

| PI Name | Time | | | | | | | | | | | | | |
|-----------------------------|----------------|--------------|--------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | 1(107) | 2(132) | 3(153) | 4(113) | 5(115) | 6(145) | 7(143) | 8(148) | 9(220) | Finish | | | |
| M14 (33) | | | | 3.7 km | 185 m | 9 C | | | | | | | | |
| 1 Matthew Gooch | 26:45 | 2:54 | 5:35 | 9:26 | 12:52 | 14:43 | 19:40 | 23:49 | 25:40 | 26:14 | 26:45 | | | |
| SOA | | 2:54 | 2:41 | 3:51 | 3:26 | 1:51 | 4:57 | 4:09 | 1:51 | 0:34 | 0:31 | | | |
| 2 Finlay Johnson | 32:10 | 3:00 | 6:15 | 10:35 | 16:25 | 19:09 | 24:33 | 29:16 | 31:02 | 31:40 | 32:10 | | | |
| NWOA | | 3:00 | 3:15 | 4:20 | 5:50 | 2:44 | 5:24 | 4:43 | 1:46 | 0:38 | 0:30 | | | |
| 3 Peter Molloy | 32:16 | 3:28 | 7:32 | 12:13 | 17:27 | 19:46 | 24:25 | 28:37 | 31:04 | 31:46 | 32:16 | | | |
| SOA | | 3:28 | 4:04 | 4:41 | 5:14 | 2:19 | 4:39 | 4:12 | 2:27 | 0:42 | 0:30 | | | |
| 4 Louis Macmillan | 33:47 | 3:09 | 6:15 | 11:03 | 15:00 | 17:45 | 23:50 | 30:08 | 32:10 | 33:06 | 33:47 | | | |
| SOA | | 3:09 | 3:06 | 4:48 | 3:57 | 2:45 | 6:05 | 6:18 | 2:02 | 0:56 | 0:41 | | | |
| 5 Alex Wetherill | 33:49 | 3:26 | 7:07 | 11:59 | 16:08 | 18:33 | 24:19 | 30:17 | 32:31 | 33:24 | 33:49 | | | |
| EAOA | | 3:26 | 3:41 | 4:52 | 4:09 | 2:25 | 5:46 | 5:58 | 2:14 | 0:53 | 0:25 | | | |
| 6 Adam Thorpe | 34:42 | 2:49 | 6:22 | 11:33 | 18:23 | 21:00 | 26:45 | 31:28 | 33:32 | 34:10 | 34:42 | | | |
| YHOA | | 2:49 | 3:33 | 5:11 | 6:50 | 2:37 | 5:45 | 4:43 | 2:04 | 0:38 | 0:32 | | | |
| 7 Adam Conway | 35:35 | 3:33 | 7:05 | 11:52 | 17:55 | 20:35 | 26:03 | 31:57 | 34:19 | 34:59 | 35:35 | | | |
| SEOA | | 3:33 | 3:32 | 4:47 | 6:03 | 2:40 | 5:28 | 5:54 | 2:22 | 0:40 | 0:36 | | | |
| 8 Oliver Lunn | 36:31 | 3:53 | 8:08 | 13:51 | 18:48 | 21:21 | 27:04 | 32:40 | 35:23 | 36:03 | 36:31 | | | |
| WMOA | | 3:53 | 4:15 | 5:43 | 4:57 | 2:33 | 5:43 | 5:36 | 2:43 | 0:40 | 0:28 | | | |
| 9 Alex Fielding | 36:53 | 4:03 | 7:21 | 12:34 | 17:27 | 20:13 | 27:08 | 32:50 | 35:24 | 36:16 | 36:53 | | | |
| SEOA | | 4:03 | 3:18 | 5:13 | 4:53 | 2:46 | 6:55 | 5:42 | 2:34 | 0:52 | 0:37 | | | |
| 10 Felix Lunn | 37:03 | 3:04 | 9:33 | 15:02 | 18:42 | 20:59 | 26:02 | 32:43 | 35:10 | 36:29 | 37:03 | | | |
| WMOA | | 3:04 | 6:29 | 5:29 | 3:40 | 2:17 | 5:03 | 6:41 | 2:27 | 1:19 | 0:34 | | | |
| 11 Joe Hudd | 37:07 | 3:09 | 7:12 | 12:42 | 18:25 | 20:59 | 28:24 | 33:35 | 35:49 | 36:33 | 37:07 | | | |
| SWOA | | 3:09 | 4:03 | 5:30 | 5:43 | 2:34 | 7:25 | 5:11 | 2:14 | 0:44 | 0:34 | | | |
| 12 Daniel Campbell | 37:50 | 3:40 | 9:27 | 14:49 | 20:02 | 22:21 | 28:17 | 33:55 | 36:20 | 37:17 | 37:50 | | | |
| SOA | | 3:40 | 5:47 | 5:22 | 5:13 | 2:19 | 5:56 | 5:38 | 2:25 | 0:57 | 0:33 | | | |
| 13 Oliver Flippance | 38:25 | 7:24 | 11:48 | 16:53 | 21:50 | 24:01 | 30:18 | 35:05 | 37:13 | 37:55 | 38:25 | | | |
| WMOA | | 7:24 | 4:24 | 5:05 | 4:57 | 2:11 | 6:17 | 4:47 | 2:08 | 0:42 | 0:30 | | | |
| 14 Harry Thomas | 39:13 | 4:00 | 8:13 | 12:46 | 19:54 | 22:15 | 29:24 | 34:12 | 36:29 | 38:45 | 39:13 | | | |
| WOA | | 4:00 | 4:13 | 4:33 | 7:08 | 2:21 | 7:09 | 4:48 | 2:17 | 2:16 | 0:28 | | | |
| 15 Euan Tryner | 39:43 | 4:18 | 8:56 | 15:12 | 20:03 | 24:02 | 30:33 | 36:01 | 38:24 | 39:08 | 39:43 | | | |
| YHOA | | 4:18 | 4:38 | 6:16 | 4:51 | 3:59 | 6:31 | 5:28 | 2:23 | 0:44 | 0:35 | | | |
| 16 Ben Dempsey | 40:50 | 9:28 | 12:56 | 18:03 | 22:17 | 24:41 | 30:21 | 37:11 | 39:29 | 40:16 | 40:50 | | | |
| NWOA | | 9:28 | 3:28 | 5:07 | 4:14 | 2:24 | 5:40 | 6:50 | 2:18 | 0:47 | 0:34 | | | |
| 17 Oscar Healy | 42:05 | 8:48 | 11:49 | 17:06 | 22:05 | 24:53 | 32:13 | 37:50 | 40:44 | 41:34 | 42:05 | | | |
| WOA | | 8:48 | 3:01 | 5:17 | 4:59 | 2:48 | 7:20 | 5:37 | 2:54 | 0:50 | 0:31 | | | |
| 18 Freddie Habgood | 45:59 | 4:57 | 12:33 | 17:58 | 22:23 | 25:14 | 31:22 | 41:59 | 44:47 | 45:31 | 45:59 | | | |
| WOA | | 4:57 | 7:36 | 5:25 | 4:25 | 2:51 | 6:08 | 10:37 | 2:48 | 0:44 | 0:28 | | | |
| 19 Sam Crawshaw | 47:48 | 5:13 | 10:19 | 22:59 | 27:44 | 31:23 | 38:13 | 44:09 | 46:28 | 47:07 | 47:48 | | | |
| YHOA | | 5:13 | 5:06 | 12:40 | 4:45 | 3:39 | 6:50 | 5:56 | 2:19 | 0:39 | 0:41 | | | |
| 20 Joe Sunley | 48:10 | 5:34 | 9:53 | 18:12 | 23:44 | 27:05 | 36:47 | 43:19 | 45:48 | 47:43 | 48:10 | | | |
| NWOA | | 5:34 | 4:19 | 8:19 | 5:32 | 3:21 | 9:42 | 6:32 | 2:29 | 1:55 | 0:27 | | | |
| 21 Sam Hague | 48:28 | 4:06 | 9:20 | 15:29 | 23:28 | 27:34 | 35:42 | 43:24 | 46:21 | 47:47 | 48:28 | | | |
| EAOA | | 4:06 | 5:14 | 6:09 | 7:59 | 4:06 | 8:08 | 7:42 | 2:57 | 1:26 | 0:41 | | | |
| 22 Odhran McGoldrick | 48:56 | 4:52 | 9:29 | 18:40 | 23:22 | 27:08 | 34:01 | 45:06 | 47:25 | 48:21 | 48:56 | | | |
| NIOA | | 4:52 | 4:37 | 9:11 | 4:42 | 3:46 | 6:53 | 11:05 | 2:19 | 0:56 | 0:35 | | | |
| 23 Alfie Spencer | 49:10 | 4:54 | 12:27 | 18:57 | 24:51 | 28:17 | 34:40 | 45:14 | 47:50 | 48:33 | 49:10 | | | |
| WMOA | | 4:54 | 7:33 | 6:30 | 5:54 | 3:26 | 6:23 | 10:34 | 2:36 | 0:43 | 0:37 | | | |
| 24 Charlie Rennie | 50:24 | 4:21 | 8:58 | 15:44 | 32:01 | 34:20 | 40:54 | 46:49 | 49:08 | 49:51 | 50:24 | | | |
| EMOA | | 4:21 | 4:37 | 6:46 | 16:17 | 2:19 | 6:34 | 5:55 | 2:19 | 0:43 | 0:33 | | | |
| 25 Scott Williams | 54:27 | 5:59 | 9:32 | 15:52 | 24:24 | 28:22 | 35:58 | 50:15 | 52:53 | 53:51 | 54:27 | | | |
| WOA | | 5:59 | 3:33 | 6:20 | 8:32 | 3:58 | 7:36 | 14:17 | 2:38 | 0:58 | 0:36 | | | |
| 26 Henry Teasdale | 54:46 | 5:29 | 10:48 | 17:15 | 27:17 | 32:13 | 40:53 | 49:47 | 53:15 | 54:07 | 54:46 | | | |
| NWOA | | 5:29 | 5:19 | 6:27 | 10:02 | 4:56 | 8:40 | 8:54 | 3:28 | 0:52 | 0:39 | | | |
| 27 Peter Reed | 57:24 | 6:40 | 11:11 | 18:56 | 30:08 | 38:05 | 47:06 | 52:57 | 55:53 | 56:51 | 57:24 | | | |
| NIOA | | 6:40 | 4:31 | 7:45 | 11:12 | 7:57 | 9:01 | 5:51 | 2:56 | 0:58 | 0:33 | | | |
| 28 Murray Weir | 1:06:03 | 7:10 | 12:26 | 19:12 | 28:52 | 37:42 | 50:25 | 1:01:19 | 1:04:10 | 1:05:35 | 1:06:03 | | | |
| SCOA | | 7:10 | 5:16 | 6:46 | 9:40 | 8:50 | 12:43 | 10:54 | 2:51 | 1:25 | 0:28 | | | |
| 29 Ben Mather | 1:12:46 | 8:47 | 16:29 | 24:04 | 41:40 | 46:44 | 56:02 | 1:08:01 | 1:11:12 | 1:12:07 | 1:12:46 | | | |
| EMOA | | 8:47 | 7:42 | 7:35 | 17:36 | 5:04 | 9:18 | 11:59 | 3:11 | 0:55 | 0:39 | | | |
| 30 Dominic Bowers | 1:34:33 | 6:21 | 26:26 | 33:26 | 1:06:10 | 1:10:27 | 1:19:57 | 1:29:54 | 1:32:42 | 1:33:45 | 1:34:33 | | | |
| SEOA | | 6:21 | 20:05 | 7:00 | 32:44 | 4:17 | 9:30 | 9:57 | 2:48 | 1:03 | 0:48 | | | |
| 31 Vincent Townley | 1:42:37 | 13:37 | 22:00 | 40:07 | 50:25 | 58:32 | 1:12:48 | 1:37:08 | 1:40:51 | 1:42:02 | 1:42:37 | | | |
| SCOA | | 13:37 | 8:23 | 18:07 | 10:18 | 8:07 | 14:16 | 24:20 | 3:43 | 1:11 | 0:35 | | | |
| Frank Townley | mp | 4:48 | 8:25 | 15:15 | 20:28 | 22:59 | ----- | 39:45 | 42:47 | 43:51 | 44:18 | 32:56 | | |
| SCOA | | 4:48 | 3:37 | 6:50 | 5:13 | 2:31 | ----- | 16:46 | 3:02 | 1:04 | 0:27 | *123 | | |
| Max Mobus | dnf | 6:45 | 12:44 | 19:46 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | | |
| YHOA | | 6:45 | 5:59 | 7:02 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | | |
| M16 (33) | | | | 6.4 km | 300 m | 12 C | | | | | | | | |
| | | 1(133) | 2(122) | 3(124) | 4(117) | 5(119) | 6(142) | 7(153) | 8(114) | 9(152) | 10(126) | 11(147) | 12(220) | Finish |
| 1 Jake Chapman | 52:20 | 11:05 | 13:43 | 19:05 | 21:46 | 28:52 | 32:30 | 36:38 | 41:16 | 44:03 | 47:39 | 50:38 | 51:53 | 52:20 |
| SOA | | 11:05 | 2:38 | 5:22 | 2:41 | 7:06 | 3:38 | 4:08 | 4:38 | 2:47 | 3:36 | 2:59 | 1:15 | 0:27 |
| 2 Daniel Spencer | 55:02 | 10:27 | 13:16 | 21:13 | 24:32 | 31:21 | 34:57 | 39:15 | 43:56 | 46:56 | 50:41 | 53:26 | 54:34 | 55:02 |
| NWOA | | 10:27 | 2:49 | 7:57 | 3:19 | 6:49 | 3:36 | 4:18 | 4:41 | 3:00 | 3:45 | 2:45 | 1:08 | 0:28 |
| 3 Alistair Chapman | 1:00:27 | 10:39 | 16:58 | 23:06 | 25:57 | 35:18 | 39:40 | 44:23 | 49:32 | 51:57 | 55:39 | 58:55 | 1:00:01 | 1:00:27 |
| SOA | | 10:39 | 6:19 | 6:08 | 2:51 | 9:21 | 4:22 | 4:43 | 5:09 | 2:25 | 3:42 | 3:16 | 1:06 | 0:26 |
| 4 Harry Scott | 1:01:49 | 12:18 | 15:54 | 23:54 | 29:23 | 37:31 | 41:47 | 46:13 | 51:48 | 53:49 | 57:25 | 1:00:09 | 1:01:24 | 1:01:49 |
| NWOA | | 12:18 | 3:36 | 8:00 | 5:29 | 8:08 | 4:16 | 4:26 | 5:35 | 2:01 | 3:36 | 2:44 | 1:15 | 0:25 |
| 5 Zac Hudd | 1:03:04 | 11:33 | 14:37 | 20:45 | 25:08 | 31:42 | 35:37 | 40:10 | 46:13 | 48:37 | 57:01 | 1:01:14 | 1:02:34 | 1:03:04 |
| SWOA | | 11:33 | 3:04 | 6:08 | 4:23 | 6:34 | 3:55 | 4:33 | 6:03 | 2:24 | 8:24 | 4:13 | 1:20 | 0:30 |

| Pl | Name | Time | | 9.5 km | | 440 m | | 15 C | | (cont.) | | | | | | |
|-----------------|--|-------------------|--|-----------------------------------|---------------|----------------------|------------------|------------------|------------------|-----------------|------------------------|-----------------|------------------|-----------------|------------------------|------------------------|
| | | 1(125) 15(220) | 2(117) Finish | 3(112) | 4(120) | 5(111) | 6(110) | 7(129) | 8(136) | 9(150) | 10(146) | 11(123) | 12(152) | 13(126) | 14(212) | |
| M18 (29) | | | | | | | | | | | | | | | | |
| 4 | Matthew Fellbaum NWOA | 1:19:22 | 11:36 11:36 1:18:57 0:57 | 20:25 8:49 1:19:22 0:25 | 22:55 2:30 | 30:37 7:42 | 36:28 5:51 | 40:00 3:32 | 47:20 7:20 | 49:30 2:10 | 59:35 10:05 | 1:03:07 3:32 | 1:10:46 7:39 | 1:12:51 2:05 | 1:16:02 3:11 | 1:18:00 1:58 |
| 5 | Jack Leitch SEOA | 1:20:30 | 9:35 9:35 1:20:02 1:00 0:28 | 19:21 9:46 1:20:30 0:28 | 21:36 2:15 | 29:07 7:31 | 35:42 6:35 | 39:14 3:32 | 50:38 11:24 | 52:50 2:12 | 1:01:43 8:53 | 1:04:52 3:09 | 1:11:27 6:35 | 1:13:18 1:51 | 1:17:16 3:58 | 1:19:02 1:46 |
| 6 | Eddie Narbett SWOA | 1:27:59 | 10:02 10:02 1:27:25 1:21 0:34 | 22:54 12:52 1:27:59 0:34 | 25:06 2:12 | 34:09 9:03 | 39:30 5:21 | 43:38 4:08 | 52:14 8:36 | 53:55 1:41 | 1:04:18 10:23 | 1:07:27 3:09 | 1:15:20 7:53 | 1:17:10 1:50 | 1:22:37 5:27 | 1:26:04 3:27 |
| 7 | Alasdair Pedley YHOA | 1:29:27 | 9:53 9:53 1:28:55 1:09 0:32 | 18:44 8:51 1:29:27 0:32 | 21:03 2:19 | 40:29 19:26 | 45:30 5:01 | 49:05 3:35 | 56:51 7:46 | 58:52 2:01 | 1:07:49 8:57 | 1:11:04 3:15 | 1:18:53 7:49 | 1:21:19 2:26 | 1:24:52 3:33 | 1:27:46 2:54 |
| 8 | Ewan McMillan SOA | 1:32:59 | 9:43 9:43 1:32:35 1:01 0:24 | 19:47 10:04 1:32:59 0:24 | 26:08 6:21 | 36:36 10:28 | 42:16 5:40 | 45:52 3:36 | 53:27 7:35 | 55:42 2:15 | 1:08:55 13:13 | 1:12:29 3:34 | 1:21:21 8:52 | 1:23:20 1:59 | 1:29:21 6:01 | 1:31:34 2:13 |
| 9 | Lachlan Chavasse NWOA | 1:33:22 | 10:50 10:50 1:32:49 1:06 0:33 | 22:16 11:26 1:33:22 0:33 | 25:05 2:49 | 32:32 7:27 | 39:16 6:44 | 44:42 5:26 | 56:37 11:55 | 59:07 2:30 | 1:10:37 11:30 | 1:14:57 4:20 | 1:22:54 7:57 | 1:25:39 2:45 | 1:29:17 3:38 | 1:31:43 2:26 |
| 10 | Joe Thomas WOA | 1:34:28 | 12:22 12:22 1:33:55 1:16 0:33 | 23:03 10:41 1:34:28 0:33 | 25:52 2:49 | 37:00 11:08 | 44:11 7:11 | 48:16 4:05 | 57:56 9:40 | 59:45 1:49 | 1:10:52 11:07 | 1:14:36 3:44 | 1:23:00 8:24 | 1:25:29 2:29 | 1:30:04 4:35 | 1:32:39 2:35 |
| 11 | Laurence Johnson NWOA | 1:35:54 | 11:44 11:44 1:35:22 1:01 0:32 | 21:40 9:56 1:35:54 0:32 | 24:18 2:38 | 37:55 13:37 | 43:58 6:03 | 47:47 3:49 | 56:07 8:20 | 1:00:40 4:33 | 1:13:26 12:46 | 1:16:52 3:26 | 1:25:37 8:45 | 1:27:40 2:03 | 1:31:56 4:16 | 1:34:21 2:25 |
| 12 | Sam Fielding SEOA | 1:36:48 | 10:49 10:49 1:36:20 1:29 0:28 | 24:14 13:25 1:36:48 0:28 | 26:50 2:36 | 36:14 9:24 | 46:23 10:09 | 50:09 3:46 | 59:26 9:17 | 1:01:58 2:32 | 1:13:01 11:03 | 1:16:13 3:12 | 1:23:30 7:17 | 1:27:12 3:42 | 1:32:00 4:48 | 1:34:51 2:51 |
| 13 | James Ackland SOA | 1:41:29 | 10:17 10:17 1:41:02 1:06 0:27 | 29:12 18:55 1:41:29 0:27 | 34:48 5:36 | 45:37 10:49 | 52:11 6:34 | 56:32 4:21 | 1:06:48 10:16 | 1:09:21 2:33 | 1:20:41 11:20 | 1:24:22 3:41 | 1:31:58 7:36 | 1:34:10 2:12 | 1:37:17 3:07 | 1:39:56 2:39 |
| 14 | Tom Lines SOA | 1:44:39 | 8:47 8:47 1:44:13 0:57 0:26 | 17:47 9:00 1:44:39 0:26 | 20:05 2:18 | 27:52 7:47 | 33:30 5:38 | 39:30 6:00 | 1:02:00 22:30 | 1:06:45 4:45 | 1:23:01 16:16 | 1:27:22 4:21 | 1:34:58 7:36 | 1:37:13 2:15 | 1:40:19 3:06 | 1:43:16 2:57 |
| 15 | Finn Lydon EMOA | 1:47:38 | 12:20 12:20 1:47:11 1:07 0:27 | 20:55 8:35 1:47:38 0:27 | 23:09 2:14 | 30:54 7:45 | 36:35 5:41 | 42:42 6:07 | 1:04:56 22:14 | 1:09:48 4:52 | 1:22:35 12:47 | 1:26:03 3:28 | 1:34:33 8:30 | 1:36:53 2:20 | 1:43:48 6:55 | 1:46:04 2:16 |
| 16 | William Reynolds WOA | 1:54:41 | 14:41 14:41 1:53:56 2:28 0:45 | 27:33 12:52 1:54:41 0:45 | 31:11 3:38 | 45:44 14:33 | 51:51 6:07 | 56:20 4:29 | 1:07:16 10:56 | 1:10:46 3:30 | 1:28:23 17:37 | 1:31:57 3:34 | 1:41:10 9:13 | 1:43:37 2:27 | 1:48:25 4:48 | 1:51:28 3:03 |
| 17 | Tim Harrison EAOA | 2:09:29 | 17:28 17:28 2:09:05 1:08 0:24 | 27:49 10:21 2:09:29 0:24 | 30:10 2:21 | 50:06 19:56 | 1:00:39 10:33 | 1:06:12 5:33 | 1:20:39 14:27 | 1:24:05 3:26 | 1:40:16 16:11 | 1:46:06 5:50 | 1:56:20 10:14 | 1:58:54 2:34 | 2:04:06 5:12 | 2:07:57 3:51 |
| 18 | James Nisbet EAOA | 2:18:46 | 12:55 12:55 2:18:23 1:26 0:23 | 24:49 11:54 2:18:46 0:23 | 28:03 3:14 | 48:32 20:29 | 56:41 8:09 | 1:02:04 5:23 | 1:18:41 16:37 | 1:22:29 3:48 | 1:37:18 14:49 | 1:42:37 5:19 | 2:03:31 20:54 | 2:05:36 2:05 | 2:12:10 6:34 | 2:16:57 4:47 |
| 19 | Louise Adams YHOA | 2:25:22 | 15:18 15:18 2:24:36 1:35 0:46 | 35:18 20:00 2:25:22 0:46 | 39:57 4:39 | 52:52 12:55 | 1:02:06 9:14 | 1:15:09 13:03 | 1:39:02 23:53 | 1:42:19 3:17 | 1:56:53 14:34 | 2:01:31 4:38 | 2:11:15 9:44 | 2:13:54 2:39 | 2:19:11 5:17 | 2:23:01 3:50 |
| 20 | Nick Wilson EMOA | 2:26:51 | 17:44 17:44 2:26:13 1:45 0:38 | 34:50 17:06 2:26:51 0:38 | 39:11 4:21 | 58:56 19:45 | 1:16:06 17:10 | 1:21:47 5:41 | 1:35:13 13:26 | 1:37:50 2:37 | 1:58:51 21:01 | 2:05:29 6:38 | 2:14:30 9:01 | 2:16:43 2:13 | 2:21:27 4:44 | 2:24:28 3:01 |
| 21 | James Howlett YHOA | 2:32:58 | 15:05 15:05 2:32:19 2:02 0:39 | 30:44 15:39 2:32:58 0:39 | 36:26 5:42 | 1:00:25 23:59 | 1:08:49 8:24 | 1:15:21 6:32 | 1:29:36 14:15 | 1:33:32 3:56 | 1:52:03 18:31 | 1:56:19 4:16 | 2:10:56 14:37 | 2:15:12 4:16 | 2:25:25 10:13 | 2:30:17 4:52 |
| 22 | Dafydd Thomas WOA | 2:34:40 | 21:54 21:54 2:34:01 1:12 0:39 | 43:09 21:15 2:34:40 0:39 | 47:15 4:06 | 1:05:35 18:20 | 1:20:06 14:31 | 1:27:36 7:30 | 1:48:05 20:29 | 1:51:16 3:11 | 2:11:07 19:51 | 2:14:56 3:49 | 2:23:34 8:38 | 2:25:38 2:04 | 2:30:15 4:37 | 2:32:49 2:34 |

| Pl | Name | Time | | | | | | | | | | | |
|-----------------|---------------------------|----------------|---------------------|---------|---------|---------|---------|---------------------|---------|-------------|---------|-------------|---------|
| W18 (26) | | | 6.3 km 280 m | | | | | 10 C (cont.) | | | | | |
| | | | 1(125) | 2(141) | 3(119) | 4(150) | 5(146) | 6(114) | 7(116) | 8(118) | 9(212) | 10(220) | Finish |
| 4 | Clare Stansfield | 1:04:35 | 13:32 | 25:54 | 36:00 | 40:51 | 45:00 | 52:46 | 56:06 | 59:04 | 1:02:41 | 1:03:58 | 1:04:35 |
| | SOA | | 13:32 | 12:22 | 10:06 | 4:51 | 4:09 | 7:46 | 3:20 | 2:58 | 3:37 | 1:17 | 0:37 |
| 5 | Lindsay Robertson | 1:04:41 | 12:47 | 25:10 | 35:30 | 41:05 | 45:03 | 52:55 | 56:21 | 59:32 | 1:03:04 | 1:04:11 | 1:04:41 |
| | SOA | | 12:47 | 12:23 | 10:20 | 5:35 | 3:58 | 7:52 | 3:26 | 3:11 | 3:32 | 1:07 | 0:30 |
| 6 | Chloe Potter | 1:10:47 | 17:25 | 31:11 | 41:55 | 47:09 | 51:11 | 58:44 | 1:02:24 | 1:05:37 | 1:09:06 | 1:10:13 | 1:10:47 |
| | SWOA | | 17:25 | 13:46 | 10:44 | 5:14 | 4:02 | 7:33 | 3:40 | 3:13 | 3:29 | 1:07 | 0:34 |
| 7 | Laura Hindle | 1:11:09 | 14:13 | 28:16 | 38:58 | 44:08 | 48:19 | 56:39 | 1:01:03 | 1:04:30 | 1:09:08 | 1:10:37 | 1:11:09 |
| | NWOA | | 14:13 | 14:03 | 10:42 | 5:10 | 4:11 | 8:20 | 4:24 | 3:27 | 4:38 | 1:29 | 0:32 |
| 8 | Lucy Haines | 1:12:43 | 13:08 | 26:40 | 43:49 | 48:24 | 53:08 | 1:00:03 | 1:04:20 | 1:07:03 | 1:11:07 | 1:12:13 | 1:12:43 |
| | YHOA | | 13:08 | 13:32 | 17:09 | 4:35 | 4:44 | 6:55 | 4:17 | 2:43 | 4:04 | 1:06 | 0:30 |
| 9 | Ella Gilbert | 1:20:48 | 14:54 | 34:15 | 45:12 | 50:21 | 54:49 | 1:05:20 | 1:10:26 | 1:14:06 | 1:18:34 | 1:20:07 | 1:20:48 |
| | EAOA | | 14:54 | 19:21 | 10:57 | 5:09 | 4:28 | 10:31 | 5:06 | 3:40 | 4:28 | 1:33 | 0:41 |
| 10 | Emily Brown | 1:29:04 | 15:49 | 30:29 | 41:56 | 1:03:23 | 1:07:57 | 1:15:19 | 1:19:28 | 1:23:35 | 1:27:10 | 1:28:22 | 1:29:04 |
| | NWOA | | 15:49 | 14:40 | 11:27 | 21:27 | 4:34 | 7:22 | 4:09 | 4:07 | 3:35 | 1:12 | 0:42 |
| 11 | Abi Mason | 1:29:18 | 14:17 | 27:46 | 54:19 | 1:00:57 | 1:06:29 | 1:14:54 | 1:19:11 | 1:22:58 | 1:26:59 | 1:28:32 | 1:29:18 |
| | SOA | | 14:17 | 13:29 | 26:33 | 6:38 | 5:32 | 8:25 | 4:17 | 3:47 | 4:01 | 1:33 | 0:46 |
| 12 | Heather Rogers | 1:31:14 | 21:09 | 40:24 | 51:48 | 58:09 | 1:03:37 | 1:15:56 | 1:20:27 | 1:24:36 | 1:28:57 | 1:30:33 | 1:31:14 |
| | WMOA | | 21:09 | 19:15 | 11:24 | 6:21 | 5:28 | 12:19 | 4:31 | 4:09 | 4:21 | 1:36 | 0:41 |
| 13 | Kathryn Barr | 1:33:35 | 14:26 | 34:58 | 55:56 | 1:02:36 | 1:07:12 | 1:16:41 | 1:21:49 | 1:24:51 | 1:31:02 | 1:32:46 | 1:33:35 |
| | SOA | | 14:26 | 20:32 | 20:58 | 6:40 | 4:36 | 9:29 | 5:08 | 3:02 | 6:11 | 1:44 | 0:49 |
| 14 | Elen Norris | 1:34:00 | 18:26 | 41:28 | 52:52 | 1:00:04 | 1:05:10 | 1:15:26 | 1:22:48 | 1:26:43 | 1:31:34 | 1:33:18 | 1:34:00 |
| | WOA | | 18:26 | 23:02 | 11:24 | 7:12 | 5:06 | 10:16 | 7:22 | 3:55 | 4:51 | 1:44 | 0:42 |
| 15 | Megan Bett | 1:36:55 | 21:33 | 38:45 | 53:08 | 1:00:47 | 1:07:07 | 1:18:06 | 1:23:58 | 1:29:22 | 1:34:42 | 1:36:15 | 1:36:55 |
| | SCOA | | 21:33 | 17:12 | 14:23 | 7:39 | 6:20 | 10:59 | 5:52 | 5:24 | 5:20 | 1:33 | 0:40 |
| 16 | Daisy Fletcher-Coo | 1:38:36 | 19:24 | 38:26 | 57:02 | 1:03:50 | 1:10:21 | 1:19:13 | 1:25:42 | 1:29:35 | 1:35:34 | 1:37:54 | 1:38:36 |
| | NWOA | | 19:24 | 19:02 | 18:36 | 6:48 | 6:31 | 8:52 | 6:29 | 3:53 | 5:59 | 2:20 | 0:42 |
| 17 | Elizabeth Bedwell | 1:42:05 | 23:22 | 47:38 | 1:04:57 | 1:12:01 | 1:18:13 | 1:27:18 | 1:31:49 | 1:35:10 | 1:40:04 | 1:41:26 | 1:42:05 |
| | EMOA | | 23:22 | 24:16 | 17:19 | 7:04 | 6:12 | 9:05 | 4:31 | 3:21 | 4:54 | 1:22 | 0:39 |
| 18 | Heather Craig | 1:47:42 | 23:33 | 46:41 | 1:03:48 | 1:11:12 | 1:16:48 | 1:29:50 | 1:35:42 | 1:40:30 | 1:45:13 | 1:47:05 | 1:47:42 |
| | WMOA | | 23:33 | 23:08 | 17:07 | 7:24 | 5:36 | 13:02 | 5:52 | 4:48 | 4:43 | 1:52 | 0:37 |
| 19 | Gabriel Rawlinson | 1:53:34 | 25:31 | 46:58 | 1:09:13 | 1:16:01 | 1:22:26 | 1:35:53 | 1:40:57 | 1:46:21 | 1:51:05 | 1:52:47 | 1:53:34 |
| | EMOA | | 25:31 | 21:27 | 22:15 | 6:48 | 6:25 | 13:27 | 5:04 | 5:24 | 4:44 | 1:42 | 0:47 |
| 20 | Megan Harrison | 2:09:24 | 21:41 | 37:41 | 1:03:44 | 1:17:22 | 1:23:54 | 1:38:16 | 1:45:52 | 1:59:11 | 2:05:09 | 2:08:37 | 2:09:24 |
| | YHOA | | 21:41 | 16:00 | 26:03 | 13:38 | 6:32 | 14:22 | 7:36 | 13:19 | 5:58 | 3:28 | 0:47 |
| 21 | Annie Ockenden | 2:11:00 | 22:39 | 1:04:12 | 1:17:36 | 1:25:54 | 1:35:19 | 1:50:48 | 1:56:50 | 2:02:00 | 2:08:39 | 2:10:17 | 2:11:00 |
| | NWOA | | 22:39 | 41:33 | 13:24 | 8:18 | 9:25 | 15:29 | 6:02 | 5:10 | 6:39 | 1:38 | 0:43 |
| 22 | Holly Hughes | 2:11:49 | 35:41 | 59:38 | 1:24:40 | 1:33:32 | 1:39:40 | 1:51:52 | 1:56:47 | 2:00:53 | 2:07:15 | 2:11:14 | 2:11:49 |
| | WMOA | | 35:41 | 23:57 | 25:02 | 8:52 | 6:08 | 12:12 | 4:55 | 4:06 | 6:22 | 3:59 | 0:35 |
| 23 | Sophie Pruzina | 2:17:01 | 24:56 | 54:55 | 1:18:36 | 1:35:39 | 1:43:03 | 1:57:53 | 2:05:18 | 2:09:52 | 2:14:57 | 2:16:27 | 2:17:01 |
| | NIOA | | 24:56 | 29:59 | 23:41 | 17:03 | 7:24 | 14:50 | 7:25 | 4:34 | 5:05 | 1:30 | 0:34 |
| | Siobhan Lock | dnf | 20:22 | 55:27 | 1:07:37 | 1:17:44 | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | WOA | | 20:22 | 35:05 | 12:10 | 10:07 | | | | | | | |
| | Emily Thomas | dnf | 18:27 | 38:19 | 49:33 | 59:46 | ----- | ----- | ----- | ----- | ----- | ----- | ----- |
| | WOA | | 18:27 | 19:52 | 11:14 | 10:13 | | | | | | | |
| nc | Roanne Lilley | mp | 13:09 | 27:57 | ----- | 1:11:44 | 1:17:13 | 1:26:35 | 1:30:47 | 1:34:33 | 1:40:20 | 1:41:38 | 1:42:13 |
| | SOA | | 13:09 | 14:48 | | 43:47 | 5:29 | 9:22 | 4:12 | 3:46 | 5:47 | 1:18 | 0:35 |