

| Pl | Name | Time | | | 8.7 km | 240 m | | | 20 C | | | | | | | | | | | | | | | | | | | |
|------------------|-------------------|--------|-------|-------|--------|-------|-------|-------|-------|-------|-------|--------|--------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|--|--|--|
| | | | 1(47) | 2(63) | 3(69) | 4(49) | 5(60) | 6(58) | 7(66) | 8(37) | 9(57) | 10(42) | 11(62) | 12(61) | 13(65) | 14(45) | 15(39) | 16(51) | 17(67) | 18(50) | 19(60) | 20(38) | Finish | | | | | |
| Brown (9) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Pete Ward | 59:17 | 3:51 | 5:21 | 8:10 | 10:22 | 12:59 | 14:41 | 16:15 | 17:53 | 21:39 | 28:00 | 31:11 | 33:10 | 35:44 | 43:54 | 44:40 | 49:53 | 51:04 | 54:04 | 56:47 | 58:25 | 59:17 | | | | | |
| | NGOC | | 3:51 | 1:30 | 2:49 | 2:12 | 2:37 | 1:42 | 1:34 | 1:38 | 3:46 | 6:21 | 3:11 | 1:59 | 2:34 | 8:10 | 0:46 | 5:13 | 1:11 | 3:00 | 2:43 | 1:38 | 0:52 | | | | | |
| 2 | Scott Johnson | 64:54 | 4:20 | 5:56 | 9:20 | 11:10 | 14:15 | 16:07 | 18:01 | 20:13 | 23:48 | 30:45 | 34:01 | 36:38 | 40:09 | 49:25 | 50:18 | 55:04 | 56:40 | 60:01 | 62:40 | 64:04 | 64:54 | | | | | |
| | NGOC | | 4:20 | 1:36 | 3:24 | 1:50 | 3:05 | 1:52 | 1:54 | 2:12 | 3:35 | 6:57 | 3:16 | 2:37 | 3:31 | 9:16 | 0:53 | 4:46 | 1:36 | 3:21 | 2:39 | 1:24 | 0:50 | | | | | |
| 3 | Adam Hampshire | 70:05 | 4:30 | 6:14 | 9:49 | 12:52 | 15:59 | 18:05 | 20:03 | 23:13 | 28:26 | 35:23 | 39:07 | 42:32 | 46:47 | 55:22 | 56:29 | 60:38 | 61:54 | 65:08 | 67:45 | 69:09 | 70:05 | | | | | |
| | BOK | | 4:30 | 1:44 | 3:35 | 3:03 | 3:07 | 2:06 | 1:58 | 3:10 | 5:13 | 6:57 | 3:44 | 3:25 | 4:15 | 8:35 | 1:07 | 4:09 | 1:16 | 3:14 | 2:37 | 1:24 | 0:56 | | | | | |
| 4 | Scott Bailey | 72:03 | 4:47 | 6:31 | 10:32 | 13:25 | 16:26 | 18:30 | 20:31 | 23:09 | 29:07 | 36:21 | 40:05 | 42:40 | 46:23 | 55:48 | 57:01 | 61:28 | 63:12 | 66:50 | 69:29 | 70:57 | 72:03 | | | | | |
| | BOK | | 4:47 | 1:44 | 4:01 | 2:53 | 3:01 | 2:04 | 2:01 | 2:38 | 5:58 | 7:14 | 3:44 | 2:35 | 3:43 | 9:25 | 1:13 | 4:27 | 1:44 | 3:38 | 2:39 | 1:28 | 1:06 | | | | | |
| 5 | Chris McCartney | 74:41 | 4:38 | 6:18 | 9:53 | 12:03 | 15:08 | 17:52 | 19:42 | 22:25 | 26:43 | 36:27 | 40:06 | 42:46 | 47:11 | 58:59 | 60:10 | 64:15 | 65:49 | 69:28 | 72:19 | 73:43 | 74:41 | | | | | |
| | OD | | 4:38 | 1:40 | 3:35 | 2:10 | 3:05 | 2:44 | 1:50 | 2:43 | 4:18 | 9:44 | 3:39 | 2:40 | 4:25 | 11:48 | 1:11 | 4:05 | 1:34 | 3:39 | 2:51 | 1:24 | 0:58 | | | | | |
| 6 | Matthew Lawson | 78:49 | 5:28 | 7:26 | 11:00 | 14:01 | 17:07 | 18:55 | 21:06 | 25:49 | 31:09 | 40:16 | 43:55 | 47:23 | 51:36 | 62:33 | 63:53 | 68:16 | 69:43 | 73:30 | 76:25 | 77:50 | 78:49 | | | | | |
| | NGOC | | 5:28 | 1:58 | 3:34 | 3:01 | 3:06 | 1:48 | 2:11 | 4:43 | 5:20 | 9:07 | 3:39 | 3:28 | 4:13 | 10:57 | 1:20 | 4:23 | 1:27 | 3:47 | 2:55 | 1:25 | 0:59 | | | | | |
| 7 | Thomas Mills | 83:52 | 5:58 | 8:06 | 12:14 | 14:27 | 18:08 | 20:18 | 23:07 | 25:02 | 29:01 | 37:08 | 41:54 | 44:40 | 48:57 | 65:34 | 66:37 | 72:01 | 74:01 | 77:58 | 81:02 | 82:45 | 83:52 | | | | | |
| | NGOC | | 5:58 | 2:08 | 4:08 | 2:13 | 3:41 | 2:10 | 2:49 | 1:55 | 3:59 | 8:07 | 4:46 | 2:46 | 4:17 | 16:37 | 1:03 | 5:24 | 2:00 | 3:57 | 3:04 | 1:43 | 1:07 | | | | | |
| 8 | Steve Williams | 96:00 | 6:51 | 8:57 | 16:14 | 20:07 | 24:25 | 27:03 | 29:30 | 33:45 | 39:58 | 48:38 | 53:38 | 58:23 | 63:52 | 76:42 | 78:15 | 83:04 | 85:47 | 89:46 | 93:15 | 94:58 | 96:00 | | | | | |
| | NGOC | | 6:51 | 2:06 | 7:17 | 3:53 | 4:18 | 2:38 | 2:27 | 4:15 | 6:13 | 8:40 | 5:00 | 4:45 | 5:29 | 12:50 | 1:33 | 4:49 | 2:43 | 3:59 | 3:29 | 1:43 | 1:02 | | | | | |
| 9 | Dickson Cy Tam | 103:35 | 6:41 | 9:07 | 14:18 | 16:41 | 22:42 | 25:14 | 28:33 | 31:55 | 38:43 | 49:04 | 53:11 | 57:24 | 63:10 | 80:10 | 81:31 | 88:55 | 90:48 | 95:05 | 99:40 | 102:16 | 103:35 | | | | | |
| | IND | | 6:41 | 2:26 | 5:11 | 2:23 | 6:01 | 2:32 | 3:19 | 3:22 | 6:48 | 10:21 | 4:07 | 4:13 | 5:46 | 17:00 | 1:21 | 7:24 | 1:53 | 4:17 | 4:35 | 2:36 | 1:19 | | | | | |
| Blue (33) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 1(48) | 2(46) | 6.4 km | 180 m | | | 16 C | | | | | | | | | | | | | | | | | | | |
| | | | 1(48) | 2(46) | 3(44) | 4(54) | 5(37) | 6(42) | 7(62) | 8(61) | 9(65) | 10(55) | 11(41) | 12(39) | 13(67) | 14(52) | 15(60) | 16(38) | Finish | | | | | | | | | |
| 1 | Paul Horsfall | 46:41 | 3:41 | 5:50 | 6:46 | 10:25 | 11:57 | 15:49 | 18:31 | 20:54 | 24:57 | 31:50 | 32:45 | 34:20 | 39:39 | 42:05 | 44:40 | 45:52 | 46:41 | | | | | | | | | |
| | NGOC | | 3:41 | 2:09 | 0:56 | 3:39 | 1:32 | 3:52 | 2:42 | 2:23 | 4:03 | 6:53 | 0:55 | 1:35 | 5:19 | 2:26 | 2:35 | 1:12 | 0:49 | | | | | | | | | |
| 2 | Matthew Pickering | 47:00 | 3:26 | 5:37 | 6:15 | 8:15 | 9:52 | 13:53 | 16:18 | 18:55 | 22:17 | 30:28 | 31:25 | 32:40 | 38:36 | 41:35 | 44:29 | 45:55 | 47:00 | | | | | | | | | |
| | UBOC | | 3:26 | 2:11 | 0:38 | 2:00 | 1:37 | 4:01 | 2:25 | 2:37 | 3:22 | 8:11 | 0:57 | 1:15 | 5:56 | 2:59 | 2:54 | 1:26 | 1:05 | | | | | | | | | |
| 3 | Ifor Powell | 50:25 | 5:08 | 7:20 | 8:14 | 10:46 | 12:33 | 17:49 | 20:38 | 23:12 | 26:50 | 34:46 | 35:40 | 36:52 | 42:04 | 45:08 | 48:02 | 49:26 | 50:25 | | | | | | | | | |
| | BOK | | 5:08 | 2:12 | 0:54 | 2:32 | 1:47 | 5:16 | 2:49 | 2:34 | 3:38 | 7:56 | 0:54 | 1:12 | 5:12 | 3:04 | 2:54 | 1:24 | 0:59 | | | | | | | | | |
| 4 | Thomas Cochrane | 52:22 | 4:51 | 7:02 | 7:47 | 9:59 | 11:49 | 16:21 | 21:56 | 25:43 | 29:58 | 37:30 | 38:43 | 40:00 | 44:46 | 47:19 | 50:05 | 51:22 | 52:22 | | | | | | | | | |
| | NGOC | | 4:51 | 2:11 | 0:45 | 2:12 | 1:50 | 4:32 | 5:35 | 3:47 | 4:15 | 7:32 | 1:13 | 1:17 | 4:46 | 2:33 | 2:46 | 1:17 | 1:00 | | | | | | | | | |
| 5 | Alison Simmons | 54:38 | 3:56 | 6:27 | 7:27 | 10:00 | 11:56 | 17:14 | 20:33 | 23:43 | 27:54 | 37:37 | 38:39 | 40:01 | 45:31 | 48:43 | 52:00 | 53:32 | 54:38 | | | | | | | | | |
| | BOK | | 3:56 | 2:31 | 1:00 | 2:33 | 1:56 | 5:18 | 3:19 | 3:10 | 4:11 | 9:43 | 1:02 | 1:22 | 5:30 | 3:12 | 3:17 | 1:32 | 1:06 | | | | | | | | | |
| 6 | Patrick Wooddisse | 54:52 | 4:33 | 7:02 | 8:02 | 10:58 | 13:01 | 18:16 | 22:15 | 24:42 | 29:01 | 39:29 | 40:36 | 41:54 | 46:54 | 49:49 | 52:45 | 53:59 | 54:52 | | | | | | | | | |
| | NGOC | | 4:33 | 2:29 | 1:00 | 2:56 | 2:03 | 5:15 | 3:59 | 2:27 | 4:19 | 10:28 | 1:07 | 1:18 | 5:00 | 2:55 | 2:56 | 1:14 | 0:53 | | | | | | | | | |
| 7 | Duncan Innes | 57:02 | 4:47 | 7:21 | 8:23 | 11:20 | 13:43 | 18:33 | 21:36 | 24:29 | 28:24 | 39:24 | 40:35 | 41:55 | 48:06 | 51:12 | 54:24 | 55:55 | 57:02 | | | | | | | | | |
| | SWOC | | 4:47 | 2:34 | 1:02 | 2:57 | 2:23 | 4:50 | 3:03 | 2:53 | 3:55 | 11:00 | 1:11 | 1:20 | 6:11 | 3:06 | 3:12 | 1:31 | 1:07 | | | | | | | | | |
| 8 | Robert Atkins | 57:04 | 5:11 | 9:11 | 10:50 | 13:31 | 15:25 | 19:37 | 22:39 | 25:15 | 29:18 | 38:28 | 39:28 | 41:48 | 47:53 | 51:03 | 54:35 | 56:09 | 57:04 | | | | | | | | | |
| | HOC | | 5:11 | 4:00 | 1:39 | 2:41 | 1:54 | 4:12 | 3:02 | 2:36 | 4:03 | 9:10 | 1:00 | 2:20 | 6:05 | 3:10 | 3:32 | 1:34 | 0:55 | | | | | | | | | |
| 9 | Paul Gebbett | 58:16 | 4:24 | 6:58 | 7:55 | 10:21 | 12:23 | 18:11 | 21:28 | 24:19 | 28:20 | 42:35 | 43:42 | 44:49 | 50:18 | 52:52 | 55:54 | 57:16 | 58:16 | | | | | | | | | |
| | BOK | | 4:24 | 2:34 | 0:57 | 2:26 | 2:02 | 5:48 | 3:17 | 2:51 | 4:01 | 14:15 | 1:07 | 1:07 | 5:29 | 2:34 | 3:02 | 1:22 | 1:00 | | | | | | | | | |
| 10 | Kevin Brooker | 58:46 | 5:50 | 8:25 | 9:24 | 13:05 | 15:08 | 20:07 | 23:44 | 26:55 | 31:00 | 41:02 | 43:37 | 44:52 | 50:04 | 52:53 | 56:14 | 57:42 | 58:46 | | | | | | | | | |
| | NGOC | | 5:50 | 2:35 | 0:59 | 3:41 | 2:03 | 4:59 | 3:37 | 3:11 | 4:05 | 10:02 | 2:35 | 1:15 | 5:12 | 2:49 | 3:21 | 1:28 | 1:04 | | | | | | | | | |
| 11 | Russell Finch | 58:48 | 4:17 | 6:45 | 7:54 | 10:37 | 12:40 | 17:35 | 21:02 | 24:30 | 29:04 | 39:14 | 40:47 | 42:48 | 49:35 | 52:56 | 56:17 | 57:44 | 58:48 | | | | | | | | | |
| | SWOC | | 4:17 | 2:28 | 1:09 | 2:43 | 2:03 | 4:55 | 3:27 | 3:28 | 4:34 | 10:10 | 1:33 | 2:01 | 6:47 | 3:21 | 3:21 | 1:27 | 1:04 | | | | | | | | | |
| 12 | Katharine Atkins | 59:43 | 3:55 | 6:30 | 8:27 | 11:01 | 13:04 | 17:39 | 20:25 | 23:18 | 27:23 | 40:32 | 41:43 | 43:25 | 50:02 | 53:29 | 56:57 | 58:35 | 59:43 | | | | | | | | | |
| | HOC | | 3:55 | 2:35 | 1:57 | 2:34 | 2:03 | 4:35 | 2:46 | 2:53 | 4:05 | 13:09 | 1:11 | 1:42 | 6:37 | 3:27 | 3:28 | 1:38 | 1:08 | | | | | | | | | |
| 13 | David May | 59:46 | 4:02 | 6:49 | 8:09 | 10:52 | 12:57 | 17:44 | 21:22 | 25:57 | 30:30 | 40:32 | 41:50 | 43:20 | 50:04 | 53:22 | 56:46 | 58:43 | 59:46 | | | | | | | | | |
| | SLOW | | 4:02 | 2:47 | 1:20 | 2:43 | 2:05 | 4:47 | 3:38 | 4:35 | 4:33 | 10:02 | 1:18 | 1:30 | 6:44 | 3:18 | 3:24 | 1:57 | 1:03 | | | | | | | | | |
| 14 | Vanessa Lawson | 60:35 | 4:58 | 7:31 | 9:21 | 12:18 | 14:49 | 20:30 | 24:37 | 28:16 | 33:57 | 42:25 | 43:42 | 45:10 | 51:27 | 54:40 | 58:10 | 59:35 | 60:35 | | | | | | | | | |
| | NGOC | | 4:58 | 2:33 | 1:50 | 2:57 | 2:31 | 5:41 | 4:07 | 3:39 | 5:41 | 8:28 | 1:17 | 1:28 | 6:17 | 3:13 | 3:30 | 1:25 | 1:00 | | | | | | | | | |
| 15 | James Wilkinson | 61:27 | 7:53 | 10:38 | 11:40 | 14:32 | 16:44 | 21:48 | 25:36 | 28:41 | 33:00 | 42:33 | 44:03 | 45:45 | 51:56 | 55:02 | 59:01 | 60:35 | 61:27 | | | | | | | | | |
| | BKO | | 7:53 | 2:45 | 1:02 | 2:52 | 2:12 | 5:04 | 3:48 | 3:05 | 4:19 | 9:33 | 1:30 | 1:42 | 6:11 | 3:06 | 3:59 | 1:34 | 0:52 | | | | | | | | | |
| 16 | Christine Farr | 61:59 | 4:29 | 7:08 | 8:18 | 11:03 | 13:46 | 19:22 | 23:13 | 26:25 | 31:07 | 43:34 | 44:54 | 46:37 | 52:44 | 55:56 | 59:17 | 61:01 | 61:59 | | | | | | | | | |
| | SWOC | | 4:29 | 2:39 | 1:10 | 2:45 | 2:43 | 5:36 | 3:51 | 3:12 | 4:42 | 12:27 | 1:20 | 1:43 | 6:07 | 3:12 | 3:21 | 1:44 | 0:58 | | | | | | | | | |
| 17 | Nick Dennis | 62:47 | 4:51 | 7:38 | 8:51 | 11:49 | 15:00 | 20:55 | 26:11 | 30:02 | 35:48 | 44:24 | 45:37 | 47:03</ | | | | | | | | | | | | | | |

| Pl | Name | Time | 6.4 km 180 m 16 C (cont.) | | | | | | | | | | | | | | | | |
|------------------|--------------------------|--------|---------------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--------|--------|--------|
| | | | 1(48) | 2(46) | 3(44) | 4(54) | 5(37) | 6(42) | 7(62) | 8(61) | 9(65) | 10(55) | 11(41) | 12(39) | 13(67) | 14(52) | 15(60) | 16(38) | Finish |
| Blue (33) | | | | | | | | | | | | | | | | | | | |
| 19 | Richard Davies HOC | 63:54 | 4:08 | 6:51 | 7:57 | 10:54 | 13:31 | 20:00 | 24:00 | 28:43 | 33:16 | 43:24 | 45:08 | 46:39 | 53:48 | 57:04 | 60:53 | 62:44 | 63:54 |
| | | | 4:08 | 2:43 | 1:06 | 2:57 | 2:37 | 6:29 | 4:00 | 4:43 | 4:33 | 10:08 | 1:44 | 1:31 | 7:09 | 3:16 | 3:49 | 1:51 | 1:10 |
| 20 | Tom Birthwright NGOC | 66:17 | 4:06 | 6:40 | 7:43 | 10:36 | 12:30 | 17:24 | 24:54 | 28:07 | 33:20 | 45:21 | 46:55 | 48:47 | 55:47 | 59:29 | 63:11 | 65:12 | 66:17 |
| | | | 4:06 | 2:34 | 1:03 | 2:53 | 1:54 | 4:54 | 7:30 | 3:13 | 5:13 | 12:01 | 1:34 | 1:52 | 7:00 | 3:42 | 3:42 | 2:01 | 1:05 |
| 21 | John Davies IND | 66:35 | 5:29 | 9:05 | 10:06 | 13:02 | 16:11 | 21:18 | 24:36 | 28:27 | 35:04 | 47:23 | 48:54 | 50:27 | 56:15 | 59:44 | 63:23 | 65:08 | 66:35 |
| | | | 5:29 | 3:36 | 1:01 | 2:56 | 3:09 | 5:07 | 3:18 | 3:51 | 6:37 | 12:19 | 1:31 | 1:33 | 5:48 | 3:29 | 3:39 | 1:45 | 1:27 |
| 22 | Bryony Turrell BOK | 68:40 | 4:56 | 7:29 | 8:36 | 11:30 | 13:58 | 20:38 | 24:50 | 28:48 | 35:08 | 47:19 | 49:55 | 51:15 | 58:48 | 62:27 | 65:51 | 67:33 | 68:40 |
| | | | 4:56 | 2:33 | 1:07 | 2:54 | 2:28 | 6:40 | 4:12 | 3:58 | 6:20 | 12:11 | 2:36 | 1:20 | 7:33 | 3:39 | 3:24 | 1:42 | 1:07 |
| 23 | Steve Chiverton HOC | 69:35 | 5:27 | 8:27 | 9:41 | 12:57 | 15:19 | 21:39 | 26:02 | 29:33 | 34:47 | 48:00 | 50:03 | 51:40 | 58:37 | 62:27 | 66:22 | 68:10 | 69:35 |
| | | | 5:27 | 3:00 | 1:14 | 3:16 | 2:22 | 6:20 | 4:23 | 3:31 | 5:14 | 13:13 | 2:03 | 1:37 | 6:57 | 3:50 | 3:55 | 1:48 | 1:25 |
| 24 | David Faulkner BOK | 72:11 | 5:50 | 8:21 | 9:25 | 18:06 | 20:06 | 26:07 | 30:41 | 33:57 | 38:36 | 50:29 | 52:55 | 56:08 | 62:02 | 65:14 | 69:06 | 71:12 | 72:11 |
| | | | 5:50 | 2:31 | 1:04 | 8:41 | 2:00 | 6:01 | 4:34 | 3:16 | 4:39 | 11:53 | 2:26 | 3:13 | 5:54 | 3:12 | 3:52 | 2:06 | 0:59 |
| 25 | Rob Taylor HOC | 73:08 | 7:05 | 10:56 | 13:08 | 19:06 | 21:18 | 26:30 | 29:51 | 33:32 | 38:52 | 50:20 | 52:22 | 53:53 | 62:19 | 65:57 | 69:55 | 71:47 | 73:08 |
| | | | 7:05 | 3:51 | 2:12 | 5:58 | 2:12 | 5:12 | 3:21 | 3:41 | 5:20 | 11:28 | 2:02 | 1:31 | 8:26 | 3:38 | 3:58 | 1:52 | 1:21 |
| 26 | Alan Pucill NGOC | 75:20 | 4:55 | 9:28 | 13:06 | 16:05 | 18:38 | 25:29 | 29:53 | 33:34 | 39:18 | 52:47 | 54:42 | 56:27 | 63:43 | 67:18 | 72:12 | 74:09 | 75:20 |
| | | | 4:55 | 4:33 | 3:38 | 2:59 | 2:33 | 6:51 | 4:24 | 3:41 | 5:44 | 13:29 | 1:55 | 1:45 | 7:16 | 3:35 | 4:54 | 1:57 | 1:11 |
| 27 | Rachel Dennis BOK | 75:23 | 7:07 | 10:10 | 11:27 | 15:09 | 17:59 | 24:57 | 30:30 | 34:15 | 39:48 | 53:37 | 55:04 | 57:09 | 64:44 | 68:30 | 72:16 | 74:05 | 75:23 |
| | | | 7:07 | 3:03 | 1:17 | 3:42 | 2:50 | 6:58 | 5:33 | 3:45 | 5:33 | 13:49 | 1:27 | 2:05 | 7:35 | 3:46 | 3:46 | 1:49 | 1:18 |
| 28 | Clive Caffall NGOC | 77:06 | 4:52 | 7:33 | 8:39 | 14:29 | 17:31 | 23:08 | 27:21 | 30:54 | 36:25 | 53:46 | 55:56 | 58:03 | 66:21 | 70:03 | 74:04 | 75:46 | 77:06 |
| | | | 4:52 | 2:41 | 1:06 | 5:50 | 3:02 | 5:37 | 4:13 | 3:33 | 5:31 | 17:21 | 2:10 | 2:07 | 8:18 | 3:42 | 4:01 | 1:42 | 1:20 |
| 29 | John Shea NGOC | 78:38 | 6:02 | 8:55 | 10:49 | 14:54 | 18:18 | 25:03 | 30:34 | 36:03 | 42:53 | 59:16 | 61:00 | 62:43 | 69:04 | 72:28 | 75:45 | 77:24 | 78:38 |
| | | | 6:02 | 2:53 | 1:54 | 4:05 | 3:24 | 6:45 | 5:31 | 5:29 | 6:50 | 16:23 | 1:44 | 1:43 | 6:21 | 3:24 | 3:17 | 1:39 | 1:14 |
| 30 | Gwen Tanner BOK | 84:50 | 6:04 | 9:28 | 10:51 | 14:40 | 18:03 | 26:43 | 32:48 | 37:53 | 44:24 | 58:00 | 59:44 | 62:17 | 71:36 | 76:07 | 81:00 | 83:19 | 84:50 |
| | | | 6:04 | 3:24 | 1:23 | 3:49 | 3:23 | 8:40 | 6:05 | 5:05 | 6:31 | 13:36 | 1:44 | 2:33 | 9:19 | 4:31 | 4:53 | 2:19 | 1:31 |
| 31 | Roger Edwards NGOC | 98:06 | 6:27 | 9:35 | 11:09 | 28:30 | 33:18 | 38:38 | 45:02 | 51:45 | 58:31 | 72:04 | 74:35 | 76:59 | 86:35 | 90:26 | 94:38 | 96:41 | 98:06 |
| | | | 6:27 | 3:08 | 1:34 | 17:21 | 4:48 | 5:20 | 6:24 | 6:43 | 6:46 | 13:33 | 2:31 | 2:24 | 9:36 | 3:51 | 4:12 | 2:03 | 1:25 |
| 32 | Rob and Ben Davis IND | 107:52 | 5:30 | 9:30 | 10:42 | 26:37 | 31:20 | 39:38 | 45:50 | 50:21 | 56:58 | 76:20 | 77:59 | 80:24 | 90:23 | 97:25 | 104:14 | 106:45 | 107:52 |
| | | | 5:30 | 4:00 | 1:12 | 15:55 | 4:43 | 8:18 | 6:12 | 4:31 | 6:37 | 19:22 | 1:39 | 2:25 | 9:59 | 7:02 | 6:49 | 2:31 | 1:07 |
| 33 | Charlie Manning TVOC | 115:45 | 7:58 | 11:00 | 12:38 | 18:23 | 28:11 | 39:51 | 48:06 | 54:39 | 61:09 | 78:56 | 81:55 | 87:22 | 97:07 | 105:17 | 110:18 | 114:36 | 115:45 |
| | | | 7:58 | 3:02 | 1:38 | 5:45 | 9:48 | 11:40 | 8:15 | 6:33 | 6:30 | 17:47 | 2:59 | 5:27 | 9:45 | 8:10 | 5:01 | 4:18 | 1:09 |

| Green (27) | | | 4.7 km 110 m 13 C | | | | | | | | | | | | | | | | |
|------------|------------------------|-------|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--|--|--|
| | | | 1(50) | 2(47) | 3(63) | 4(48) | 5(46) | 6(60) | 7(66) | 8(37) | 9(53) | 10(45) | 11(55) | 12(56) | 13(38) | Finish | | | |
| 1 | Steven Harris NGOC | 36:33 | 2:14 | 5:48 | 7:30 | 11:04 | 13:49 | 17:22 | 19:07 | 22:45 | 25:56 | 28:21 | 30:57 | 34:13 | 35:47 | 36:33 | | | |
| | | | 2:14 | 3:34 | 1:42 | 3:34 | 2:45 | 3:33 | 1:45 | 3:38 | 3:11 | 2:25 | 2:36 | 3:16 | 1:34 | 0:46 | | | |
| 2 | David Palmer BOK | 39:13 | 1:33 | 6:03 | 8:22 | 12:48 | 15:46 | 19:30 | 22:08 | 24:37 | 28:51 | 31:07 | 34:22 | 36:39 | 38:06 | 39:13 | | | |
| | | | 1:33 | 4:30 | 2:19 | 4:26 | 2:58 | 3:44 | 2:38 | 2:29 | 4:14 | 2:16 | 3:15 | 2:17 | 1:27 | 1:07 | | | |
| 3 | Darren Baker DEE | 40:24 | 1:40 | 5:51 | 8:04 | 13:09 | 15:56 | 19:13 | 21:32 | 25:00 | 29:02 | 32:46 | 36:25 | 38:02 | 39:23 | 40:24 | | | |
| | | | 1:40 | 4:11 | 2:13 | 5:05 | 2:47 | 3:17 | 2:19 | 3:28 | 4:02 | 3:44 | 3:39 | 1:37 | 1:21 | 1:01 | | | |
| 4 | John Miklausic NGOC | 40:43 | 1:32 | 4:57 | 6:49 | 11:03 | 13:33 | 16:34 | 18:30 | 21:36 | 25:12 | 30:00 | 34:53 | 36:58 | 39:39 | 40:43 | | | |
| | | | 1:32 | 3:25 | 1:52 | 4:14 | 2:30 | 3:01 | 1:56 | 3:06 | 3:36 | 4:48 | 4:53 | 2:05 | 2:41 | 1:04 | | | |
| 5 | Dave Hartley NGOC | 47:05 | 1:53 | 6:27 | 9:27 | 14:50 | 17:59 | 23:06 | 25:35 | 28:31 | 32:59 | 36:10 | 40:31 | 42:20 | 45:41 | 47:05 | | | |
| | | | 1:53 | 4:34 | 3:00 | 5:23 | 3:09 | 5:07 | 2:29 | 2:56 | 4:28 | 3:11 | 4:21 | 1:49 | 3:21 | 1:24 | | | |
| 6 | Neil Cameron NGOC | 47:11 | 2:27 | 7:05 | 9:41 | 15:02 | 18:01 | 22:09 | 24:44 | 29:07 | 33:27 | 36:45 | 41:16 | 43:44 | 45:53 | 47:11 | | | |
| | | | 2:27 | 4:38 | 2:36 | 5:21 | 2:59 | 4:08 | 2:35 | 4:23 | 4:20 | 3:18 | 4:31 | 2:28 | 2:09 | 1:18 | | | |
| 7 | Mike Farrington HOC | 47:38 | 1:29 | 5:56 | 9:09 | 14:04 | 17:24 | 21:16 | 23:42 | 27:58 | 32:42 | 37:24 | 41:22 | 44:47 | 46:35 | 47:38 | | | |
| | | | 1:29 | 4:27 | 3:13 | 4:55 | 3:20 | 3:52 | 2:26 | 4:16 | 4:44 | 4:42 | 3:58 | 3:25 | 1:48 | 1:03 | | | |
| 8 | Ted McDonald BOK | 52:15 | 2:04 | 8:12 | 11:18 | 17:28 | 21:35 | 26:16 | 29:10 | 33:01 | 38:08 | 42:01 | 45:56 | 49:26 | 51:02 | 52:15 | | | |
| | | | 2:04 | 6:08 | 3:06 | 6:10 | 4:07 | 4:41 | 2:54 | 3:51 | 5:07 | 3:53 | 3:55 | 3:30 | 1:36 | 1:13 | | | |
| 9 | Paul Hammond HOC | 54:06 | 1:46 | 6:54 | 9:28 | 14:41 | 17:53 | 22:07 | 25:04 | 30:27 | 34:44 | 42:32 | 47:48 | 49:35 | 52:59 | 54:06 | | | |
| | | | 1:46 | 5:08 | 2:34 | 5:13 | 3:12 | 4:14 | 2:57 | 5:23 | 4:17 | 7:48 | 5:16 | 1:47 | 3:24 | 1:07 | | | |
| 10 | Mark Roderick NGOC | 56:51 | 3:09 | 8:15 | 10:21 | 15:44 | 18:26 | 29:08 | 31:04 | 33:55 | 37:36 | 42:10 | 46:07 | 54:26 | 55:51 | 56:51 | | | |
| | | | 3:09 | 5:06 | 2:06 | 5:23 | 2:42 | 10:42 | 1:56 | 2:51 | 3:41 | 4:34 | 3:57 | 8:19 | 1:25 | 1:00 | | | |
| 11 | Paul Taunton NGOC | 57:45 | 2:09 | 8:01 | 11:07 | 17:39 | 21:57 | 26:43 | 30:05 | 33:14 | 39:30 | 46:02 | 50:28 | 53:40 | 56:08 | 57:45 | | | |
| | | | 2:09 | 5:52 | 3:06 | 6:32 | 4:18 | 4:46 | 3:22 | 3:09 | 6:16 | 6:32 | 4:26 | 3:12 | 2:28 | 1:37 | | | |
| 12 | Paul Dodd IND | 58:43 | 2:50 | 8:04 | 10:01 | 14:59 | 17:32 | 23:34 | 25:29 | 28:30 | 31:58 | 36:16 | 52:37 | 54:21 | 57:43 | 58:43 | | | |
| | | | 2:50 | 5:14 | 1:57 | 4:58 | 2:33 | 6:02 | 1:55 | 3:01 | 3:28 | 4:18 | 16:21 | 1:44 | 3:22 | 1:00 | | | |

| Pl | Name | Time | | | | | | | | | | | | | | | | |
|-------------------|--------------------------|---------------|---------------------|-------|-------|-------|-------------|-------|----------------|-------|-------|--------|--------|--------|--------|--------|--|--|
| Green (27) | | | 4.7 km 110 m | | | | 13 C | | <i>(cont.)</i> | | | | | | | | | |
| | | | 1(50) | 2(47) | 3(63) | 4(48) | 5(46) | 6(60) | 7(66) | 8(37) | 9(53) | 10(45) | 11(55) | 12(56) | 13(38) | Finish | | |
| 13 | Pete Colbert | 61:00 | 2:55 | 8:38 | 11:43 | 18:48 | 23:04 | 27:48 | 31:45 | 35:54 | 43:56 | 48:38 | 52:45 | 57:28 | 59:14 | 61:00 | | |
| | SWOC | | 2:55 | 5:43 | 3:05 | 7:05 | 4:16 | 4:44 | 3:57 | 4:09 | 8:02 | 4:42 | 4:07 | 4:43 | 1:46 | 1:46 | | |
| 14 | Judith Taylor | 61:08 | 3:27 | 8:24 | 11:10 | 17:56 | 21:32 | 25:42 | 28:47 | 33:29 | 39:24 | 50:32 | 54:53 | 57:28 | 59:56 | 61:08 | | |
| | HOC | | 3:27 | 4:57 | 2:46 | 6:46 | 3:36 | 4:10 | 3:05 | 4:42 | 5:55 | 11:08 | 4:21 | 2:35 | 2:28 | 1:12 | | |
| 15 | Allan Darwell | 61:47 | 3:23 | 17:19 | 19:40 | 24:19 | 27:44 | 31:51 | 34:40 | 38:05 | 42:08 | 47:04 | 52:46 | 55:51 | 60:24 | 61:47 | | |
| | BOK | | 3:23 | 13:56 | 2:21 | 4:39 | 3:25 | 4:07 | 2:49 | 3:25 | 4:03 | 4:56 | 5:42 | 3:05 | 4:33 | 1:23 | | |
| 16 | Michelle Ward | 65:28 | 3:55 | 10:05 | 13:11 | 21:52 | 25:23 | 30:18 | 33:15 | 44:20 | 50:02 | 54:14 | 59:28 | 61:31 | 64:07 | 65:28 | | |
| | NGOC | | 3:55 | 6:10 | 3:06 | 8:41 | 3:31 | 4:55 | 2:57 | 11:05 | 5:42 | 4:12 | 5:14 | 2:03 | 2:36 | 1:21 | | |
| 17 | Hilary Nicholls | 65:29 | 2:27 | 9:09 | 12:28 | 20:21 | 24:27 | 30:31 | 36:39 | 40:17 | 47:05 | 51:28 | 57:43 | 60:49 | 63:55 | 65:29 | | |
| | NGOC | | 2:27 | 6:42 | 3:19 | 7:53 | 4:06 | 6:04 | 6:08 | 3:38 | 6:48 | 4:23 | 6:15 | 3:06 | 3:06 | 1:34 | | |
| 18 | Philip Warry | 66:28 | 1:59 | 6:21 | 8:57 | 13:56 | 17:10 | 20:58 | 23:32 | 28:16 | 32:16 | 47:11 | 58:52 | 62:47 | 64:33 | 66:28 | | |
| | BOK | | 1:59 | 4:22 | 2:36 | 4:59 | 3:14 | 3:48 | 2:34 | 4:44 | 4:00 | 14:55 | 11:41 | 3:55 | 1:46 | 1:55 | | |
| 19 | Alex Evans | 66:44 | 4:49 | 10:03 | 12:41 | 25:06 | 28:55 | 34:42 | 37:28 | 42:01 | 48:58 | 56:12 | 60:49 | 63:46 | 65:31 | 66:44 | | |
| | NGOC | | 4:49 | 5:14 | 2:38 | 12:25 | 3:49 | 5:47 | 2:46 | 4:33 | 6:57 | 7:14 | 4:37 | 2:57 | 1:45 | 1:13 | | |
| 20 | Mike Wilkinson | 69:19 | 2:20 | 10:20 | 14:00 | 21:16 | 25:08 | 31:52 | 34:48 | 42:02 | 47:30 | 57:22 | 61:51 | 65:24 | 67:37 | 69:19 | | |
| | HOC | | 2:20 | 8:00 | 3:40 | 7:16 | 3:52 | 6:44 | 2:56 | 7:14 | 5:28 | 9:52 | 4:29 | 3:33 | 2:13 | 1:42 | | |
| 21 | Emma Winder | 73:04 | 5:31 | 13:52 | 18:08 | 28:53 | 33:51 | 38:50 | 43:09 | 48:23 | 55:24 | 61:09 | 65:35 | 69:05 | 72:12 | 73:04 | | |
| | IND | | 5:31 | 8:21 | 4:16 | 10:45 | 4:58 | 4:59 | 4:19 | 5:14 | 7:01 | 5:45 | 4:26 | 3:30 | 3:07 | 0:52 | | |
| 22 | Ros Taunton | 78:26 | 5:41 | 11:31 | 14:35 | 22:50 | 27:08 | 33:34 | 39:51 | 44:06 | 50:14 | 57:34 | 70:13 | 74:16 | 76:41 | 78:26 | | |
| | NGOC | | 5:41 | 5:50 | 3:04 | 8:15 | 4:18 | 6:26 | 6:17 | 4:15 | 6:08 | 7:20 | 12:39 | 4:03 | 2:25 | 1:45 | | |
| 23 | Anne May | 79:30 | 3:16 | 10:35 | 14:28 | 24:26 | 29:19 | 34:44 | 38:53 | 47:21 | 54:12 | 61:22 | 67:25 | 74:46 | 77:20 | 79:30 | | |
| | SLOW | | 3:16 | 7:19 | 3:53 | 9:58 | 4:53 | 5:25 | 4:09 | 8:28 | 6:51 | 7:10 | 6:03 | 7:21 | 2:34 | 2:10 | | |
| 24 | John Coleman | 96:01 | 9:25 | 17:15 | 22:13 | 39:33 | 44:05 | 50:00 | 55:54 | 64:14 | 71:35 | 76:23 | 86:34 | 91:41 | 94:35 | 96:01 | | |
| | NGOC | | 9:25 | 7:50 | 4:58 | 17:20 | 4:32 | 5:55 | 5:54 | 8:20 | 7:21 | 4:48 | 10:11 | 5:07 | 2:54 | 1:26 | | |
| 25 | Rhiannon Fadeyibi | 105:14 | 3:05 | 10:12 | 14:08 | 27:50 | 32:56 | 39:48 | 43:56 | 59:33 | 65:19 | 73:33 | 81:31 | 101:34 | 103:53 | 105:14 | | |
| | NGOC | | 3:05 | 7:07 | 3:56 | 13:42 | 5:06 | 6:52 | 4:08 | 15:37 | 5:46 | 8:14 | 7:58 | 20:03 | 2:19 | 1:21 | | |
| | Julia Wilkinson | mp | 2:45 | 9:45 | 13:24 | 20:54 | 25:10 | 32:05 | 37:05 | 41:36 | 48:23 | 52:41 | 59:33 | ----- | 63:30 | 65:01 | | |
| | HOC | | 2:45 | 7:00 | 3:39 | 7:30 | 4:16 | 6:55 | 5:00 | 4:31 | 6:47 | 4:18 | 6:52 | ----- | 3:57 | 1:31 | | |
| | John Fallows | dnf | 1:45 | 6:20 | 8:58 | 14:27 | 17:52 | 27:59 | 31:10 | 36:50 | ----- | ----- | ----- | ----- | ----- | 46:48 | | |
| | NGOC | | 1:45 | 4:35 | 2:38 | 5:29 | 3:25 | 10:07 | 3:11 | 5:40 | ----- | ----- | ----- | ----- | ----- | 9:58 | | |

37:42
*41

| Short Green (17) | | | 3.1 km 80 m | | | | 12 C | | | | | | | | | | | |
|-------------------------|-------------------------|--------------|--------------------|-------------|-------|-------|-------------|-------------|-------------|-------------|-------|--------|--------|-------------|-------------|--|--|--|
| | | | 1(64) | 2(34) | 3(48) | 4(49) | 5(44) | 6(60) | 7(58) | 8(43) | 9(53) | 10(41) | 11(56) | 12(38) | Finish | | | |
| 1 | Laurence Gossage | 39:22 | 2:00 | 6:05 | 13:04 | 16:29 | 19:14 | 22:18 | 24:55 | 26:49 | 28:40 | 30:54 | 36:31 | 38:17 | 39:22 | | | |
| | BOK | | 2:00 | 4:05 | 6:59 | 3:25 | 2:45 | 3:04 | 2:37 | 1:54 | 1:51 | 2:14 | 5:37 | 1:46 | 1:05 | | | |
| 2 | Carol Farrington | 44:32 | 2:37 | 4:56 | 10:09 | 14:03 | 17:12 | 21:25 | 25:00 | 27:17 | 30:00 | 32:55 | 38:08 | 42:54 | 44:32 | | | |
| | HOC | | 2:37 | 2:19 | 5:13 | 3:54 | 3:09 | 4:13 | 3:35 | 2:17 | 2:43 | 2:55 | 5:13 | 4:46 | 1:38 | | | |
| 3 | Jack Hobby | 47:45 | 1:51 | 3:29 | 10:25 | 18:27 | 22:26 | 25:13 | 27:44 | 30:04 | 32:00 | 37:39 | 42:35 | 46:51 | 47:45 | | | |
| | NGOC | | 1:51 | 1:38 | 6:56 | 8:02 | 3:59 | 2:47 | 2:31 | 2:20 | 1:56 | 5:39 | 4:56 | 4:16 | 0:54 | | | |
| 4 | Mark Blackstone | 49:53 | 2:24 | 4:59 | 10:21 | 14:31 | 17:51 | 21:59 | 25:36 | 28:44 | 31:19 | 38:47 | 45:29 | 47:59 | 49:53 | | | |
| | BOK | | 2:24 | 2:35 | 5:22 | 4:10 | 3:20 | 4:08 | 3:37 | 3:08 | 2:35 | 7:28 | 6:42 | 2:30 | 1:54 | | | |
| 5 | Anne Palmer | 55:14 | 2:37 | 5:45 | 14:00 | 17:44 | 20:56 | 25:51 | 28:41 | 31:27 | 34:02 | 37:40 | 51:25 | 53:26 | 55:14 | | | |
| | BOK | | 2:37 | 3:08 | 8:15 | 3:44 | 3:12 | 4:55 | 2:50 | 2:46 | 2:35 | 3:38 | 13:45 | 2:01 | 1:48 | | | |
| 6 | Elaine Sutton | 55:40 | 2:10 | 4:05 | 9:04 | 12:23 | 15:32 | 19:06 | 24:19 | 26:11 | 28:05 | 45:31 | 52:08 | 54:24 | 55:40 | | | |
| | DEE | | 2:10 | 1:55 | 4:59 | 3:19 | 3:09 | 3:34 | 5:13 | 1:52 | 1:54 | 17:26 | 6:37 | 2:16 | 1:16 | | | |
| 7 | Sheila Miklausic | 59:13 | 4:36 | 7:00 | 17:23 | 23:28 | 27:39 | 31:55 | 35:49 | 38:07 | 41:18 | 44:41 | 54:06 | 57:06 | 59:13 | | | |
| | NGOC | | 4:36 | 2:24 | 10:23 | 6:05 | 4:11 | 4:16 | 3:54 | 2:18 | 3:11 | 3:23 | 9:25 | 3:00 | 2:07 | | | |
| 8 | Clare Fletcher | 59:41 | 3:31 | 6:51 | 13:51 | 18:16 | 22:27 | 27:08 | 32:19 | 35:54 | 38:52 | 44:36 | 52:56 | 57:37 | 59:41 | | | |
| | BOK | | 3:31 | 3:20 | 7:00 | 4:25 | 4:11 | 4:41 | 5:11 | 3:35 | 2:58 | 5:44 | 8:20 | 4:41 | 2:04 | | | |
| 9 | Adrian Dawson | 63:35 | 3:23 | 6:29 | 14:00 | 21:12 | 25:57 | 30:14 | 34:43 | 40:49 | 44:01 | 50:21 | 58:52 | 61:38 | 63:35 | | | |
| | SARUM | | 3:23 | 3:06 | 7:31 | 7:12 | 4:45 | 4:17 | 4:29 | 6:06 | 3:12 | 6:20 | 8:31 | 2:46 | 1:57 | | | |
| 10 | Sue Colbert | 63:50 | 3:28 | 6:12 | 14:21 | 20:02 | 28:00 | 35:09 | 41:57 | 44:50 | 47:35 | 51:28 | 58:50 | 61:22 | 63:50 | | | |
| | SWOC | | 3:28 | 2:44 | 8:09 | 5:41 | 7:58 | 7:09 | 6:48 | 2:53 | 2:45 | 3:53 | 7:22 | 2:32 | 2:28 | | | |
| 11 | Brian Laycock | 65:46 | 2:42 | 5:34 | 19:59 | 24:43 | 27:47 | 31:28 | 36:29 | 38:58 | 41:39 | 56:33 | 61:53 | 64:17 | 65:46 | | | |
| | HOC | | 2:42 | 2:52 | 14:25 | 4:44 | 3:04 | 3:41 | 5:01 | 2:29 | 2:41 | 14:54 | 5:20 | 2:24 | 1:29 | | | |

37:00
*45

| Pl | Name | Time | | | | | | | | | | | | | | | | | | | | | |
|-------------------------|-------------------------|--------------|--------------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|----------------|--------------|--------------|--------------|--------------|------|------|------|-------|-------|-------|-------|-------|
| Short Green (17) | | | 3.1 km 80 m | | | | 12 C | | | | <i>(cont.)</i> | | | | | | | | | | | | |
| | | | 1(64) | 2(34) | 3(48) | 4(49) | 5(44) | 6(60) | 7(58) | 8(43) | 9(53) | 10(41) | 11(56) | 12(38) | Finish | | | | | | | | |
| 12 | Peter Maloney | 66:03 | 2:43 | 14:39 | 20:21 | 25:17 | 28:17 | 39:48 | 46:01 | 48:55 | 51:27 | 55:55 | 62:07 | 64:37 | 66:03 | | | | | | | | |
| | NGOC | | 2:43 | 11:56 | 5:42 | 4:56 | 3:00 | 11:31 | 6:13 | 2:54 | 2:32 | 4:28 | 6:12 | 2:30 | 1:26 | | | | | | | | |
| 13 | Alan Mackenzie | 68:47 | 3:43 | 11:43 | 18:16 | 23:16 | 33:40 | 38:20 | 43:14 | 46:40 | 49:26 | 53:59 | 63:34 | 66:51 | 68:47 | | | | | | | | |
| | BOK | | 3:43 | 8:00 | 6:33 | 5:00 | 10:24 | 4:40 | 4:54 | 3:26 | 2:46 | 4:33 | 9:35 | 3:17 | 1:56 | | | | | | | | |
| 14 | Lin Callard | 71:08 | 4:11 | 6:58 | 13:49 | 18:32 | 25:59 | 43:49 | 47:51 | 51:38 | 54:21 | 57:37 | 65:59 | 69:02 | 71:08 | | | | | | | | |
| | NGOC | | 4:11 | 2:47 | 6:51 | 4:43 | 7:27 | 17:50 | 4:02 | 3:47 | 2:43 | 3:16 | 8:22 | 3:03 | 2:06 | | | | | | | | |
| 15 | Joanne Leigh | 76:33 | 1:56 | 12:10 | 28:14 | 31:26 | 34:52 | 38:20 | 40:59 | 43:01 | 52:39 | 60:07 | 73:19 | 75:13 | 76:33 | | | | | | | | |
| | OD | | 1:56 | 10:14 | 16:04 | 3:12 | 3:26 | 3:28 | 2:39 | 2:02 | 9:38 | 7:28 | 13:12 | 1:54 | 1:20 | | | | | | | | |
| | Matthew Fautley | dnf | 37:22 | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | ---- | 1:37 | 5:10 | 8:33 | 11:46 | 14:47 | 17:17 | 20:15 | 22:48 |
| | IND | | 37:22 | | | | | | | | | | | | | *40 | *56 | *41 | *53 | *43 | *58 | *60 | *44 |
| | | | 25:30 | 29:14 | 35:23 | | | | | | | | | | | | | | | | | | |
| | | | *49 | *48 | *34 | | | | | | | | | | | | | | | | | | |
| nc | Andy Creber | 33:06 | 1:55 | 3:41 | 7:05 | 9:56 | 12:24 | 16:19 | 19:59 | 22:19 | 23:57 | 25:46 | 29:52 | 31:38 | 33:06 | | | | | | | | |
| | NGOC | | 1:55 | 1:46 | 3:24 | 2:51 | 2:28 | 3:55 | 3:40 | 2:20 | 1:38 | 1:49 | 4:06 | 1:46 | 1:28 | | | | | | | | |
| Orange (18) | | | 3.0 km 45 m | | | | 11 C | | | | | | | | | | | | | | | | |
| | | | 1(40) | 2(31) | 3(32) | 4(60) | 5(43) | 6(59) | 7(68) | 8(54) | 9(33) | 10(58) | 11(38) | Finish | | | | | | | | | |
| 1 | Daniel Grace | 27:08 | 2:05 | 3:27 | 4:39 | 6:04 | 10:21 | 13:11 | 14:22 | 19:10 | 21:54 | 24:11 | 25:51 | 27:08 | | | | | | | | | |
| | IND | | 2:05 | 1:22 | 1:12 | 1:25 | 4:17 | 2:50 | 1:11 | 4:48 | 2:44 | 2:17 | 1:40 | 1:17 | | | | | | | | | |
| 1 | Michael Grace | 27:08 | 2:04 | 3:28 | 4:41 | 6:00 | 10:24 | 13:15 | 14:23 | 19:15 | 21:58 | 24:03 | 25:50 | 27:08 | | | | | | | | | |
| | IND | | 2:04 | 1:24 | 1:13 | 1:19 | 4:24 | 2:51 | 1:08 | 4:52 | 2:43 | 2:05 | 1:47 | 1:18 | | | | | | | | | |
| 3 | Philip Grace | 27:11 | 2:03 | 3:27 | 4:40 | 5:56 | 10:26 | 13:11 | 14:23 | 19:15 | 21:56 | 24:05 | 25:49 | 27:11 | | | | | | | | | |
| | IND | | 2:03 | 1:24 | 1:13 | 1:16 | 4:30 | 2:45 | 1:12 | 4:52 | 2:41 | 2:09 | 1:44 | 1:22 | | | | | | | | | |
| 4 | Paul Brenton | 28:35 | 4:52 | 6:35 | 7:37 | 8:45 | 11:54 | 14:42 | 15:29 | 22:13 | 24:32 | 26:19 | 27:33 | 28:35 | | | | | | | | | |
| | BAOC | | 4:52 | 1:43 | 1:02 | 1:08 | 3:09 | 2:48 | 0:47 | 6:44 | 2:19 | 1:47 | 1:14 | 1:02 | | | | | | | | | |
| 5 | Paul Hobby | 28:44 | 1:27 | 3:10 | 4:28 | 5:45 | 11:06 | 14:04 | 15:13 | 20:02 | 22:49 | 25:11 | 27:17 | 28:44 | | | | | | | | | |
| | NGOC | | 1:27 | 1:43 | 1:18 | 1:17 | 5:21 | 2:58 | 1:09 | 4:49 | 2:47 | 2:22 | 2:06 | 1:27 | | | | | | | | | |
| 6 | Sam Roderick | 29:25 | 2:43 | 4:16 | 5:42 | 6:36 | 10:00 | 13:23 | 14:27 | 22:41 | 25:18 | 26:56 | 28:18 | 29:25 | | | | | | | | | |
| | NGOC | | 2:43 | 1:33 | 1:26 | 0:54 | 3:24 | 3:23 | 1:04 | 8:14 | 2:37 | 1:38 | 1:22 | 1:07 | | | | | | | | | |
| 7 | Claire Garai | 29:58 | 1:51 | 3:36 | 5:10 | 6:36 | 12:01 | 15:36 | 16:44 | 21:54 | 24:16 | 26:54 | 28:43 | 29:58 | | | | | | | | | |
| | NGOC | | 1:51 | 1:45 | 1:34 | 1:26 | 5:25 | 3:35 | 1:08 | 5:10 | 2:22 | 2:38 | 1:49 | 1:15 | | | | | | | | | |
| 8 | Reuben Lawson | 30:24 | 1:22 | 2:41 | 3:40 | 4:45 | 8:11 | 12:52 | 13:47 | 22:20 | 24:16 | 27:46 | 29:28 | 30:24 | | | | | | | | | |
| | NGOC | | 1:22 | 1:19 | 0:59 | 1:05 | 3:26 | 4:41 | 0:55 | 8:33 | 1:56 | 3:30 | 1:42 | 0:56 | | | | | | | | | |
| 9 | Daniel Lee-Lane | 32:36 | 1:17 | 2:50 | 3:57 | 7:54 | 11:47 | 14:35 | 15:28 | 24:15 | 26:39 | 29:33 | 31:30 | 32:36 | 6:10 | | | | | | | | |
| | IND | | 1:17 | 1:33 | 1:07 | 3:57 | 3:53 | 2:48 | 0:53 | 8:47 | 2:24 | 2:54 | 1:57 | 1:06 | *40 | | | | | | | | |
| 10 | Eleri Cowen | 38:04 | 1:35 | 3:38 | 5:38 | 7:40 | 14:00 | 17:42 | 19:56 | 27:18 | 30:49 | 34:53 | 37:04 | 38:04 | | | | | | | | | |
| | NGOC | | 1:35 | 2:03 | 2:00 | 2:02 | 6:20 | 3:42 | 2:14 | 7:22 | 3:31 | 4:04 | 2:11 | 1:00 | | | | | | | | | |
| 11 | Jenny Watson | 42:22 | 1:44 | 4:09 | 5:54 | 7:57 | 14:14 | 18:57 | 20:33 | 32:17 | 36:14 | 38:43 | 40:59 | 42:22 | | | | | | | | | |
| | IND | | 1:44 | 2:25 | 1:45 | 2:03 | 6:17 | 4:43 | 1:36 | 11:44 | 3:57 | 2:29 | 2:16 | 1:23 | | | | | | | | | |
| 12 | Ashleigh Denman | 43:31 | 1:16 | 2:46 | 4:07 | 5:01 | 9:20 | 18:24 | 19:39 | 32:08 | 35:06 | 40:32 | 42:05 | 43:31 | | | | | | | | | |
| | NGOC | | 1:16 | 1:30 | 1:21 | 0:54 | 4:19 | 9:04 | 1:15 | 12:29 | 2:58 | 5:26 | 1:33 | 1:26 | | | | | | | | | |
| 13 | Gaye Callard | 58:04 | 2:14 | 5:56 | 8:42 | 10:21 | 17:45 | 23:56 | 28:02 | 37:24 | 41:49 | 51:57 | 55:42 | 58:04 | | | | | | | | | |
| | NGOC | | 2:14 | 3:42 | 2:46 | 1:39 | 7:24 | 6:11 | 4:06 | 9:22 | 4:25 | 10:08 | 3:45 | 2:22 | | | | | | | | | |
| 14 | Angela Buckle | 66:57 | 2:02 | 7:23 | 11:07 | 14:04 | 24:42 | 31:36 | 33:40 | 45:02 | 50:13 | 59:03 | 64:00 | 66:57 | | | | | | | | | |
| | IND | | 2:02 | 5:21 | 3:44 | 2:57 | 10:38 | 6:54 | 2:04 | 11:22 | 5:11 | 8:50 | 4:57 | 2:57 | | | | | | | | | |
| 15 | Susan Hargreaves | 69:06 | 4:06 | 8:53 | 12:56 | 16:27 | 27:31 | 34:03 | 35:56 | 47:27 | 53:22 | 58:53 | 65:35 | 69:06 | | | | | | | | | |
| | IND | | 4:06 | 4:47 | 4:03 | 3:31 | 11:04 | 6:32 | 1:53 | 11:31 | 5:55 | 5:31 | 6:42 | 3:31 | | | | | | | | | |
| 16 | Chris Massey | 69:43 | 4:27 | 9:38 | 13:10 | 16:19 | 27:16 | 33:51 | 36:10 | 47:33 | 52:47 | 59:26 | 66:21 | 69:43 | | | | | | | | | |
| | IND | | 4:27 | 5:11 | 3:32 | 3:09 | 10:57 | 6:35 | 2:19 | 11:23 | 5:14 | 6:39 | 6:55 | 3:22 | | | | | | | | | |
| 17 | Niki King | 71:37 | 6:35 | 11:14 | 15:38 | 19:05 | 29:56 | 36:29 | 38:32 | 49:29 | 55:57 | 60:45 | 68:47 | 71:37 | | | | | | | | | |
| | IND | | 6:35 | 4:39 | 4:24 | 3:27 | 10:51 | 6:33 | 2:03 | 10:57 | 6:28 | 4:48 | 8:02 | 2:50 | | | | | | | | | |
| 18 | Helen Curley | 71:38 | 7:09 | 11:13 | 15:32 | 19:08 | 29:57 | 36:29 | 38:33 | 49:53 | 55:58 | 60:55 | 68:42 | 71:38 | | | | | | | | | |
| | IND | | 7:09 | 4:04 | 4:19 | 3:36 | 10:49 | 6:32 | 2:04 | 11:20 | 6:05 | 4:57 | 7:47 | 2:56 | | | | | | | | | |

| Pl | Name | Time | | | 1.6 km | 20 m | 7 C | | | |
|----------|------------------------|--------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|
| | | | 1(40) | 2(31) | 3(32) | 4(33) | 5(35) | 6(36) | 7(38) | Finish |
| 1 | Thomas Harris | 13:02 | 1:21 | 3:20 | 4:52 | 6:37 | 8:35 | 10:28 | 11:52 | 13:02 |
| | NGOC | | 1:21 | 1:59 | 1:32 | 1:45 | 1:58 | 1:53 | 1:24 | 1:10 |
| 2 | Seth Lawson | 14:05 | 1:08 | 3:08 | 4:04 | 5:52 | 8:04 | 11:14 | 13:01 | 14:05 |
| | SWOC | | 1:08 | 2:00 | 0:56 | 1:48 | 2:12 | 3:10 | 1:47 | 1:04 |
| 3 | Poppy Brenton | 16:57 | 1:26 | 3:40 | 5:07 | 7:49 | 11:06 | 13:21 | 15:39 | 16:57 |
| | BAOC | | 1:26 | 2:14 | 1:27 | 2:42 | 3:17 | 2:15 | 2:18 | 1:18 |
| 4 | Thomas Dilley | 19:25 | 1:43 | 4:20 | 6:01 | 9:01 | 12:10 | 14:34 | 17:54 | 19:25 |
| | IND | | 1:43 | 2:37 | 1:41 | 3:00 | 3:09 | 2:24 | 3:20 | 1:31 |
| 5 | Samuel Cowen | 19:42 | 1:40 | 3:44 | 6:11 | 8:14 | 14:23 | 16:13 | 18:20 | 19:42 |
| | NGOC | | 1:40 | 2:04 | 2:27 | 2:03 | 6:09 | 1:50 | 2:07 | 1:22 |
| 6 | Clive Brennan | 20:43 | 1:38 | 5:42 | 7:27 | 9:56 | 13:44 | 16:05 | 19:23 | 20:43 |
| | BOK | | 1:38 | 4:04 | 1:45 | 2:29 | 3:48 | 2:21 | 3:18 | 1:20 |
| 7 | Samuel Horsfall | 34:38 | 3:09 | 7:27 | 10:27 | 14:53 | 22:02 | 26:11 | 30:23 | 34:38 |
| | NGOC | | 3:09 | 4:18 | 3:00 | 4:26 | 7:09 | 4:09 | 4:12 | 4:15 |
| 8 | PS Lam | 64:14 | 12:39 | 26:22 | 29:54 | 33:26 | 53:39 | 56:25 | 62:09 | 64:14 |
| | IND | | 12:39 | 13:43 | 3:32 | 3:32 | 20:13 | 2:46 | 5:44 | 2:05 |