 | 23:26 | 29:31 | 37:45 | 41:42 | 48:10 | 52:05 | 54:58 | 58:46 | 1:03:18 | 1:05:59 | |
| | | | | | 4:43 | 5:11 | 3:49 | 3:41 | 6:02 | 6:05 | 8:14 | 3:57 | 6:28 | 3:55 | 2:53 | 3:48 | 4:32 | 2:41 | |
| | | | | | 1:08:50 | 1:09:32 | | | | | | | | | | | | | |
| | | | | | 2:51 | 0:42 | | | | | | | | | | | | | |
| 43 | 315 | Helen Powell BOK | W60 | 1:10:00 | 5:05 | 10:55 | 14:55 | 18:23 | 22:49 | 25:38 | 33:00 | 37:48 | 42:21 | 46:52 | 50:30 | 55:21 | 1:00:29 | 1:03:11 | |
| | | | | | 5:05 | 5:50 | 4:00 | 3:28 | 4:26 | 2:49 | 7:22 | 4:48 | 4:33 | 4:31 | 3:38 | 4:51 | 5:08 | 2:42 | |
| | | | | | 1:09:06 | 1:10:00 | | | | | | | | | | | | | |
| | | | | | 5:55 | 0:54 | | | | | | | | | | | | | |
| 44 | 357 | Jim Graham IND | M60S | 1:10:33 | 8:01 | 12:52 | 16:24 | 19:46 | 26:29 | 28:56 | 37:06 | 42:03 | 47:23 | 51:38 | 54:13 | 58:28 | 1:02:57 | 1:05:57 | |
| | | | | | 8:01 | 4:51 | 3:32 | 3:22 | 6:43 | 2:27 | 8:10 | 4:57 | 5:20 | 4:15 | 2:35 | 4:15 | 4:29 | 3:00 | |
| | | | | | 1:09:38 | 1:10:33 | | | | | | | | | | | | | |
| | | | | | 3:41 | 0:55 | | | | | | | | | | | | | |
| 45 | 418 | Teresa Turner SLOW | W60 | 1:11:13 | 5:16 | 9:53 | 13:42 | 17:19 | 22:15 | 25:48 | 34:33 | 40:13 | 45:23 | 50:08 | 53:19 | 57:02 | 1:02:07 | 1:05:22 | |
| | | | | | 5:16 | 4:37 | 3:49 | 3:37 | 4:56 | 3:33 | 8:45 | 5:40 | 5:10 | 4:45 | 3:11 | 3:43 | 5:05 | 3:15 | |
| | | | | | 1:10:24 | 1:11:13 | | | | | | | | | | | | | |
| | | | | | 5:02 | 0:49 | | | | | | | | | | | | | |
| 46 | 147 | Jean Lockhead EPOC | W60 | 1:11:15 | 6:08 | 12:40 | 16:12 | 19:13 | 24:04 | 30:32 | 38:09 | 42:57 | 48:57 | 52:31 | 55:05 | 1:00:25 | 1:04:35 | 1:07:10 | |
| | | | | | 6:08 | 6:32 | 3:32 | 3:01 | 4:51 | 6:28 | 7:37 | 4:48 | 6:00 | 3:34 | 2:34 | 5:20 | 4:10 | 2:35 | |
| | | | | | 1:10:31 | 1:11:15 | | | | | | | | | | | | | |
| | | | | | 3:21 | 0:44 | | | | | | | | | | | | | |
| 47 | 320 | Gill Sharp SN | W55 | 1:11:19 | 6:21 | 10:48 | 15:30 | 23:46 | 28:53 | 31:50 | 40:04 | 44:58 | 49:00 | 54:05 | 56:25 | 59:54 | 1:03:37 | 1:07:24 | |
| | | | | | 6:21 | 4:27 | 4:42 | 8:16 | 5:07 | 2:57 | 8:14 | 4:54 | 4:02 | 5:05 | 2:20 | 3:29 | 3:43 | 3:47 | |
| | | | | | 1:10:26 | 1:11:19 | | | | | | | | | | | | | |
| | | | | | 3:02 | 0:53 | | | | | | | | | | | | | |
| 48 | 484 | Graham Tough SWOC | M70 | 1:11:23 | 5:07 | 9:18 | 12:39 | 16:08 | 22:33 | 28:42 | 36:29 | 40:57 | 45:02 | 49:41 | 58:06 | 1:01:18 | 1:05:51 | 1:08:05 | |
| | | | | | 5:07 | 4:11 | 3:21 | 3:29 | 6:25 | 6:09 | 7:47 | 4:28 | 4:05 | 4:39 | 8:25 | 3:12 | 4:33 | 2:14 | |
| | | | | | 1:10:49 | 1:11:23 | | | | | | | | | | | | | |
| | | | | | 2:44 | 0:34 | | | | | | | | | | | | | |
| 49 | 531 | Sheila Carey OD | W60 | 1:11:27 | 4:45 | 9:54 | 13:17 | 17:05 | 23:59 | 33:31 | 41:34 | 45:17 | 49:34 | 55:23 | 57:17 | 1:00:49 | 1:04:40 | 1:08:26 | |
| | | | | | 4:45 | 5:09 | 3:23 | 3:48 | 6:54 | 9:32 | 8:03 | 3:43 | 4:17 | 5:49 | 1:54 | 3:32 | 3:51 | 3:46 | |
| | | | | | 1:10:49 | 1:11:27 | | | | | | | | | | | | | |
| | | | | | 2:23 | 0:38 | | | | | | | | | | | | | |
| 50 | 164 | Teresa Finlay FermO | W60 | 1:12:10 | 4:59 | 9:36 | 13:03 | 17:27 | 26:24 | 29:19 | 36:58 | 41:16 | 45:22 | 49:42 | 55:07 | 58:22 | 1:02:52 | 1:05:25 | |
| | | | | | 4:59 | 4:37 | 3:27 | 4:24 | 8:57 | 2:55 | 7:39 | 4:18 | 4:06 | 4:20 | 5:25 | 3:15 | 4:30 | 2:33 | |
| | | | | | 1:11:24 | 1:12:10 | | | | | | | | | | | | | |
| | | | | | 5:59 | 0:46 | | | | | | | | | | | | | |
| 51 | 372 | Shirley Robinson NGOC | W55 | 1:12:27 | 4:53 | 10:53 | 13:58 | 17:06 | 21:35 | 24:19 | 30:09 | 35:05 | 40:19 | 45:34 | 49:28 | 56:07 | 1:02:05 | 1:05:12 | |
| | | | | | 4:53 | 6:00 | 3:05 | 3:08 | 4:29 | 2:44 | 5:50 | 4:56 | 5:14 | 5:15 | 3:54 | 6:39 | 5:58 | 3:07 | |
| | | | | | 1:10:44 | 1:12:27 | | | | | | | | | | | | | |
| | | | | | 5:32 | 1:43 | | | | | | | | | | | | | |
| 52 | 282 | Neil Connelly BOK | M70 | 1:12:28 | 3:59 | 7:50 | 10:48 | 13:33 | 18:45 | 21:28 | 28:33 | 33:06 | 37:31 | 49:02 | 51:08 | 54:43 | 1:04:12 | 1:07:09 | |
| | | | | | 3:59 | 3:51 | 2:58 | 2:45 | 5:12 | 2:43 | 7:05 | 4:33 | 4:25 | 11:31 | 2:06 | 3:35 | 9:29 | 2:57 | |
| | | | | | 1:11:42 | 1:12:28 | | | | | | | | | | | | | |
| | | | | | 4:33 | 0:46 | | | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | |
|---------------------|------|--------------------------|------|---------|--------------------------|---------|----------------|-------|--------|-------|-------|-------|-------|---------|---------|---------|---------|---------|--|
| 6 Green (88) | | | | | 4.4 km 145 m 15 C | | <i>(cont.)</i> | | | | | | | | | | | | |
| | | | | | 1(64) | 2(47) | 3(43) | 4(57) | 5(213) | 6(46) | 7(35) | 8(32) | 9(33) | 10(217) | 11(210) | 12(206) | 13(226) | 14(44) | |
| | | | | | 15(199) | F | | | | | | | | | | | | | |
| 53 | 379 | Amy Curtis BOK | W40S | 1:12:35 | 5:08 | 9:42 | 13:13 | 17:08 | 28:45 | 31:26 | 39:17 | 45:52 | 50:41 | 56:07 | 58:30 | 1:01:50 | 1:06:03 | 1:09:02 | |
| | | | | | 5:08 | 4:34 | 3:31 | 3:55 | 11:37 | 2:41 | 7:51 | 6:35 | 4:49 | 5:26 | 2:23 | 3:20 | 4:13 | 2:59 | |
| | | | | | 1:11:54 | 1:12:35 | | | | | | | | | | | | | |
| | | | | | 2:52 | 0:41 | | | | | | | | | | | | | |
| 54 | 129 | Ann Darlington ERYRI | W55 | 1:12:49 | 4:59 | 9:03 | 19:02 | 23:17 | 28:05 | 30:38 | 38:56 | 46:11 | 49:52 | 57:45 | 1:01:05 | 1:04:18 | 1:07:38 | 1:09:45 | |
| | | | | | 4:59 | 4:04 | 9:59 | 4:15 | 4:48 | 2:33 | 8:18 | 7:15 | 3:41 | 7:53 | 3:20 | 3:13 | 3:20 | 2:07 | |
| | | | | | 1:12:10 | 1:12:49 | | | | | | | | | | | | | |
| | | | | | 2:25 | 0:39 | | | | | | | | | | | | | |
| 55 | 338 | Carol Taverner WIGHTO | W55 | 1:13:16 | 5:43 | 10:26 | 13:46 | 16:50 | 23:20 | 26:18 | 32:48 | 36:34 | 42:58 | 56:15 | 58:07 | 1:01:30 | 1:07:16 | 1:09:37 | |
| | | | | | 5:43 | 4:43 | 3:20 | 3:04 | 6:30 | 2:58 | 6:30 | 3:46 | 6:24 | 13:17 | 1:52 | 3:23 | 5:46 | 2:21 | |
| | | | | | 1:12:30 | 1:13:16 | | | | | | | | | | | | | |
| | | | | | 2:53 | 0:46 | | | | | | | | | | | | | |
| 56 | 324 | John Trayler QO | M70 | 1:13:30 | 5:01 | 10:28 | 13:58 | 18:14 | 23:04 | 27:35 | 35:20 | 40:55 | 45:58 | 51:06 | 54:40 | 1:00:03 | 1:05:38 | 1:08:44 | |
| | | | | | 5:01 | 5:27 | 3:30 | 4:16 | 4:50 | 4:31 | 7:45 | 5:35 | 5:03 | 5:08 | 3:34 | 5:23 | 5:35 | 3:06 | |
| | | | | | 1:12:48 | 1:13:30 | | | | | | | | | | | | | |
| | | | | | 4:04 | 0:42 | | | | | | | | | | | | | |
| 57 | 385 | Richard Brightman WIM | M70 | 1:13:51 | 4:53 | 13:00 | 16:44 | 21:57 | 27:00 | 32:57 | 39:55 | 44:38 | 49:42 | 53:03 | 55:09 | 59:17 | 1:06:18 | 1:09:18 | |
| | | | | | 4:53 | 8:07 | 3:44 | 5:13 | 5:03 | 5:57 | 6:58 | 4:43 | 5:04 | 3:21 | 2:06 | 4:08 | 7:01 | 3:00 | |
| | | | | | 1:12:58 | 1:13:51 | | | | | | | | | | | | | |
| | | | | | 3:40 | 0:53 | | | | | | | | | | | | | |
| 58 | 268 | David Dann MDOC | M55S | 1:14:04 | 4:50 | 9:33 | 12:18 | 15:03 | 19:30 | 22:00 | 28:07 | 32:27 | 43:33 | 55:15 | 1:00:38 | 1:03:46 | 1:07:26 | 1:09:53 | |
| | | | | | 4:50 | 4:43 | 2:45 | 2:45 | 4:27 | 2:30 | 6:07 | 4:20 | 11:06 | 11:42 | 5:23 | 3:08 | 3:40 | 2:27 | |
| | | | | | 1:13:23 | 1:14:04 | | | | | | | | | | | | | |
| | | | | | 3:30 | 0:41 | | | | | | | | | | | | | |
| 59 | 329 | Denise Mullins SARUM | W60 | 1:14:47 | 5:10 | 10:05 | 13:48 | 18:03 | 23:28 | 26:31 | 38:25 | 42:48 | 47:29 | 53:26 | 57:20 | 1:02:11 | 1:07:16 | 1:10:32 | |
| | | | | | 5:10 | 4:55 | 3:43 | 4:15 | 5:25 | 3:03 | 11:54 | 4:23 | 4:41 | 5:57 | 3:54 | 4:51 | 5:05 | 3:16 | |
| | | | | | 1:14:05 | 1:14:47 | | | | | | | | | | | | | |
| | | | | | 3:33 | 0:42 | | | | | | | | | | | | | |
| 60 | 638 | Marie Roberts MDOC | W55 | 1:18:29 | 6:22 | 13:06 | 16:07 | 19:17 | 23:38 | 28:10 | 37:03 | 41:09 | 45:14 | 59:27 | 1:02:00 | 1:05:39 | 1:09:56 | 1:13:31 | |
| | | | | | 6:22 | 6:44 | 3:01 | 3:10 | 4:21 | 4:32 | 8:53 | 4:06 | 4:05 | 14:13 | 2:33 | 3:39 | 4:17 | 3:35 | |
| | | | | | 1:17:43 | 1:18:29 | | | | | | | | | | | | | |
| | | | | | 4:12 | 0:46 | | | | | | | | | | | | | |
| 61 | 119 | Ann Savage LVO | W55 | 1:18:38 | 4:29 | 8:35 | 11:55 | 15:13 | 26:19 | 28:52 | 40:20 | 46:20 | 52:28 | 55:53 | 1:07:17 | 1:09:53 | 1:13:40 | 1:15:30 | |
| | | | | | 4:29 | 4:06 | 3:20 | 3:18 | 11:06 | 2:33 | 11:28 | 6:00 | 6:08 | 3:25 | 11:24 | 2:36 | 3:47 | 1:50 | |
| | | | | | 1:18:01 | 1:18:38 | | | | | | | | | | | | | |
| | | | | | 2:31 | 0:37 | | | | | | | | | | | | | |
| 62 | 614 | Ashley Ford HOC | M60S | 1:19:49 | 4:26 | 9:38 | 13:04 | 16:39 | 21:04 | 28:42 | 37:27 | 42:07 | 48:28 | 56:38 | 59:24 | 1:04:05 | 1:08:03 | 1:10:40 | |
| | | | | | 4:26 | 5:12 | 3:26 | 3:35 | 4:25 | 7:38 | 8:45 | 4:40 | 6:21 | 8:10 | 2:46 | 4:41 | 3:58 | 2:37 | |
| | | | | | 1:19:08 | 1:19:49 | | | | | | | | | | | | | |
| | | | | | 8:28 | 0:41 | | | | | | | | | | | | | |
| 63 | 496 | John Symonds BOK | M70 | 1:21:16 | 6:12 | 12:57 | 16:47 | 22:46 | 30:43 | 33:56 | 44:04 | 48:41 | 55:49 | 1:00:35 | 1:04:12 | 1:08:10 | 1:13:31 | 1:16:31 | |
| | | | | | 6:12 | 6:45 | 3:50 | 5:59 | 7:57 | 3:13 | 10:08 | 4:37 | 7:08 | 4:46 | 3:37 | 3:58 | 5:21 | 3:00 | |
| | | | | | 1:20:32 | 1:21:16 | | | | | | | | | | | | | |
| | | | | | 4:01 | 0:44 | | | | | | | | | | | | | |
| 63 | 366 | Anne Palmer BOK | W60 | 1:21:16 | 7:03 | 12:02 | 16:43 | 21:32 | 27:26 | 35:51 | 44:04 | 48:54 | 54:20 | 59:00 | 1:02:04 | 1:06:47 | 1:11:16 | 1:13:58 | |
| | | | | | 7:03 | 4:59 | 4:41 | 4:49 | 5:54 | 8:25 | 8:13 | 4:50 | 5:26 | 4:40 | 3:04 | 4:43 | 4:29 | 2:42 | |
| | | | | | 1:20:22 | 1:21:16 | | | | | | | | | | | | | |
| | | | | | 6:24 | 0:54 | | | | | | | | | | | | | |
| 65 | 577 | Ellen Starling NGOC | W55 | 1:21:59 | 4:57 | 13:19 | 17:04 | 21:12 | 26:41 | 29:40 | 37:14 | 42:06 | 46:56 | 50:40 | 1:05:10 | 1:08:57 | 1:14:00 | 1:16:56 | |
| | | | | | 4:57 | 8:22 | 3:45 | 4:08 | 5:29 | 2:59 | 7:34 | 4:52 | 4:50 | 3:44 | 14:30 | 3:47 | 5:03 | 2:56 | |
| | | | | | 1:21:10 | 1:21:59 | | | | | | | | | | | | | |
| | | | | | 4:14 | 0:49 | | | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | | | |
|---------------------|------|----------------------------|------|---------|---------|--------------------------|-------|----------------|-------|--------|-------|-------|---------|---------|---------|---------|---------|---------|--------|--|--|
| 6 Green (88) | | | | | | 4.4 km 145 m 15 C | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | | | 1(64) | 2(47) | 3(43) | 4(57) | 5(213) | 6(46) | 7(35) | 8(32) | 9(33) | 10(217) | 11(210) | 12(206) | 13(226) | 14(44) | | |
| | | | | | | 15(199) | F | | | | | | | | | | | | | | |
| 66 | 311 | Ruth Rhodes SO | W60 | 1:22:34 | 6:14 | 12:16 | 17:27 | 21:38 | 27:20 | 31:06 | 41:04 | 47:18 | 52:56 | 59:09 | 1:03:19 | 1:08:39 | 1:13:57 | 1:17:15 | | | |
| | | | | | 6:14 | 6:02 | 5:11 | 4:11 | 5:42 | 3:46 | 9:58 | 6:14 | 5:38 | 6:13 | 4:10 | 5:20 | 5:18 | 3:18 | | | |
| | | | | | 1:21:46 | 1:22:34 | | | | | | | | | | | | | | | |
| | | | | | 4:31 | 0:48 | | | | | | | | | | | | | | | |
| 67 | 218 | Julie Astin WSX | W60 | 1:23:28 | 6:53 | 11:06 | 14:27 | 17:42 | 26:27 | 28:40 | 36:02 | 41:33 | 47:18 | 51:24 | 1:06:43 | 1:11:40 | 1:15:57 | 1:19:28 | | | |
| | | | | | 6:53 | 4:13 | 3:21 | 3:15 | 8:45 | 2:13 | 7:22 | 5:31 | 5:45 | 4:06 | 15:19 | 4:57 | 4:17 | 3:31 | | | |
| | | | | | 1:22:41 | 1:23:28 | | | | | | | | | | | | | | | |
| | | | | | 3:13 | 0:47 | | | | | | | | | | | | | | | |
| 68 | 576 | Alan Starling NGOC | M55S | 1:24:42 | 5:22 | 10:37 | 14:42 | 20:19 | 29:41 | 33:02 | 43:01 | 48:55 | 55:15 | 1:00:22 | 1:03:12 | 1:10:18 | 1:15:55 | 1:19:06 | | | |
| | | | | | 5:22 | 5:15 | 4:05 | 5:37 | 9:22 | 3:21 | 9:59 | 5:54 | 6:20 | 5:07 | 2:50 | 7:06 | 5:37 | 3:11 | | | |
| | | | | | 1:23:47 | 1:24:42 | | | | | | | | | | | | | | | |
| | | | | | 4:41 | 0:55 | | | | | | | | | | | | | | | |
| 69 | 299 | Jane Holcombe BOK | W40S | 1:24:57 | 7:44 | 14:39 | 20:51 | 27:20 | 33:08 | 36:10 | 45:01 | 49:50 | 55:34 | 1:00:10 | 1:04:19 | 1:11:17 | 1:16:27 | 1:20:16 | | | |
| | | | | | 7:44 | 6:55 | 6:12 | 6:29 | 5:48 | 3:02 | 8:51 | 4:49 | 5:44 | 4:36 | 4:09 | 6:58 | 5:10 | 3:49 | | | |
| | | | | | 1:24:12 | 1:24:57 | | | | | | | | | | | | | | | |
| | | | | | 3:56 | 0:45 | | | | | | | | | | | | | | | |
| 70 | 108 | Caroline Dallimore SWOC | W55 | 1:24:59 | 6:13 | 11:18 | 14:17 | 17:31 | 21:45 | 33:22 | 40:06 | 45:04 | 48:34 | 59:34 | 1:09:10 | 1:12:57 | 1:18:10 | 1:20:58 | | | |
| | | | | | 6:13 | 5:05 | 2:59 | 3:14 | 4:14 | 11:37 | 6:44 | 4:58 | 3:30 | 11:00 | 9:36 | 3:47 | 5:13 | 2:48 | | | |
| | | | | | 1:24:18 | 1:24:59 | | | | | | | | | | | | | | | |
| | | | | | 3:20 | 0:41 | | | | | | | | | | | | | | | |
| 71 | 333 | Jessica King BOK | W16 | 1:26:53 | 5:55 | 17:07 | 22:50 | 26:49 | 34:24 | 37:29 | 45:18 | 51:03 | 56:18 | 1:00:59 | 1:12:28 | 1:15:51 | 1:21:03 | 1:23:51 | | | |
| | | | | | 5:55 | 11:12 | 5:43 | 3:59 | 7:35 | 3:05 | 7:49 | 5:45 | 5:15 | 4:41 | 11:29 | 3:23 | 5:12 | 2:48 | | | |
| | | | | | 1:26:24 | 1:26:53 | | | | | | | | | | | | | | | |
| | | | | | 2:33 | 0:29 | | | | | | | | | | | | | | | |
| 72 | 394 | Johnathan Johns SN | M55S | 1:28:19 | 4:27 | 9:58 | 13:26 | 28:04 | 32:04 | 38:12 | 47:33 | 50:38 | 59:51 | 1:10:29 | 1:12:19 | 1:15:10 | 1:22:53 | 1:25:14 | | | |
| | | | | | 4:27 | 5:31 | 3:28 | 14:38 | 4:00 | 6:08 | 9:21 | 3:05 | 9:13 | 10:38 | 1:50 | 2:51 | 7:43 | 2:21 | | | |
| | | | | | 1:27:52 | 1:28:19 | | | | | | | | | | | | | | | |
| | | | | | 2:38 | 0:27 | | | | | | | | | | | | | | | |
| 73 | 573 | Ruth Chesters DEVON | W60 | 1:29:02 | 7:33 | 16:22 | 20:42 | 25:18 | 34:51 | 37:46 | 52:28 | 57:06 | 1:01:29 | 1:07:00 | 1:11:21 | 1:16:40 | 1:21:19 | 1:24:42 | | | |
| | | | | | 7:33 | 8:49 | 4:20 | 4:36 | 9:33 | 2:55 | 14:42 | 4:38 | 4:23 | 5:31 | 4:21 | 5:19 | 4:39 | 3:23 | | | |
| | | | | | 1:28:14 | 1:29:02 | | | | | | | | | | | | | | | |
| | | | | | 3:32 | 0:48 | | | | | | | | | | | | | | | |
| 74 | 236 | Gary Wakerley NGOC | M55S | 1:29:20 | 5:43 | 12:00 | 16:19 | 21:33 | 29:42 | 37:12 | 46:23 | 52:55 | 58:20 | 1:03:11 | 1:07:45 | 1:13:59 | 1:20:13 | 1:23:28 | | | |
| | | | | | 5:43 | 6:17 | 4:19 | 5:14 | 8:09 | 7:30 | 9:11 | 6:32 | 5:25 | 4:51 | 4:34 | 6:14 | 6:14 | 3:15 | | | |
| | | | | | 1:28:26 | 1:29:20 | | | | | | | | | | | | | | | |
| | | | | | 4:58 | 0:54 | | | | | | | | | | | | | | | |
| 75 | 137 | Barbara Foley MNAV | W55 | 1:29:44 | 6:07 | 15:34 | 24:44 | 29:11 | 39:02 | 44:07 | 51:56 | 56:22 | 1:00:23 | 1:09:51 | 1:12:44 | 1:16:15 | 1:22:03 | 1:24:30 | | | |
| | | | | | 6:07 | 9:27 | 9:10 | 4:27 | 9:51 | 5:05 | 7:49 | 4:26 | 4:01 | 9:28 | 2:53 | 3:31 | 5:48 | 2:27 | | | |
| | | | | | 1:28:58 | 1:29:44 | | | | | | | | | | | | | | | |
| | | | | | 4:28 | 0:46 | | | | | | | | | | | | | | | |
| 76 | 579 | Celia Watkinson BOK | W55 | 1:30:16 | 13:25 | 19:48 | 23:31 | 29:17 | 38:36 | 41:24 | 52:02 | 56:42 | 1:04:14 | 1:10:45 | 1:12:57 | 1:16:40 | 1:22:41 | 1:25:44 | | | |
| | | | | | 13:25 | 6:23 | 3:43 | 5:46 | 9:19 | 2:48 | 10:38 | 4:40 | 7:32 | 6:31 | 2:12 | 3:43 | 6:01 | 3:03 | | | |
| | | | | | 1:29:21 | 1:30:16 | | | | | | | | | | | | | | | |
| | | | | | 3:37 | 0:55 | | | | | | | | | | | | | | | |
| 77 | 295 | Hilary Eastley KERNO | W55 | 1:32:56 | 5:23 | 11:32 | 17:20 | 24:47 | 31:48 | 38:56 | 47:51 | 53:07 | 58:29 | 1:05:12 | 1:07:36 | 1:12:35 | 1:21:51 | 1:25:53 | | | |
| | | | | | 5:23 | 6:09 | 5:48 | 7:27 | 7:01 | 7:08 | 8:55 | 5:16 | 5:22 | 6:43 | 2:24 | 4:59 | 9:16 | 4:02 | | | |
| | | | | | 1:31:48 | 1:32:56 | | | | | | | | | | | | | | | |
| | | | | | 5:55 | 1:08 | | | | | | | | | | | | | | | |
| 78 | 612 | Jean Fitzgerald SAX | W60 | 1:33:18 | 5:23 | 10:12 | 13:32 | 17:31 | 23:34 | 26:54 | 44:06 | 48:48 | 56:37 | 1:00:40 | 1:16:08 | 1:19:59 | 1:24:35 | 1:29:18 | | | |
| | | | | | 5:23 | 4:49 | 3:20 | 3:59 | 6:03 | 3:20 | 17:12 | 4:42 | 7:49 | 4:03 | 15:28 | 3:51 | 4:36 | 4:43 | | | |
| | | | | | 1:32:31 | 1:33:18 | | | | | | | | | | | | | | | |
| | | | | | 3:13 | 0:47 | | | | | | | | | | | | | | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | |
|------------------------|------------------------------------|----------------------------------|------------|----------------|--------------------------|-------------|--------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---------|---------|
| 6 Green (88) | | | | | 4.4 km 145 m 15 C | | | <i>(cont.)</i> | | | | | | | | | | |
| | | | | | 1(64) | 2(47) | 3(43) | 4(57) | 5(213) | 6(46) | 7(35) | 8(32) | 9(33) | 10(217) | 11(210) | 12(206) | 13(226) | 14(44) |
| | | | | | 15(199) | F | | | | | | | | | | | | |
| 79 | 168 | Helena Burrows LOC | W60 | 1:39:43 | 6:33 | 21:26 | 24:45 | 28:43 | 41:45 | 47:40 | 54:42 | 58:54 | 1:03:03 | 1:12:36 | 1:19:20 | 1:24:10 | 1:28:39 | 1:34:47 |
| | | | | | 6:33 | 14:53 | 3:19 | 3:58 | 13:02 | 5:55 | 7:02 | 4:12 | 4:09 | 9:33 | 6:44 | 4:50 | 4:29 | 6:08 |
| | | | | | 1:39:03 | 1:39:43 | | | | | | | | | | | | |
| | | | | | 4:16 | 0:40 | | | | | | | | | | | | |
| 80 | 399 | Sue Pearson SO | W60 | 1:43:49 | 5:35 | 13:16 | 18:24 | 22:26 | 31:54 | 34:43 | 45:01 | 51:01 | 1:01:06 | 1:09:45 | 1:13:39 | 1:22:47 | 1:33:40 | 1:37:18 |
| | | | | | 5:35 | 7:41 | 5:08 | 4:02 | 9:28 | 2:49 | 10:18 | 6:00 | 10:05 | 8:39 | 3:54 | 9:08 | 10:53 | 3:38 |
| | | | | | 1:42:45 | 1:43:49 | | | | | | | | | | | | |
| | | | | | 5:27 | 1:04 | | | | | | | | | | | | |
| 81 | 597 | Jane Stew OD | W55 | 1:46:04 | 7:39 | 15:10 | 21:01 | 25:39 | 33:20 | 39:11 | 51:03 | 59:46 | 1:08:39 | 1:22:09 | 1:28:54 | 1:34:12 | 1:39:12 | 1:41:52 |
| | | | | | 7:39 | 7:31 | 5:51 | 4:38 | 7:41 | 5:51 | 11:52 | 8:43 | 8:53 | 13:30 | 6:45 | 5:18 | 5:00 | 2:40 |
| | | | | | 1:45:24 | 1:46:04 | | | | | | | | | | | | |
| | | | | | 3:32 | 0:40 | | | | | | | | | | | | |
| 82 | 211 | Tim Spenlove-Brown QO | M70 | 1:54:40 | 11:42 | 17:11 | 21:19 | 25:28 | 32:01 | 35:25 | 55:10 | 1:02:32 | 1:17:13 | 1:25:57 | 1:29:52 | 1:38:56 | 1:45:37 | 1:49:02 |
| | | | | | 11:42 | 5:29 | 4:08 | 4:09 | 6:33 | 3:24 | 19:45 | 7:22 | 14:41 | 8:44 | 3:55 | 9:04 | 6:41 | 3:25 |
| | | | | | 1:53:37 | 1:54:40 | | | | | | | | | | | | |
| | | | | | 4:35 | 1:03 | | | | | | | | | | | | |
| 177 | Jill Smith EBOR | W60 | mp | | 3:43 | 7:39 | 10:29 | 13:11 | 17:08 | 21:20 | 27:58 | 31:35 | 42:26 | 45:57 | 48:55 | 51:53 | ----- | 56:46 |
| | | | | | 3:43 | 3:56 | 2:50 | 2:42 | 3:57 | 4:12 | 6:38 | 3:37 | 10:51 | 3:31 | 2:58 | 2:58 | ----- | 4:53 |
| | | | | | 1:00:42 | 1:01:18 | | | | | | | | | | | | |
| | | | | | 3:56 | 0:36 | | | | | | | | | | | | |
| 596 | Margaret Willdig OD | W60 | mp | | 7:31 | 12:04 | 16:30 | 20:23 | 25:09 | 29:05 | 35:23 | 39:06 | 42:47 | 48:47 | 55:57 | 1:00:10 | 1:05:23 | ----- |
| | | | | | 7:31 | 4:33 | 4:26 | 3:53 | 4:46 | 3:56 | 6:18 | 3:43 | 3:41 | 6:00 | 7:10 | 4:13 | 5:13 | ----- |
| | | | | | 1:09:50 | 1:10:36 | | | | | | | | | | | | |
| | | | | | 4:27 | 0:46 | | | | | | | | | | | | |
| 414 | Rosalind Taunton NGOC | W60 | mp | | 6:02 | 12:00 | 16:03 | 20:09 | 26:53 | 30:41 | 39:21 | 46:07 | 51:16 | 55:41 | 1:12:45 | ----- | 1:24:28 | 1:29:10 |
| | | | | | 6:02 | 5:58 | 4:03 | 4:06 | 6:44 | 3:48 | 8:40 | 6:46 | 5:09 | 4:25 | 17:04 | ----- | 11:43 | 4:42 |
| | | | | | 1:34:23 | 1:35:18 | | | | | | | | | | | | |
| | | | | | 5:13 | 0:55 | | | | | | | | | | | | |
| 293 | Victoria Wimpenny DEVON | W55 | mp | | 5:33 | 11:11 | 15:42 | 20:55 | 30:42 | 39:40 | 59:56 | 1:05:17 | 1:13:31 | 1:21:45 | 1:42:59 | 1:49:17 | ----- | 1:58:58 |
| | | | | | 5:33 | 5:38 | 4:31 | 5:13 | 9:47 | 8:58 | 20:16 | 5:21 | 8:14 | 8:14 | 21:14 | 6:18 | ----- | 9:41 |
| | | | | | 2:02:15 | 2:03:02 | | | | | | | | | | | | |
| | | | | | 3:17 | 0:47 | | | | | | | | | | | | |
| 416 | Lynn Branford WIM | W60 | dnf | | 6:03 | 13:57 | 20:34 | 25:54 | ----- | 40:53 | ----- | 53:45 | 1:00:01 | 1:08:33 | ----- | ----- | ----- | ----- |
| | | | | | 6:03 | 7:54 | 6:37 | 5:20 | ----- | 14:59 | ----- | 12:52 | 6:16 | 8:32 | ----- | ----- | ----- | ----- |
| | | | | | 1:24:59 | 1:25:55 | | | | | | | | | | | | |
| | | | | | 16:26 | 0:56 | | | | | | | | | | | | |
| 316 | Jill MacKenzie HOC | W55 | dnf | | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | | | | | ----- | ----- | | | | | | | | | | | | |
| | | | | | ----- | ----- | | | | | | | | | | | | |
| | | | | | ----- | ----- | | | | | | | | | | | | |
| 7 Sh Green (48) | | | | | 3.7 km 105 m 11 C | | | | | | | | | | | | | |
| | | | | | 1(49) | 2(43) | 3(225) | 4(46) | 5(63) | 6(32) | 7(217) | 8(221) | 9(226) | 10(65) | 11(199) | F | | |
| 1 | 483 | Arthur Boyt KERNO | M75 | 45:27 | 3:09 | 9:58 | 15:12 | 17:39 | 25:05 | 27:14 | 31:11 | 35:53 | 39:36 | 42:39 | 44:44 | 45:27 | | |
| | | | | | 3:09 | 6:49 | 5:14 | 2:27 | 7:26 | 2:09 | 3:57 | 4:42 | 3:43 | 3:03 | 2:05 | 0:43 | | |
| 2 | 221 | Richard Raynsford BOK | M65S | 46:20 | 3:11 | 9:20 | 14:20 | 16:39 | 24:00 | 28:15 | 32:10 | 35:38 | 40:18 | 43:18 | 45:34 | 46:20 | | |
| | | | | | 3:11 | 6:09 | 5:00 | 2:19 | 7:21 | 4:15 | 3:55 | 3:28 | 4:40 | 3:00 | 2:16 | 0:46 | | |
| 3 | 131 | Jill Manning SWOC | W65 | 47:28 | 3:00 | 9:51 | 15:20 | 17:32 | 27:21 | 29:30 | 33:44 | 38:15 | 42:13 | 44:27 | 46:50 | 47:28 | | |
| | | | | | 3:00 | 6:51 | 5:29 | 2:12 | 9:49 | 2:09 | 4:14 | 4:31 | 3:58 | 2:14 | 2:23 | 0:38 | | |
| 4 | 302 | Roger Hailey OD | M75 | 49:30 | 3:26 | 9:19 | 14:28 | 18:41 | 25:49 | 28:08 | 32:04 | 36:48 | 41:50 | 46:31 | 48:46 | 49:30 | | |
| | | | | | 3:26 | 5:53 | 5:09 | 4:13 | 7:08 | 2:19 | 3:56 | 4:44 | 5:02 | 4:41 | 2:15 | 0:44 | | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | |
|------------------------|------|---------------------------|------|---------|---------------|--------------|-------------|----------------|-------|-------|--------|---------|---------|---------|---------|---------|--|
| 7 Sh Green (48) | | | | | 3.7 km | 105 m | 11 C | <i>(cont.)</i> | | | | | | | | | |
| | | | | | 1(49) | 2(43) | 3(225) | 4(46) | 5(63) | 6(32) | 7(217) | 8(221) | 9(226) | 10(65) | 11(199) | F | |
| 5 | 317 | Roger Hargreaves KERNO | M65S | 49:43 | 2:57 | 10:04 | 15:18 | 17:54 | 28:21 | 30:45 | 35:21 | 39:41 | 43:56 | 46:56 | 49:02 | 49:43 | |
| | | | | | 2:57 | 7:07 | 5:14 | 2:36 | 10:27 | 2:24 | 4:36 | 4:20 | 4:15 | 3:00 | 2:06 | 0:41 | |
| 6 | 375 | Bill Vigar QO | M75 | 51:25 | 3:11 | 10:03 | 17:17 | 19:58 | 29:34 | 32:10 | 36:05 | 40:56 | 45:21 | 48:09 | 50:36 | 51:25 | |
| | | | | | 3:11 | 6:52 | 7:14 | 2:41 | 9:36 | 2:36 | 3:55 | 4:51 | 4:25 | 2:48 | 2:27 | 0:49 | |
| 7 | 429 | Robert Teed NGOC | M75 | 51:28 | 3:24 | 10:53 | 16:50 | 19:38 | 27:47 | 31:09 | 35:26 | 40:13 | 44:55 | 47:57 | 50:37 | 51:28 | |
| | | | | | 3:24 | 7:29 | 5:57 | 2:48 | 8:09 | 3:22 | 4:17 | 4:47 | 4:42 | 3:02 | 2:40 | 0:51 | |
| 8 | 258 | Trevor Simpson OD | M75 | 51:40 | 3:14 | 10:26 | 18:14 | 20:57 | 29:43 | 32:00 | 36:14 | 40:42 | 46:16 | 48:44 | 50:58 | 51:40 | |
| | | | | | 3:14 | 7:12 | 7:48 | 2:43 | 8:46 | 2:17 | 4:14 | 4:28 | 5:34 | 2:28 | 2:14 | 0:42 | |
| 9 | 323 | Jill Green DEVON | W70 | 52:55 | 3:37 | 12:49 | 18:33 | 21:29 | 29:20 | 32:03 | 36:32 | 42:12 | 46:26 | 49:35 | 52:10 | 52:55 | |
| | | | | | 3:37 | 9:12 | 5:44 | 2:56 | 7:51 | 2:43 | 4:29 | 5:40 | 4:14 | 3:09 | 2:35 | 0:45 | |
| 10 | 359 | Tony Noott BOK | M75 | 54:00 | 3:39 | 11:11 | 18:03 | 20:54 | 29:24 | 32:38 | 37:07 | 42:08 | 47:20 | 50:11 | 53:00 | 54:00 | |
| | | | | | 3:39 | 7:32 | 6:52 | 2:51 | 8:30 | 3:14 | 4:29 | 5:01 | 5:12 | 2:51 | 2:49 | 1:00 | |
| 11 | 150 | Jean O'Neill Fingal | W65 | 54:07 | 6:57 | 12:54 | 17:50 | 19:54 | 28:06 | 32:03 | 35:43 | 41:51 | 48:32 | 51:08 | 53:30 | 54:07 | |
| | | | | | 6:57 | 5:57 | 4:56 | 2:04 | 8:12 | 3:57 | 3:40 | 6:08 | 6:41 | 2:36 | 2:22 | 0:37 | |
| 12 | 273 | Katy Dyer BOK | W65 | 54:24 | 2:57 | 9:32 | 15:39 | 19:57 | 27:59 | 30:40 | 35:07 | 42:25 | 46:37 | 50:36 | 53:43 | 54:24 | |
| | | | | | 2:57 | 6:35 | 6:07 | 4:18 | 8:02 | 2:41 | 4:27 | 7:18 | 4:12 | 3:59 | 3:07 | 0:41 | |
| 13 | 591 | Christine King BOK | W65 | 55:10 | 3:25 | 10:09 | 17:17 | 20:07 | 29:15 | 31:42 | 36:08 | 43:42 | 48:05 | 51:12 | 54:23 | 55:10 | |
| | | | | | 3:25 | 6:44 | 7:08 | 2:50 | 9:08 | 2:27 | 4:26 | 7:34 | 4:23 | 3:07 | 3:11 | 0:47 | |
| 14 | 522 | Anne May SLOW | W65 | 55:52 | 3:25 | 10:26 | 17:23 | 20:28 | 29:55 | 32:48 | 37:47 | 43:21 | 48:26 | 51:22 | 54:44 | 55:52 | |
| | | | | | 3:25 | 7:01 | 6:57 | 3:05 | 9:27 | 2:53 | 4:59 | 5:34 | 5:05 | 2:56 | 3:22 | 1:08 | |
| 15 | 140 | Sheila Strain ELO | W65 | 55:56 | 2:59 | 10:56 | 17:11 | 22:56 | 31:44 | 34:16 | 38:59 | 44:29 | 49:13 | 52:55 | 55:11 | 55:56 | |
| | | | | | 2:59 | 7:57 | 6:15 | 5:45 | 8:48 | 2:32 | 4:43 | 5:30 | 4:44 | 3:42 | 2:16 | 0:45 | |
| 16 | 278 | Sally Thomas BOK | W65 | 57:26 | 3:45 | 11:50 | 19:29 | 22:49 | 32:32 | 35:40 | 40:41 | 45:02 | 50:13 | 53:37 | 56:39 | 57:26 | |
| | | | | | 3:45 | 8:05 | 7:39 | 3:20 | 9:43 | 3:08 | 5:01 | 4:21 | 5:11 | 3:24 | 3:02 | 0:47 | |
| 17 | 162 | Sue Hands WIM | W65 | 58:27 | 3:10 | 9:28 | 15:49 | 21:15 | 29:40 | 31:56 | 41:31 | 46:29 | 49:54 | 55:43 | 57:49 | 58:27 | |
| | | | | | 3:10 | 6:18 | 6:21 | 5:26 | 8:25 | 2:16 | 9:35 | 4:58 | 3:25 | 5:49 | 2:06 | 0:38 | |
| 18 | 570 | Sue Bicknell OD | W70 | 1:04:33 | 4:04 | 11:49 | 21:30 | 24:35 | 33:11 | 35:57 | 40:42 | 47:23 | 56:30 | 59:53 | 1:03:38 | 1:04:33 | |
| | | | | | 4:04 | 7:45 | 9:41 | 3:05 | 8:36 | 2:46 | 4:45 | 6:41 | 9:07 | 3:23 | 3:45 | 0:55 | |
| 19 | 529 | Martin Gibbons WRE | M65S | 1:04:41 | 4:06 | 13:02 | 20:41 | 24:13 | 34:16 | 37:04 | 42:53 | 49:30 | 56:05 | 1:00:36 | 1:03:58 | 1:04:41 | |
| | | | | | 4:06 | 8:56 | 7:39 | 3:32 | 10:03 | 2:48 | 5:49 | 6:37 | 6:35 | 4:31 | 3:22 | 0:43 | |
| 20 | 275 | David Lee NGOC | M75 | 1:05:22 | 4:55 | 14:29 | 22:37 | 26:11 | 35:36 | 39:10 | 44:29 | 51:26 | 56:55 | 1:01:28 | 1:04:21 | 1:05:22 | |
| | | | | | 4:55 | 9:34 | 8:08 | 3:34 | 9:25 | 3:34 | 5:19 | 6:57 | 5:29 | 4:33 | 2:53 | 1:01 | |
| 21 | 297 | Carol Farrington HOC | W50S | 1:05:31 | 3:39 | 12:24 | 21:00 | 24:36 | 35:01 | 38:32 | 45:32 | 52:22 | 57:44 | 1:01:59 | 1:04:46 | 1:05:31 | |
| | | | | | 3:39 | 8:45 | 8:36 | 3:36 | 10:25 | 3:31 | 7:00 | 6:50 | 5:22 | 4:15 | 2:47 | 0:45 | |
| 22 | 503 | Clare Fletcher BOK | W70 | 1:06:09 | 4:24 | 12:53 | 21:04 | 24:17 | 36:28 | 39:17 | 48:17 | 53:42 | 58:59 | 1:02:21 | 1:05:15 | 1:06:09 | |
| | | | | | 4:24 | 8:29 | 8:11 | 3:13 | 12:11 | 2:49 | 9:00 | 5:25 | 5:17 | 3:22 | 2:54 | 0:54 | |
| 23 | 464 | Colin Spears HOC | M75 | 1:08:10 | 4:05 | 11:36 | 17:56 | 21:39 | 30:38 | 33:23 | 47:10 | 53:52 | 58:50 | 1:01:51 | 1:07:18 | 1:08:10 | |
| | | | | | 4:05 | 7:31 | 6:20 | 3:43 | 8:59 | 2:45 | 13:47 | 6:42 | 4:58 | 3:01 | 5:27 | 0:52 | |
| 24 | 493 | Joan Hambleton SARUM | W70 | 1:08:33 | 4:23 | 13:16 | 20:06 | 27:47 | 37:00 | 40:15 | 46:19 | 53:03 | 59:23 | 1:03:52 | 1:07:35 | 1:08:33 | |
| | | | | | 4:23 | 8:53 | 6:50 | 7:41 | 9:13 | 3:15 | 6:04 | 6:44 | 6:20 | 4:29 | 3:43 | 0:58 | |
| 25 | 508 | Derek Turner WRE | M75 | 1:08:55 | 3:49 | 11:32 | 18:34 | 22:06 | 34:58 | 38:11 | 44:34 | 51:39 | 57:15 | 1:04:49 | 1:07:58 | 1:08:55 | |
| | | | | | 3:49 | 7:43 | 7:02 | 3:32 | 12:52 | 3:13 | 6:23 | 7:05 | 5:36 | 7:34 | 3:09 | 0:57 | |
| 26 | 341 | Donald Moir LEI | M80 | 1:10:09 | 4:11 | 14:36 | 22:35 | 26:52 | 36:23 | 40:06 | 46:17 | 53:26 | 1:01:29 | 1:06:04 | 1:09:14 | 1:10:09 | |
| | | | | | 4:11 | 10:25 | 7:59 | 4:17 | 9:31 | 3:43 | 6:11 | 7:09 | 8:03 | 4:35 | 3:10 | 0:55 | |
| 27 | 512 | Patrick Pay WRE | M75 | 1:11:15 | 3:41 | 13:04 | 20:45 | 34:26 | 42:57 | 46:33 | 52:36 | 58:14 | 1:03:45 | 1:07:24 | 1:10:27 | 1:11:15 | |
| | | | | | 3:41 | 9:23 | 7:41 | 13:41 | 8:31 | 3:36 | 6:03 | 5:38 | 5:31 | 3:39 | 3:03 | 0:48 | |
| 28 | 343 | Lesley Norton WRE | W70 | 1:11:28 | 4:01 | 13:19 | 21:08 | 24:49 | 35:25 | 39:05 | 46:02 | 54:40 | 1:01:12 | 1:06:35 | 1:10:21 | 1:11:28 | |
| | | | | | 4:01 | 9:18 | 7:49 | 3:41 | 10:36 | 3:40 | 6:57 | 8:38 | 6:32 | 5:23 | 3:46 | 1:07 | |
| 29 | 370 | Lin Callard NGOC | M75 | 1:14:33 | 3:22 | 10:15 | 15:50 | 18:20 | 26:07 | 28:39 | 32:34 | 37:32 | 1:06:44 | 1:11:20 | 1:13:37 | 1:14:33 | |
| | | | | | 3:22 | 6:53 | 5:35 | 2:30 | 7:47 | 2:32 | 3:55 | 4:58 | 29:12 | 4:36 | 2:17 | 0:56 | |
| 30 | 410 | Patrick Maher SO | M75 | 1:17:38 | 4:17 | 13:06 | 23:16 | 26:50 | 35:59 | 38:48 | 58:44 | 1:04:26 | 1:10:02 | 1:13:31 | 1:16:30 | 1:17:38 | |
| | | | | | 4:17 | 8:49 | 10:10 | 3:34 | 9:09 | 2:49 | 19:56 | 5:42 | 5:36 | 3:29 | 2:59 | 1:08 | |
| 31 | 225 | Liz Yeadon SARUM | W65 | 1:18:50 | 3:54 | 12:30 | 20:41 | 25:35 | 45:26 | 48:27 | 55:09 | 1:05:47 | 1:10:56 | 1:15:05 | 1:17:55 | 1:18:50 | |
| | | | | | 3:54 | 8:36 | 8:11 | 4:54 | 19:51 | 3:01 | 6:42 | 10:38 | 5:09 | 4:09 | 2:50 | 0:55 | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | |
|------------------------|------|----------------------------|------|---------|---------------------|-------|--------|-------------|-------|---------|----------------|---------|---------|---------|---------|---------|
| 7 Sh Green (48) | | | | | 3.7 km 105 m | | | 11 C | | | <i>(cont.)</i> | | | | | |
| | | | | | 1(49) | 2(43) | 3(225) | 4(46) | 5(63) | 6(32) | 7(217) | 8(221) | 9(226) | 10(65) | 11(199) | F |
| 32 | 453 | Judith Powell SWOC | W70 | 1:20:20 | 4:23 | 15:00 | 23:35 | 32:02 | 43:07 | 46:36 | 53:46 | 1:00:57 | 1:08:04 | 1:12:45 | 1:18:26 | 1:20:20 |
| | | | | | 4:23 | 10:37 | 8:35 | 8:27 | 11:05 | 3:29 | 7:10 | 7:11 | 7:07 | 4:41 | 5:41 | 1:54 |
| 33 | 234 | Nicola Harvey WIM | W45S | 1:21:32 | 6:08 | 16:15 | 24:40 | 28:24 | 41:15 | 45:44 | 55:18 | 1:05:12 | 1:11:21 | 1:17:02 | 1:20:23 | 1:21:32 |
| | | | | | 6:08 | 10:07 | 8:25 | 3:44 | 12:51 | 4:29 | 9:34 | 9:54 | 6:09 | 5:41 | 3:21 | 1:09 |
| 34 | 239 | Laura Rutty NGOC | W65 | 1:21:49 | 4:03 | 14:52 | 27:02 | 35:19 | 44:41 | 48:14 | 55:09 | 1:01:24 | 1:14:28 | 1:17:14 | 1:20:46 | 1:21:49 |
| | | | | | 4:03 | 10:49 | 12:10 | 8:17 | 9:22 | 3:33 | 6:55 | 6:15 | 13:04 | 2:46 | 3:32 | 1:03 |
| 35 | 229 | Kate Maliphant BOK | W50S | 1:28:36 | 4:43 | 16:29 | 28:29 | 33:20 | 50:21 | 55:26 | 1:02:25 | 1:11:22 | 1:19:12 | 1:24:23 | 1:27:42 | 1:28:36 |
| | | | | | 4:43 | 11:46 | 12:00 | 4:51 | 17:01 | 5:05 | 6:59 | 8:57 | 7:50 | 5:11 | 3:19 | 0:54 |
| 36 | 224 | Alan Yeadon SARUM | M75 | 1:29:25 | 5:09 | 17:17 | 29:30 | 35:41 | 49:06 | 53:52 | 1:02:48 | 1:12:00 | 1:19:45 | 1:24:29 | 1:28:15 | 1:29:25 |
| | | | | | 5:09 | 12:08 | 12:13 | 6:11 | 13:25 | 4:46 | 8:56 | 9:12 | 7:45 | 4:44 | 3:46 | 1:10 |
| 37 | 431 | Julie Collins DFOK | W50S | 1:29:29 | 3:59 | 12:36 | 22:03 | 25:50 | 47:01 | 50:12 | 56:10 | 1:11:32 | 1:18:17 | 1:26:03 | 1:28:40 | 1:29:29 |
| | | | | | 3:59 | 8:37 | 9:27 | 3:47 | 21:11 | 3:11 | 5:58 | 15:22 | 6:45 | 7:46 | 2:37 | 0:49 |
| 38 | 613 | Barbara Ford HOC | W50S | 1:30:36 | 5:17 | 16:28 | 26:30 | 31:23 | 44:55 | 49:49 | 58:59 | 1:07:58 | 1:19:45 | 1:24:27 | 1:29:35 | 1:30:36 |
| | | | | | 5:17 | 11:11 | 10:02 | 4:53 | 13:32 | 4:54 | 9:10 | 8:59 | 11:47 | 4:42 | 5:08 | 1:01 |
| 39 | 615 | Robin Walker BOK | M75 | 1:30:47 | 4:34 | 17:49 | 28:23 | 33:00 | 46:33 | 50:55 | 58:49 | 1:08:35 | 1:17:20 | 1:23:30 | 1:28:50 | 1:30:47 |
| | | | | | 4:34 | 13:15 | 10:34 | 4:37 | 13:33 | 4:22 | 7:54 | 9:46 | 8:45 | 6:10 | 5:20 | 1:57 |
| 40 | 616 | Patricia Walker BOK | W70 | 1:31:33 | 4:39 | 15:10 | 25:54 | 30:36 | 46:40 | 52:11 | 1:01:29 | 1:11:48 | 1:19:01 | 1:24:52 | 1:30:13 | 1:31:33 |
| | | | | | 4:39 | 10:31 | 10:44 | 4:42 | 16:04 | 5:31 | 9:18 | 10:19 | 7:13 | 5:51 | 5:21 | 1:20 |
| 41 | 290 | John Warren WIM | M75 | 1:32:13 | 9:21 | 20:34 | 31:20 | 39:33 | 51:16 | 55:50 | 1:03:04 | 1:12:21 | 1:19:54 | 1:25:33 | 1:30:34 | 1:32:13 |
| | | | | | 9:21 | 11:13 | 10:46 | 8:13 | 11:43 | 4:34 | 7:14 | 9:17 | 7:33 | 5:39 | 5:01 | 1:39 |
| 42 | 575 | Karin Kirk OD | W65 | 1:32:43 | 4:24 | 13:38 | 23:03 | 28:05 | 42:50 | 47:16 | 1:03:46 | 1:11:44 | 1:18:11 | 1:26:03 | 1:31:49 | 1:32:43 |
| | | | | | 4:24 | 9:14 | 9:25 | 5:02 | 14:45 | 4:26 | 16:30 | 7:58 | 6:27 | 7:52 | 5:46 | 0:54 |
| 43 | 235 | Alan Mackenzie BOK | M65S | 1:32:56 | 4:27 | 18:58 | 29:39 | 33:27 | 50:23 | 54:06 | 1:00:20 | 1:09:05 | 1:16:01 | 1:22:34 | 1:31:39 | 1:32:56 |
| | | | | | 4:27 | 14:31 | 10:41 | 3:48 | 16:56 | 3:43 | 6:14 | 8:45 | 6:56 | 6:33 | 9:05 | 1:17 |
| 44 | 238 | Richard Arman WSX | M85 | 1:36:59 | 4:31 | 15:25 | 24:50 | 33:06 | 45:14 | 49:15 | 1:06:06 | 1:19:15 | 1:27:07 | 1:31:56 | 1:35:52 | 1:36:59 |
| | | | | | 4:31 | 10:54 | 9:25 | 8:16 | 12:08 | 4:01 | 16:51 | 13:09 | 7:52 | 4:49 | 3:56 | 1:07 |
| 45 | 547 | Nina Stimson NWO | W65 | 1:39:38 | 9:15 | 21:00 | 30:50 | 36:09 | 49:10 | 53:10 | 1:01:17 | 1:10:05 | 1:29:31 | 1:33:59 | 1:38:42 | 1:39:38 |
| | | | | | 9:15 | 11:45 | 9:50 | 5:19 | 13:01 | 4:00 | 8:07 | 8:48 | 19:26 | 4:28 | 4:43 | 0:56 |
| 46 | 276 | Bernard Potter TVOC | M85 | 1:50:20 | 6:34 | 18:45 | 31:52 | 37:16 | 51:33 | 1:00:12 | 1:09:56 | 1:21:32 | 1:32:02 | 1:41:06 | 1:48:33 | 1:50:20 |
| | | | | | 6:34 | 12:11 | 13:07 | 5:24 | 14:17 | 8:39 | 9:44 | 11:36 | 10:30 | 9:04 | 7:27 | 1:47 |
| 47 | 374 | Susan Colbert SWOC | W65 | 1:52:03 | 4:28 | 21:27 | 28:34 | 34:44 | 43:55 | 47:03 | 53:45 | 1:30:28 | 1:41:27 | 1:46:51 | 1:51:01 | 1:52:03 |
| | | | | | 4:28 | 16:59 | 7:07 | 6:10 | 9:11 | 3:08 | 6:42 | 36:43 | 10:59 | 5:24 | 4:10 | 1:02 |
| | 227 | Darrell Cruickshank BKO | M85 | dnf | 7:02 | 23:24 | 39:27 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 1:26:18 |
| | | | | | 7:02 | 16:22 | 16:03 | | | | | | | | | 46:51 |

1:27:51

*199

1:28:23

*199

1:32:28

*44

| 8 V Sh Green (28) | | | | | 3.2 km 85 m | | | 12 C | | | | | | | | | |
|--------------------------|-----|-----------------------------|------|---------|--------------------|-------|-------|-------------|--------|-------|--------|--------|--------|--------|--------|---------|---------|
| | | | | | 1(49) | 2(69) | 3(57) | 4(225) | 5(223) | 6(63) | 7(210) | 8(206) | 9(204) | 10(65) | 11(56) | 12(199) | F |
| 1 | 492 | Peter Hambleton SARUM | M70S | 43:21 | 3:19 | 7:38 | 10:50 | 13:28 | 18:15 | 24:30 | 29:06 | 32:56 | 36:10 | 39:30 | 41:44 | 42:52 | 43:21 |
| | | | | | 3:19 | 4:19 | 3:12 | 2:38 | 4:47 | 6:15 | 4:36 | 3:50 | 3:14 | 3:20 | 2:14 | 1:08 | 0:29 |
| 2 | 445 | Christine Robinson SLOW | W55S | 50:11 | 4:04 | 9:38 | 13:01 | 15:50 | 18:42 | 27:24 | 35:09 | 38:31 | 41:46 | 45:34 | 48:14 | 49:12 | 50:11 |
| | | | | | 4:04 | 5:34 | 3:23 | 2:49 | 2:52 | 8:42 | 7:45 | 3:22 | 3:15 | 3:48 | 2:40 | 0:58 | 0:59 |
| 3 | 523 | Carol Iddles BOK | W55S | 54:10 | 2:54 | 7:32 | 11:36 | 14:42 | 17:31 | 24:55 | 40:51 | 43:22 | 46:26 | 50:03 | 52:49 | 53:36 | 54:10 |
| | | | | | 2:54 | 4:38 | 4:04 | 3:06 | 2:49 | 7:24 | 15:56 | 2:31 | 3:04 | 3:37 | 2:46 | 0:47 | 0:34 |
| 4 | 514 | Alison Sloman HOC | W75 | 54:42 | 4:25 | 10:22 | 13:16 | 17:06 | 21:17 | 29:41 | 36:33 | 40:44 | 44:32 | 49:32 | 52:37 | 53:45 | 54:42 |
| | | | | | 4:25 | 5:57 | 2:54 | 3:50 | 4:11 | 8:24 | 6:52 | 4:11 | 3:48 | 5:00 | 3:05 | 1:08 | 0:57 |
| 5 | 381 | Charlotte Thornton SARUM | W65S | 56:36 | 4:04 | 9:24 | 13:17 | 16:11 | 19:59 | 29:43 | 36:38 | 41:56 | 45:39 | 51:19 | 54:32 | 55:41 | 56:36 |
| | | | | | 4:04 | 5:20 | 3:53 | 2:54 | 3:48 | 9:44 | 6:55 | 5:18 | 3:43 | 5:40 | 3:13 | 1:09 | 0:55 |
| 6 | 361 | Sue Ashton NGOC | W60S | 57:19 | 3:22 | 9:25 | 13:22 | 17:15 | 20:33 | 30:14 | 37:08 | 42:09 | 46:36 | 51:50 | 55:45 | 56:34 | 57:19 |
| | | | | | 3:22 | 6:03 | 3:57 | 3:53 | 3:18 | 9:41 | 6:54 | 5:01 | 4:27 | 5:14 | 3:55 | 0:49 | 0:45 |
| 6 | 318 | Elsie Hargreaves KERNO | W65S | 57:19 | 3:56 | 9:34 | 12:46 | 15:58 | 22:16 | 31:37 | 38:33 | 43:23 | 47:24 | 52:11 | 55:18 | 56:25 | 57:19 |
| | | | | | 3:56 | 5:38 | 3:12 | 3:12 | 6:18 | 9:21 | 6:56 | 4:50 | 4:01 | 4:47 | 3:07 | 1:07 | 0:54 |
| 8 | 610 | Roger Craddock QO | M70S | 1:00:44 | 3:47 | 9:08 | 14:20 | 17:22 | 26:53 | 34:11 | 40:57 | 45:40 | 48:42 | 55:47 | 59:07 | 59:59 | 1:00:44 |
| | | | | | 3:47 | 5:21 | 5:12 | 3:02 | 9:31 | 7:18 | 6:46 | 4:43 | 3:02 | 7:05 | 3:20 | 0:52 | 0:45 |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | |
|---------------------------|-----------------------|---------------------------|---------|---------|---------------------|-------|-------|-------------|--------|---------|----------------|---------|---------|---------|---------|---------|---------|
| 8 V Sh Green (28) | | | | | 3.2 km 85 m | | | 12 C | | | <i>(cont.)</i> | | | | | | |
| | | | | | 1(49) | 2(69) | 3(57) | 4(225) | 5(223) | 6(63) | 7(210) | 8(206) | 9(204) | 10(65) | 11(56) | 12(199) | F |
| 9 | 259 | Hilary Simpson OD | W75 | 1:04:41 | 4:03 | 10:01 | 13:58 | 17:45 | 21:39 | 34:42 | 41:46 | 48:57 | 53:34 | 59:11 | 1:02:36 | 1:03:46 | 1:04:41 |
| 10 | 452 | Annabel Pring KERNO | W55S | 1:10:23 | 4:45 | 11:39 | 17:04 | 20:50 | 25:52 | 36:29 | 46:26 | 52:04 | 57:23 | 1:03:24 | 1:07:04 | 1:08:46 | 1:10:23 |
| 11 | 380 | Richard Thornton SARUM | M70S | 1:10:32 | 4:45 | 6:54 | 5:25 | 3:46 | 5:02 | 10:37 | 9:57 | 5:38 | 5:19 | 6:01 | 3:40 | 1:42 | 1:37 |
| 12 | 419 | Anita Kingdon SAX | W60S | 1:13:31 | 5:57 | 12:17 | 15:45 | 22:01 | 26:55 | 38:18 | 47:01 | 52:41 | 57:26 | 1:02:45 | 1:08:38 | 1:09:51 | 1:10:32 |
| 13 | 507 | Noreen Turner WRE | W70S | 1:14:17 | 5:57 | 6:20 | 3:28 | 6:16 | 4:54 | 11:23 | 8:43 | 5:40 | 4:45 | 5:19 | 5:53 | 1:13 | 0:41 |
| 14 | 368 | Frances Alexander NGOC | W70S | 1:18:39 | 3:51 | 5:48 | 2:50 | 3:11 | 8:46 | 11:17 | 8:56 | 5:15 | 11:06 | 5:29 | 3:11 | 2:50 | 1:01 |
| | | | | | 5:39 | 14:07 | 17:29 | 21:44 | 27:02 | 37:29 | 46:49 | 52:44 | 1:01:34 | 1:07:18 | 1:11:50 | 1:13:09 | 1:14:17 |
| | | | | | 5:39 | 8:28 | 3:22 | 4:15 | 5:18 | 10:27 | 9:20 | 5:55 | 8:50 | 5:44 | 4:32 | 1:19 | 1:08 |
| | | | | | 5:41 | 17:02 | 20:46 | 26:18 | 30:43 | 41:17 | 50:33 | 55:53 | 1:01:18 | 1:11:01 | 1:15:37 | 1:16:56 | 1:18:39 |
| | | | | | 5:41 | 11:21 | 3:44 | 5:32 | 4:25 | 10:34 | 9:16 | 5:20 | 5:25 | 9:43 | 4:36 | 1:19 | 1:43 |
| | | | | | 1:17:01 | | | | | | | | | | | | |
| | | | | | *199 | | | | | | | | | | | | |
| 15 | 264 | Chris James NGOC | M75S | 1:20:12 | 3:49 | 9:31 | 16:12 | 20:07 | 24:32 | 36:51 | 43:40 | 51:19 | 55:52 | 1:06:36 | 1:16:56 | 1:19:16 | 1:20:12 |
| 16 | 397 | Pauline Olds KERNO | W60S | 1:25:08 | 3:49 | 5:42 | 6:41 | 3:55 | 4:25 | 12:19 | 6:49 | 7:39 | 4:33 | 10:44 | 10:20 | 2:20 | 0:56 |
| 17 | 206 | Gill Thomlinson SOC | W65S | 1:29:27 | 4:12 | 9:57 | 3:33 | 3:22 | 4:03 | 9:37 | 21:25 | 4:55 | 12:28 | 5:36 | 3:59 | 1:08 | 0:53 |
| 18 | 371 | Gaye Callard NGOC | W75 | 1:30:25 | 14:50 | 28:49 | 37:09 | 40:35 | 48:27 | 56:49 | 1:06:25 | 1:10:40 | 1:17:19 | 1:23:15 | 1:27:39 | 1:28:36 | 1:29:27 |
| 19 | 497 | Anne-Marie Hillier BKO | W60S | 1:36:11 | 4:12 | 9:57 | 3:33 | 3:22 | 4:03 | 9:37 | 21:25 | 4:55 | 12:28 | 5:36 | 3:59 | 1:08 | 0:53 |
| 20 | 289 | Freda Peirce SARUM | W70S | 1:47:21 | 14:50 | 13:59 | 8:20 | 3:26 | 7:52 | 8:22 | 9:36 | 4:15 | 6:39 | 5:56 | 4:24 | 0:57 | 0:51 |
| 21 | 566 | Julia Robertson QO | W60S | 1:50:41 | 5:37 | 12:19 | 17:06 | 21:16 | 26:54 | 37:46 | 54:02 | 1:07:50 | 1:13:41 | 1:23:37 | 1:27:58 | 1:29:23 | 1:30:25 |
| 22 | 291 | Barbara Warren WIM | W80 | 1:52:30 | 5:37 | 6:42 | 4:47 | 4:10 | 5:38 | 10:52 | 16:16 | 13:48 | 5:51 | 9:56 | 4:21 | 1:25 | 1:02 |
| 23 | 442 | Pat Grenfell BOK | W85 | 1:59:38 | 5:46 | 15:19 | 18:54 | 22:39 | 26:34 | 38:21 | 1:00:22 | 1:06:04 | 1:10:40 | 1:17:49 | 1:33:42 | 1:35:04 | 1:36:11 |
| 367 | John Coleman NGOC | M75S | mp | 5:46 | 9:33 | 3:35 | 3:45 | 3:55 | 11:47 | 22:01 | 5:42 | 4:36 | 7:09 | 15:53 | 1:22 | 1:07 | |
| 443 | John Grenfell BOK | M80S | mp | 5:46 | 9:33 | 3:35 | 3:45 | 3:55 | 11:47 | 22:01 | 5:42 | 4:36 | 7:09 | 15:53 | 1:22 | 1:07 | |
| 205 | Gordon Raggett WSX | M75S | mp | 19:56 | 28:35 | 33:02 | 37:44 | 42:47 | 54:04 | 1:03:41 | 1:15:02 | 1:32:26 | 1:39:03 | 1:44:45 | 1:46:13 | 1:47:21 | |
| 465 | Suzette Spears HOC | W75 | dnf | 19:56 | 8:39 | 4:27 | 4:42 | 5:03 | 11:17 | 9:37 | 11:21 | 17:24 | 6:37 | 5:42 | 1:28 | 1:08 | |
| 337 | Vikki Crawford WIM | W70S | dnf | 5:21 | 12:58 | 17:24 | 21:41 | 28:15 | 41:04 | 1:18:23 | 1:27:05 | 1:34:17 | 1:42:24 | 1:46:55 | 1:49:04 | 1:50:41 | |
| | | | | | 5:21 | 7:37 | 4:26 | 4:17 | 6:34 | 12:49 | 37:19 | 8:42 | 7:12 | 8:07 | 4:31 | 2:09 | 1:37 |
| | | | | | 9:32 | 19:24 | 25:36 | 30:40 | 37:09 | 51:03 | 1:02:15 | 1:16:46 | 1:25:26 | 1:37:32 | 1:49:42 | 1:51:08 | 1:52:30 |
| | | | | | 9:32 | 9:52 | 6:12 | 5:04 | 6:29 | 13:54 | 11:12 | 14:31 | 8:40 | 12:06 | 12:10 | 1:26 | 1:22 |
| | | | | | 7:23 | 14:42 | 19:57 | 27:13 | 34:19 | 48:03 | 1:10:46 | 1:32:36 | 1:40:01 | 1:48:52 | 1:56:01 | 1:57:48 | 1:59:38 |
| | | | | | 7:23 | 7:19 | 5:15 | 7:16 | 7:06 | 13:44 | 22:43 | 21:50 | 7:25 | 8:51 | 7:09 | 1:47 | 1:50 |
| | | | | | 4:53 | 11:40 | 16:27 | 21:32 | 25:47 | 36:04 | 44:50 | 55:16 | ----- | 1:16:23 | 1:21:22 | 1:22:56 | 1:24:49 |
| | | | | | 4:53 | 6:47 | 4:47 | 5:05 | 4:15 | 10:17 | 8:46 | 10:26 | ----- | 21:07 | 4:59 | 1:34 | 1:53 |
| | | | | | 6:55 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 1:26:38 | 1:28:06 |
| | | | | | 6:55 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 1:19:43 | 1:28 |
| | | | | | 7:05 | 16:54 | 21:09 | 24:47 | 54:03 | 1:04:56 | 1:14:29 | 1:24:34 | ----- | 1:52:33 | ----- | 1:59:08 | 2:01:04 |
| | | | | | 7:05 | 9:49 | 4:15 | 3:38 | 29:16 | 10:53 | 9:33 | 10:05 | ----- | 27:59 | ----- | 6:35 | 1:56 |
| | | | | | 1:59:16 | | | | | | | | | | | | |
| | | | | | *199 | | | | | | | | | | | | |
| | | | | | 5:22 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 57:50 |
| | | | | | 5:22 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 52:28 |
| | | | | | 37:46 | | | | | | | | | | | | |
| | | | | | *43 | | | | | | | | | | | | |
| | | | | | 4:40 | ----- | ----- | 26:04 | ----- | 45:22 | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | | | | | 4:40 | ----- | ----- | 21:24 | ----- | 19:18 | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | | | | | 17:26 | 30:03 | 51:36 | 59:12 | | | | | | | | | |
| | | | | | *43 | *46 | *32 | *217 | | | | | | | | | |
| 9 Light Green (35) | | | | | 3.6 km 105 m | | | 10 C | | | | | | | | | |
| | | | | | 1(60) | 2(43) | 3(57) | 4(46) | 5(35) | 6(32) | 7(217) | 8(50) | 9(56) | 10(199) | | | F |
| 1 | | Phil Winskill WCOC | Light C | 30:53 | 2:09 | 4:26 | 6:21 | 9:36 | 13:33 | 15:32 | 18:08 | 25:25 | 29:45 | 30:22 | 30:53 | 30:28 | |
| | | | | | 2:09 | 2:17 | 1:55 | 3:15 | 3:57 | 1:59 | 2:36 | 7:17 | 4:20 | 0:37 | 0:31 | *199 | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | F | |
|---------------------------|------|--------------------------|---------|---------|---------------------|-------|-------------|-------|----------------|---------|-------------|--------------|---------|-------------|-------------|---------|
| 9 Light Green (35) | | | | | 3.6 km 105 m | | 10 C | | <i>(cont.)</i> | | | | | | | |
| | | | | | 1(60) | 2(43) | 3(57) | 4(46) | 5(35) | 6(32) | 7(217) | 8(50) | 9(56) | 10(199) | | |
| 2 | 646 | Andy Hemsted HOC | Light C | 31:24 | 2:53 | 5:52 | 8:37 | 13:24 | 17:48 | 20:38 | 22:50 | 25:09 | 30:12 | 30:45 | 31:24 | |
| | | | | | 2:53 | 2:59 | 2:45 | 4:47 | 4:24 | 2:50 | 2:12 | 2:19 | 5:03 | 0:33 | 0:39 | |
| 3 | 326 | Joe Hudd BOK | M14 | 32:50 | 2:40 | 5:56 | 8:13 | 12:24 | 17:26 | 19:51 | 23:36 | 25:57 | 31:49 | 32:21 | 32:50 | |
| | | | | | 2:40 | 3:16 | 2:17 | 4:11 | 5:02 | 2:25 | 3:45 | 2:21 | 5:52 | 0:32 | 0:29 | |
| 4 | 543 | Adam Conway GO | M14 | 35:38 | 3:24 | 7:55 | 10:38 | 14:41 | 20:02 | 23:30 | 27:03 | 29:04 | 34:31 | 35:05 | 35:38 | |
| | | | | | 3:24 | 4:31 | 2:43 | 4:03 | 5:21 | 3:28 | 3:33 | 2:01 | 5:27 | 0:34 | 0:33 | |
| 5 | 600 | Flurry Grierson DEVON | M14 | 36:12 | 2:44 | 6:27 | 8:54 | 12:40 | 19:03 | 22:09 | 25:00 | 29:15 | 35:08 | 35:46 | 36:12 | |
| | | | | | 2:44 | 3:43 | 2:27 | 3:46 | 6:23 | 3:06 | 2:51 | 4:15 | 5:53 | 0:38 | 0:26 | |
| 6 | 351 | Ben Stevens DEVON | M14 | 37:06 | 3:02 | 6:14 | 8:37 | 12:17 | 17:48 | 21:24 | 24:19 | 28:31 | 35:58 | 36:42 | 37:06 | |
| | | | | | 3:02 | 3:12 | 2:23 | 3:40 | 5:31 | 3:36 | 2:55 | 4:12 | 7:27 | 0:44 | 0:24 | |
| 7 | 517 | Sarah Duckworth DVO | W14 | 44:55 | 3:04 | 6:58 | 10:52 | 16:14 | 24:46 | 28:35 | 33:28 | 36:49 | 43:39 | 44:17 | 44:55 | 44:25 |
| | | | | | 3:04 | 3:54 | 3:54 | 5:22 | 8:32 | 3:49 | 4:53 | 3:21 | 6:50 | 0:38 | 0:38 | *199 |
| 8 | 661 | Peter Hudd BOK | Light C | 45:41 | 2:50 | 6:26 | 10:19 | 17:25 | 22:19 | 25:50 | 31:42 | 34:11 | 44:09 | 44:59 | 45:41 | 45:04 |
| | | | | | 2:50 | 3:36 | 3:53 | 7:06 | 4:54 | 3:31 | 5:52 | 2:29 | 9:58 | 0:50 | 0:42 | *199 |
| 9 | 647 | John Chesters DEVON | Light C | 48:39 | 3:44 | 9:41 | 12:46 | 19:05 | 26:42 | 31:36 | 36:31 | 39:54 | 47:01 | 47:56 | 48:39 | |
| | | | | | 3:44 | 5:57 | 3:05 | 6:19 | 7:37 | 4:54 | 4:55 | 3:23 | 7:07 | 0:55 | 0:43 | |
| 10 | 662 | Jenn Hudd BOK | Light C | 52:24 | 3:44 | 8:56 | 12:36 | 18:33 | 25:55 | 30:42 | 35:07 | 42:26 | 50:21 | 51:37 | 52:24 | 51:45 |
| | | | | | 3:44 | 5:12 | 3:40 | 5:57 | 7:22 | 4:47 | 4:25 | 7:19 | 7:55 | 1:16 | 0:47 | *199 |
| 11 | 412 | Harry McMurtrie DEVON | M14 | 58:07 | 2:35 | 6:54 | 10:46 | 17:13 | 36:18 | 40:03 | 47:19 | 50:18 | 57:03 | 57:38 | 58:07 | |
| | | | | | 2:35 | 4:19 | 3:52 | 6:27 | 19:05 | 3:45 | 7:16 | 2:59 | 6:45 | 0:35 | 0:29 | |
| 12 | 331 | Wilf Thompson BOK | M14 | 58:44 | 3:31 | 8:47 | 13:02 | 19:43 | 28:11 | 32:26 | 39:39 | 47:56 | 57:29 | 58:16 | 58:44 | |
| | | | | | 3:31 | 5:16 | 4:15 | 6:41 | 8:28 | 4:15 | 7:13 | 8:17 | 9:33 | 0:47 | 0:28 | |
| 13 | 247 | Harry Stagg BOK | M14 | 59:02 | 2:50 | 16:26 | 20:06 | 24:00 | 37:57 | 41:13 | 47:03 | 51:09 | 57:36 | 58:29 | 59:02 | 45:26 |
| | | | | | 2:50 | 13:36 | 3:40 | 3:54 | 13:57 | 3:16 | 5:50 | 4:06 | 6:27 | 0:53 | 0:33 | *38 |
| 14 | 350 | Hugo Twigger DEVON | M14 | 59:36 | 12:36 | 18:05 | 21:28 | 33:32 | 39:20 | 43:07 | 46:38 | 52:43 | 58:35 | 59:05 | 59:36 | |
| | | | | | 12:36 | 5:29 | 3:23 | 12:04 | 5:48 | 3:47 | 3:31 | 6:05 | 5:52 | 0:30 | 0:31 | |
| 15 | 641 | Hally Hardie WAOC | Light C | 1:01:25 | 5:32 | 11:40 | 16:14 | 23:07 | 32:52 | 38:55 | 44:39 | 49:14 | 59:10 | 1:00:26 | 1:01:25 | |
| | | | | | 5:32 | 6:08 | 4:34 | 6:53 | 9:45 | 6:03 | 5:44 | 4:35 | 9:56 | 1:16 | 0:59 | |
| 16 | 618 | Meg Somers DEVON | W14 | 1:01:44 | 5:05 | 8:34 | 12:57 | 20:52 | 30:53 | 33:29 | 38:34 | 51:59 | 59:51 | 1:01:17 | 1:01:44 | 37:26 |
| | | | | | 5:05 | 3:29 | 4:23 | 7:55 | 10:01 | 2:36 | 5:05 | 13:25 | 7:52 | 1:26 | 0:27 | *38 |
| 17 | 542 | Keiko Conway GO | Light C | 1:02:38 | 4:44 | 9:59 | 16:33 | 27:23 | 38:13 | 42:33 | 47:51 | 51:27 | 1:00:48 | 1:01:56 | 1:02:38 | |
| | | | | | 4:44 | 5:15 | 6:34 | 10:50 | 10:50 | 4:20 | 5:18 | 3:36 | 9:21 | 1:08 | 0:42 | |
| 18 | 556 | Rachel Potter BOK | W14 | 1:07:43 | 3:49 | 16:59 | 22:19 | 27:48 | 35:45 | 41:16 | 46:46 | 56:09 | 1:05:55 | 1:06:54 | 1:07:43 | 1:07:00 |
| | | | | | 3:49 | 13:10 | 5:20 | 5:29 | 7:57 | 5:31 | 5:30 | 9:23 | 9:46 | 0:59 | 0:49 | *199 |
| 19 | 658 | Steve Taverner WIGHTO | Light C | 1:07:55 | 6:07 | 14:11 | 19:07 | 26:45 | 37:16 | 43:59 | 50:28 | 54:46 | 1:05:17 | 1:06:35 | 1:07:55 | |
| | | | | | 6:07 | 8:04 | 4:56 | 7:38 | 10:31 | 6:43 | 6:29 | 4:18 | 10:31 | 1:18 | 1:20 | |
| 20 | 656 | Martin Andersson UBOC | Light C | 1:09:00 | 5:38 | 13:42 | 17:11 | 21:43 | 27:29 | 30:47 | 35:54 | 53:19 | 1:06:23 | 1:08:28 | 1:09:00 | |
| | | | | | 5:38 | 8:04 | 3:29 | 4:32 | 5:46 | 3:18 | 5:07 | 17:25 | 13:04 | 2:05 | 0:32 | |
| 21 | 649 | John Higgins BOK | Light C | 1:09:17 | 4:48 | 11:04 | 15:14 | 21:39 | 30:54 | 36:34 | 43:03 | 57:59 | 1:07:08 | 1:08:23 | 1:09:17 | |
| | | | | | 4:48 | 6:16 | 4:10 | 6:25 | 9:15 | 5:40 | 6:29 | 14:56 | 9:09 | 1:15 | 0:54 | |
| 22 | 642 | Lindsey Freeman LOG | Light C | 1:09:27 | 4:45 | 11:17 | 14:44 | 25:18 | 34:24 | 39:20 | 44:19 | 51:14 | 1:07:24 | 1:08:36 | 1:09:27 | |
| | | | | | 4:45 | 6:32 | 3:27 | 10:34 | 9:06 | 4:56 | 4:59 | 6:55 | 16:10 | 1:12 | 0:51 | |
| 23 | 645 | Penny Hemsted HOC | Light C | 1:12:39 | 5:57 | 12:29 | 18:15 | 29:53 | 40:16 | 45:40 | 54:52 | 1:01:14 | 1:10:35 | 1:11:48 | 1:12:39 | |
| | | | | | 5:57 | 6:32 | 5:46 | 11:38 | 10:23 | 5:24 | 9:12 | 6:22 | 9:21 | 1:13 | 0:51 | |
| 24 | 657 | Roger Green DEVON | Light C | 1:16:39 | 6:05 | 15:51 | 22:23 | 32:16 | 42:58 | 50:16 | 57:56 | 1:03:15 | 1:14:18 | 1:15:40 | 1:16:39 | |
| | | | | | 6:05 | 9:46 | 6:32 | 9:53 | 10:42 | 7:18 | 7:40 | 5:19 | 11:03 | 1:22 | 0:59 | |
| 25 | | Peter Grierson DEVON | Light C | 1:17:15 | 3:45 | 7:34 | 12:05 | 21:36 | 40:21 | 44:39 | 57:52 | 1:06:48 | 1:15:23 | 1:16:23 | 1:17:15 | 1:01:41 |
| | | | | | 3:45 | 3:49 | 4:31 | 9:31 | 18:45 | 4:18 | 13:13 | 8:56 | 8:35 | 1:00 | 0:52 | *42 |
| 26 | | Derek Ricketts LEI | Light C | 1:26:40 | 7:20 | 14:05 | 19:48 | 29:29 | 45:19 | 52:21 | 1:02:43 | 1:08:17 | 1:23:07 | 1:25:01 | 1:26:40 | |
| | | | | | 7:20 | 6:45 | 5:43 | 9:41 | 15:50 | 7:02 | 10:22 | 5:34 | 14:50 | 1:54 | 1:39 | |
| 27 | 654 | Clare Grant SWOC | Light C | 1:28:17 | 5:05 | 21:16 | 28:25 | 36:30 | 55:14 | 1:00:53 | 1:07:56 | 1:14:55 | 1:26:14 | 1:27:24 | 1:28:17 | |
| | | | | | 5:05 | 16:11 | 7:09 | 8:05 | 18:44 | 5:39 | 7:03 | 6:59 | 11:19 | 1:10 | 0:53 | |
| 28 | | Olga Kuznetsova IND | Light C | 1:28:37 | 21:00 | 26:43 | 32:07 | 40:40 | 49:41 | 54:00 | 59:09 | 1:19:09 | 1:26:56 | 1:27:54 | 1:28:37 | |
| | | | | | 21:00 | 5:43 | 5:24 | 8:33 | 9:01 | 4:19 | 5:09 | 20:00 | 7:47 | 0:58 | 0:43 | |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | |
|---------------------------|------|---------------------------|---------|---------|---------------------|--------|-------------|--------|---------|----------------|---------|---------|---------|---------|---------|---------|
| 9 Light Green (35) | | | | | 3.6 km 105 m | | 10 C | | | <i>(cont.)</i> | | | | | | |
| | | | | | 1(60) | 2(43) | 3(57) | 4(46) | 5(35) | 6(32) | 7(217) | 8(50) | 9(56) | 10(199) | F | |
| 29 | 255 | Brian Yates ESOC | Light C | 1:29:45 | 5:49 | 19:13 | 26:03 | 34:54 | 45:51 | 57:35 | 1:06:10 | 1:15:43 | 1:27:05 | 1:28:29 | 1:29:45 | 1:28:37 |
| | | | | | 5:49 | 13:24 | 6:50 | 8:51 | 10:57 | 11:44 | 8:35 | 9:33 | 11:22 | 1:24 | 1:16 | *199 |
| 30 | 541 | Leo Donoghue DEVON | M14 | 1:32:28 | 3:04 | 20:36 | 34:45 | 41:14 | 55:31 | 1:00:12 | 1:12:20 | 1:21:32 | 1:31:20 | 1:32:00 | 1:32:28 | |
| | | | | | 3:04 | 17:32 | 14:09 | 6:29 | 14:17 | 4:41 | 12:08 | 9:12 | 9:48 | 0:40 | 0:28 | |
| 31 | 644 | Lewis Johnson IND | Light C | 1:36:58 | 5:53 | 21:31 | 26:55 | 45:42 | 1:15:32 | 1:20:00 | 1:24:02 | 1:28:02 | 1:34:01 | 1:36:16 | 1:36:58 | |
| | | | | | 5:53 | 15:38 | 5:24 | 18:47 | 29:50 | 4:28 | 4:02 | 4:00 | 5:59 | 2:15 | 0:42 | |
| 32 | 651 | Adrian Dawson SARUM | Light C | 1:39:50 | 7:16 | 14:42 | 21:47 | 33:53 | 52:20 | 59:53 | 1:10:03 | 1:22:47 | 1:37:02 | 1:38:37 | 1:39:50 | |
| | | | | | 7:16 | 7:26 | 7:05 | 12:06 | 18:27 | 7:33 | 10:10 | 12:44 | 14:15 | 1:35 | 1:13 | |
| | | | | | mp | 9:43 | 16:29 | ----- | 36:28 | ----- | ----- | ----- | 57:28 | ----- | 1:08:56 | 1:09:50 |
| | | | | | 9:43 | 6:46 | ----- | 19:59 | ----- | ----- | ----- | 21:00 | ----- | 11:28 | 0:54 | |
| 455 | 545 | Sima Powell AIRE | Light C | mp | 5:12 | 13:07 | 39:47 | 55:05 | 1:03:20 | 1:13:39 | 1:20:45 | ----- | 1:59:07 | 2:00:10 | 2:01:09 | |
| | | | | | 5:12 | 7:55 | 26:40 | 15:18 | 8:15 | 10:19 | 7:06 | ----- | 38:22 | 1:03 | 0:59 | |
| 609 | 609 | Judy Craddock QO | Light C | dnf | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | |
| 11 Orange (15) | | | | | 2.8 km 85 m | | 9 C | | | | | | | | | |
| | | | | | 1(207) | 2(212) | 3(201) | 4(57) | 5(55) | 6(203) | 7(61) | 8(59) | 9(199) | F | | |
| 1 | 378 | Jim Bailey BOK | M12 | 24:41 | 2:16 | 5:20 | 9:03 | 12:23 | 13:46 | 19:43 | 21:03 | 22:56 | 24:14 | 24:41 | | |
| | | | | | 2:16 | 3:04 | 3:43 | 3:20 | 1:23 | 5:57 | 1:20 | 1:53 | 1:18 | 0:27 | | |
| 2 | 561 | Oliver Tonge BOK | M12 | 24:45 | 2:38 | 5:03 | 10:07 | 13:07 | 14:37 | 18:43 | 20:58 | 22:45 | 24:15 | 24:45 | | |
| | | | | | 2:38 | 2:25 | 5:04 | 3:00 | 1:30 | 4:06 | 2:15 | 1:47 | 1:30 | 0:30 | | |
| 3 | 634 | Thomas Hasler QO | M12 | 34:02 | 3:01 | 5:53 | 10:36 | 15:33 | 18:34 | 24:59 | 27:48 | 30:56 | 33:19 | 34:02 | | |
| | | | | | 3:01 | 2:52 | 4:43 | 4:57 | 3:01 | 6:25 | 2:49 | 3:08 | 2:23 | 0:43 | | |
| 4 | 353 | Oliver Godley DEVON | M12 | 35:07 | 8:09 | 11:23 | 16:22 | 19:44 | 21:50 | 28:27 | 30:38 | 33:00 | 34:34 | 35:07 | | |
| | | | | | 8:09 | 3:14 | 4:59 | 3:22 | 2:06 | 6:37 | 2:11 | 2:22 | 1:34 | 0:33 | | |
| 5 | 352 | William Matthews DEVON | M12 | 38:52 | 3:01 | 15:21 | 19:57 | 23:48 | 25:43 | 32:30 | 34:26 | 36:52 | 38:21 | 38:52 | | |
| | | | | | 3:01 | 12:20 | 4:36 | 3:51 | 1:55 | 6:47 | 1:56 | 2:26 | 1:29 | 0:31 | | |
| 6 | 456 | Adam Powell AIRE | M12 | 44:55 | 4:44 | 7:29 | 15:11 | 20:58 | 23:56 | 35:39 | 37:33 | 40:57 | 44:26 | 44:55 | | |
| | | | | | 4:44 | 2:45 | 7:42 | 5:47 | 2:58 | 11:43 | 1:54 | 3:24 | 3:29 | 0:29 | | |
| 7 | 332 | Ira Thompson BOK | M12 | 46:06 | 3:34 | 6:26 | 11:00 | 25:35 | 28:19 | 36:34 | 39:48 | 43:23 | 45:34 | 46:06 | | |
| | | | | | 3:34 | 2:52 | 4:34 | 14:35 | 2:44 | 8:15 | 3:14 | 3:35 | 2:11 | 0:32 | | |
| 8 | 306 | Ashleigh Denman NGOC | Orang | 46:21 | 5:23 | 8:59 | 14:34 | 22:21 | 26:46 | 34:19 | 38:06 | 41:54 | 45:35 | 46:21 | | |
| | | | | | 5:23 | 3:36 | 5:35 | 7:47 | 4:25 | 7:33 | 3:47 | 3:48 | 3:41 | 0:46 | | |
| 9 | 432 | Rebecca Ward NGOC | W12 | 50:44 | 4:22 | 7:34 | 18:03 | 26:57 | 28:49 | 41:50 | 43:54 | 48:04 | 50:12 | 50:44 | | |
| | | | | | 4:22 | 3:12 | 10:29 | 8:54 | 1:52 | 13:01 | 2:04 | 4:10 | 2:08 | 0:32 | | |
| 10 | 663 | Ollie Watkinson IND | Orang | 1:04:09 | 3:13 | 6:02 | 14:31 | 31:48 | 34:13 | 40:39 | 43:33 | 1:01:40 | 1:03:36 | 1:04:09 | | |
| | | | | | 3:13 | 2:49 | 8:29 | 17:17 | 2:25 | 6:26 | 2:54 | 18:07 | 1:56 | 0:33 | | |
| 11 | 648 | Karl Burton IND | Orang | 1:09:34 | 10:10 | 15:38 | 26:39 | 35:43 | 39:43 | 51:56 | 56:57 | 1:02:44 | 1:07:47 | 1:09:34 | | |
| | | | | | 10:10 | 5:28 | 11:01 | 9:04 | 4:00 | 12:13 | 5:01 | 5:47 | 5:03 | 1:47 | | |
| 12 | 655 | Erik Peckett DEVON | Orang | 1:20:25 | 7:59 | 14:55 | 27:42 | 37:47 | 44:00 | 1:00:32 | 1:06:49 | 1:13:00 | 1:18:19 | 1:20:25 | | |
| | | | | | 7:59 | 6:56 | 12:47 | 10:05 | 6:13 | 16:32 | 6:17 | 6:11 | 5:19 | 2:06 | | |
| 13 | 653 | Calvin Manning SN | Orang | 1:27:39 | 23:27 | 28:05 | 34:09 | 48:30 | 51:48 | 1:13:47 | 1:17:20 | 1:23:25 | 1:26:38 | 1:27:39 | | |
| | | | | | 23:27 | 4:38 | 6:04 | 14:21 | 3:18 | 21:59 | 3:33 | 6:05 | 3:13 | 1:01 | | |
| 14 | 643 | Joy James IND | Orang | 1:29:29 | 6:07 | 9:57 | 15:27 | 36:40 | 38:38 | 1:08:25 | 1:11:36 | 1:22:50 | 1:27:55 | 1:29:29 | | |
| | | | | | 6:07 | 3:50 | 5:30 | 21:13 | 1:58 | 29:47 | 3:11 | 11:14 | 5:05 | 1:34 | | |
| 631 | 631 | Nicolas Barrett BAOC | M12 | mp | 4:15 | 8:05 | 13:33 | 19:05 | 22:25 | ----- | 37:26 | 43:11 | 46:40 | 47:13 | | |
| | | | | | 4:15 | 3:50 | 5:28 | 5:32 | 3:20 | ----- | 15:01 | 5:45 | 3:29 | 0:33 | | |
| 12 Yellow (7) | | | | | 2.6 km 80 m | | 11 C | | | | | | | | | |
| | | | | | 1(31) | 2(54) | 3(212) | 4(227) | 5(39) | 6(52) | 7(51) | 8(67) | 9(211) | 10(218) | 11(199) | F |
| 1 | 520 | Rachel Duckworth DVO | W12B | 19:54 | 0:45 | 2:20 | 4:47 | 7:25 | 8:35 | 11:06 | 13:17 | 14:31 | 16:08 | 18:00 | 19:22 | 19:54 |
| | | | | | 0:45 | 1:35 | 2:27 | 2:38 | 1:10 | 2:31 | 2:11 | 1:14 | 1:37 | 1:52 | 1:22 | 0:32 |

| PI | Stno | Name | Cl. | Time | | | | | | | | | | | | | | | |
|----------------------|------|-------------------------|--------|-------|--------------------|-------|-------------|--------|----------------|-------|-------|-------------|--------|---------|-------------|-------------|--|--|--|
| 12 Yellow (7) | | | | | 2.6 km 80 m | | 11 C | | <i>(cont.)</i> | | | | | | | | | | |
| | | | | | 1(31) | 2(54) | 3(212) | 4(227) | 5(39) | 6(52) | 7(51) | 8(67) | 9(211) | 10(218) | 11(199) | F | | | |
| 2 | 248 | Bryony Stagg BOK | W10 | 23:47 | 0:52 | 2:37 | 5:03 | 8:01 | 9:17 | 13:22 | 16:30 | 17:16 | 19:38 | 21:53 | 23:13 | 23:47 | | | |
| | | | | | 0:52 | 1:45 | 2:26 | 2:58 | 1:16 | 4:05 | 3:08 | 0:46 | 2:22 | 2:15 | 1:20 | 0:34 | | | |
| 3 | 623 | Isabella Modica QO | W12B | 25:17 | 0:54 | 2:53 | 5:52 | 8:55 | 10:29 | 14:33 | 17:16 | 18:15 | 20:50 | 23:00 | 24:46 | 25:17 | | | |
| | | | | | 0:54 | 1:59 | 2:59 | 3:03 | 1:34 | 4:04 | 2:43 | 0:59 | 2:35 | 2:10 | 1:46 | 0:31 | | | |
| 4 | 249 | Edith Stagg BOK | W10 | 27:04 | 0:52 | 2:37 | 5:12 | 9:54 | 11:01 | 13:55 | 16:28 | 17:16 | 22:59 | 24:57 | 26:27 | 27:04 | | | |
| | | | | | 0:52 | 1:45 | 2:35 | 4:42 | 1:07 | 2:54 | 2:33 | 0:48 | 5:43 | 1:58 | 1:30 | 0:37 | | | |
| 5 | | Sophie Watkinson IND | Yellow | 33:13 | 1:50 | 3:58 | 6:43 | 9:40 | 11:00 | 21:33 | 25:09 | 26:12 | 28:34 | 30:53 | 32:25 | 33:13 | | | |
| | | | | | 1:50 | 2:08 | 2:45 | 2:57 | 1:20 | 10:33 | 3:36 | 1:03 | 2:22 | 2:19 | 1:32 | 0:48 | | | |
| 457 | | Jake Powell AIRE | M10 | mp | 1:10 | 4:29 | 7:42 | 19:30 | ----- | 30:26 | 33:56 | 35:21 | 38:27 | 40:52 | 43:06 | 43:44 | | | |
| | | | | | 1:10 | 3:19 | 3:13 | 11:48 | | 10:56 | 3:30 | 1:25 | 3:06 | 2:25 | 2:14 | 0:38 | | | |
| | | Holly King BOK | Yellow | mp | 0:56 | 3:27 | 15:03 | 18:48 | 21:04 | 27:14 | 31:46 | 35:01 | ----- | 1:01:21 | 1:03:46 | 1:04:25 | | | |
| | | | | | 0:56 | 2:31 | 11:36 | 3:45 | 2:16 | 6:10 | 4:32 | 3:15 | | 26:20 | 2:25 | 0:39 | | | |

| | | | | | | | | | | | | | | | | | | | |
|---------------------|-----|--------------------------|-------|-------|--------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--|--|--|--|
| 13 White (8) | | | | | 1.6 km 35 m | | 10 C | | | | | | | | | | | | |
| | | | | | 1(31) | 2(224) | 3(54) | 4(208) | 5(212) | 6(67) | 7(207) | 8(211) | 9(218) | 10(199) | F | | | | |
| 1 | 468 | Carys Sharp TVOC | W10B | 12:21 | 0:50 | 1:38 | 2:51 | 4:22 | 5:53 | 7:01 | 8:09 | 8:38 | 10:20 | 11:47 | 12:21 | | | | |
| | | | | | 0:50 | 0:48 | 1:13 | 1:31 | 1:31 | 1:08 | 1:08 | 0:29 | 1:42 | 1:27 | 0:34 | | | | |
| 2 | 605 | Harriet Keenan DEVON | W10B | 14:58 | 1:06 | 1:57 | 3:17 | 5:07 | 6:58 | 8:15 | 9:38 | 10:12 | 12:37 | 14:18 | 14:58 | | | | |
| | | | | | 1:06 | 0:51 | 1:20 | 1:50 | 1:51 | 1:17 | 1:23 | 0:34 | 2:25 | 1:41 | 0:40 | | | | |
| 3 | 433 | Jessica Ward NGOC | W10B | 15:03 | 0:53 | 1:37 | 3:01 | 4:26 | 6:31 | 7:45 | 9:16 | 9:56 | 12:56 | 14:28 | 15:03 | | | | |
| | | | | | 0:53 | 0:44 | 1:24 | 1:25 | 2:05 | 1:14 | 1:31 | 0:40 | 3:00 | 1:32 | 0:35 | | | | |
| 4 | 660 | Tommy Rollins BAOC | White | 18:13 | 1:59 | 3:02 | 4:38 | 6:02 | 9:01 | 10:51 | 12:42 | 13:20 | 15:33 | 17:28 | 18:13 | | | | |
| | | | | | 1:59 | 1:03 | 1:36 | 1:24 | 2:59 | 1:50 | 1:51 | 0:38 | 2:13 | 1:55 | 0:45 | | | | |
| 5 | 659 | Isabel Winskill WCOC | White | 19:08 | 1:02 | 1:55 | 3:42 | 6:13 | 8:34 | 9:54 | 12:38 | 13:40 | 16:03 | 18:19 | 19:08 | | | | |
| | | | | | 1:02 | 0:53 | 1:47 | 2:31 | 2:21 | 1:20 | 2:44 | 1:02 | 2:23 | 2:16 | 0:49 | | | | |
| 6 | 632 | Laura Barrett BAOC | W10B | 19:40 | 1:27 | 2:30 | 4:09 | 6:14 | 8:22 | 9:54 | 12:18 | 13:51 | 17:01 | 19:08 | 19:40 | | | | |
| | | | | | 1:27 | 1:03 | 1:39 | 2:05 | 2:08 | 1:32 | 2:24 | 1:33 | 3:10 | 2:07 | 0:32 | | | | |
| 7 | 652 | Heather Harvey KNOBOC | White | 41:07 | 4:49 | 7:28 | 10:28 | 14:20 | 20:06 | 24:08 | 28:38 | 30:17 | 35:41 | 38:58 | 41:07 | | | | |
| | | | | | 4:49 | 2:39 | 3:00 | 3:52 | 5:46 | 4:02 | 4:30 | 1:39 | 5:24 | 3:17 | 2:09 | | | | |
| | | Reuban Lawson NGOC | White | mp | 1:10 | 1:55 | 3:11 | 4:33 | 5:53 | 7:06 | 8:54 | ----- | ----- | ----- | 17:37 | | | | |
| | | | | | 1:10 | 0:45 | 1:16 | 1:22 | 1:20 | 1:13 | 1:48 | | | | 8:43 | | | | |

39:02 39:02
*199 *199