

| Pl | Name | Age Clas | Time | Urban Course (33) | | | | | | | | | | | | |
|----|---------------------------|----------|-------|-------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--|
| | | | | 4.0 km 0 m | | | | | | 33 C | | | | | | |
| | | | | 1(159) | 2(169) | 3(170) | 4(171) | 5(132) | 6(168) | 7(154) | 8(167) | 9(166) | 10(131) | 11(130) | 12(156) | |
| | | | | 13(157) | 14(163) | 15(161) | 16(165) | 17(162) | 18(160) | 19(174) | 20(172) | 21(155) | 22(158) | 23(152) | 24(153) | |
| | | | | 25(103) | 26(129) | 27(106) | 28(173) | 29(133) | 30(139) | 31(243) | 32(140) | 33(96) | Finish | | | |
| 1 | Mark Stockton GRAMP | M21 | 30:42 | 0:28 | 1:02 | 1:44 | 2:37 | 3:49 | 5:04 | 6:19 | 6:47 | 8:04 | 8:32 | 9:19 | 10:30 | |
| | | | | 0:28 | 0:34 | 0:42 | 0:53 | 1:12 | 1:15 | 1:15 | 0:28 | 1:17 | 0:28 | 0:47 | 1:11 | |
| | | | | 12:19 | 13:14 | 14:02 | 14:25 | 15:28 | 16:12 | 17:14 | 17:54 | 18:42 | 19:47 | 20:57 | 22:00 | |
| | | | | 1:49 | 0:55 | 0:48 | 0:23 | 1:03 | 0:44 | 1:02 | 0:40 | 0:48 | 1:05 | 1:10 | 1:03 | |
| | | | | 22:56 | 23:49 | 24:56 | 26:17 | 27:12 | 28:23 | 28:55 | 29:47 | 30:24 | 30:42 | | | |
| | | | | 0:56 | 0:53 | 1:07 | 1:21 | 0:55 | 1:11 | 0:32 | 0:52 | 0:37 | 0:18 | | | |
| 2 | Angel Iliev AUOC | M21 | 30:52 | 0:29 | 1:04 | 1:34 | 2:17 | 3:26 | 4:38 | 6:04 | 6:33 | 7:48 | 8:18 | 9:02 | 9:59 | |
| | | | | 0:29 | 0:35 | 0:30 | 0:43 | 1:09 | 1:12 | 1:26 | 0:29 | 1:15 | 0:30 | 0:44 | 0:57 | |
| | | | | 11:39 | 12:36 | 13:12 | 13:39 | 14:57 | 15:48 | 16:48 | 17:23 | 18:54 | 19:53 | 21:08 | 22:14 | |
| | | | | 1:40 | 0:57 | 0:36 | 0:27 | 1:18 | 0:51 | 1:00 | 0:35 | 1:31 | 0:59 | 1:15 | 1:06 | |
| | | | | 23:11 | 24:04 | 25:02 | 26:14 | 27:08 | 28:23 | 28:52 | 30:02 | 30:34 | 30:52 | | | |
| | | | | 0:57 | 0:53 | 0:58 | 1:12 | 0:54 | 1:15 | 0:29 | 1:10 | 0:32 | 0:18 | | | |
| 3 | Jake Chapman MAROC | M16 | 32:26 | 0:33 | 1:05 | 1:47 | 2:50 | 3:56 | 5:15 | 6:38 | 7:05 | 8:31 | 9:05 | 9:47 | 11:02 | |
| | | | | 0:33 | 0:32 | 0:42 | 1:03 | 1:06 | 1:19 | 1:23 | 0:27 | 1:26 | 0:34 | 0:42 | 1:15 | |
| | | | | 12:39 | 13:36 | 14:23 | 14:47 | 15:50 | 16:32 | 17:48 | 18:25 | 19:14 | 20:04 | 21:16 | 22:25 | |
| | | | | 1:37 | 0:57 | 0:47 | 0:24 | 1:03 | 0:42 | 1:16 | 0:37 | 0:49 | 0:50 | 1:12 | 1:09 | |
| | | | | 23:21 | 24:15 | 25:32 | 26:49 | 28:01 | 29:24 | 30:00 | 31:28 | 32:07 | 32:26 | | | |
| | | | | 0:56 | 0:54 | 1:17 | 1:17 | 1:12 | 1:23 | 0:36 | 1:28 | 0:39 | 0:19 | | | |
| 4 | Evgueni Chepelin GRAMP | M50 | 34:54 | 0:37 | 1:15 | 2:04 | 2:55 | 4:10 | 5:27 | 6:51 | 7:22 | 9:07 | 9:37 | 10:26 | 11:54 | |
| | | | | 0:37 | 0:38 | 0:49 | 0:51 | 1:15 | 1:17 | 1:24 | 0:31 | 1:45 | 0:30 | 0:49 | 1:28 | |
| | | | | 13:44 | 14:46 | 15:19 | 15:49 | 16:50 | 17:34 | 18:39 | 19:28 | 20:27 | 21:36 | 22:50 | 24:03 | |
| | | | | 1:50 | 1:02 | 0:33 | 0:30 | 1:01 | 0:44 | 1:05 | 0:49 | 0:59 | 1:09 | 1:14 | 1:13 | |
| | | | | 25:06 | 26:08 | 27:17 | 29:23 | 30:20 | 31:39 | 32:08 | 33:58 | 34:36 | 34:54 | | | |
| | | | | 1:03 | 1:02 | 1:09 | 2:06 | 0:57 | 1:19 | 0:29 | 1:50 | 0:38 | 0:18 | | | |
| 5 | Chris Cowley No Club | M21 | 37:35 | 0:31 | 1:09 | 1:50 | 2:38 | 3:54 | 5:40 | 7:11 | 7:42 | 9:32 | 10:15 | 11:07 | 12:38 | |
| | | | | 0:31 | 0:38 | 0:41 | 0:48 | 1:16 | 1:46 | 1:31 | 0:31 | 1:50 | 0:43 | 0:52 | 1:31 | |
| | | | | 14:28 | 15:53 | 16:42 | 17:06 | 18:19 | 19:21 | 20:45 | 21:27 | 22:26 | 24:03 | 25:23 | 26:47 | |
| | | | | 1:50 | 1:25 | 0:49 | 0:24 | 1:13 | 1:02 | 1:24 | 0:42 | 0:59 | 1:37 | 1:20 | 1:24 | |
| | | | | 27:51 | 28:58 | 30:09 | 31:50 | 32:49 | 34:15 | 34:50 | 36:38 | 37:17 | 37:35 | | | |
| | | | | 1:04 | 1:07 | 1:11 | 1:41 | 0:59 | 1:26 | 0:35 | 1:48 | 0:39 | 0:18 | | | |
| 5 | Robert Hickling GRAMP | M60 | 37:35 | 1:06 | 1:45 | 2:30 | 3:30 | 4:52 | 6:23 | 8:04 | 8:40 | 10:11 | 10:54 | 11:50 | 13:01 | |
| | | | | 1:06 | 0:39 | 0:45 | 1:00 | 1:22 | 1:31 | 1:41 | 0:36 | 1:31 | 0:43 | 0:56 | 1:11 | |
| | | | | 15:05 | 16:12 | 16:55 | 17:27 | 18:39 | 19:31 | 20:52 | 21:38 | 22:41 | 23:59 | 25:28 | 26:49 | |
| | | | | 2:04 | 1:07 | 0:43 | 0:32 | 1:12 | 0:52 | 1:21 | 0:46 | 1:03 | 1:18 | 1:29 | 1:21 | |
| | | | | 28:02 | 29:06 | 30:30 | 32:15 | 33:18 | 34:46 | 35:30 | 36:32 | 37:16 | 37:35 | | | |
| | | | | 1:13 | 1:04 | 1:24 | 1:45 | 1:03 | 1:28 | 0:44 | 1:02 | 0:44 | 0:19 | | | |
| 7 | Pete Lawrence GRAMP | M50 | 37:45 | 0:35 | 1:16 | 2:04 | 2:58 | 4:24 | 5:56 | 8:53 | 9:29 | 10:59 | 11:32 | 12:34 | 13:50 | |
| | | | | 0:35 | 0:41 | 0:48 | 0:54 | 1:26 | 1:32 | 2:57 | 0:36 | 1:30 | 0:33 | 1:02 | 1:16 | |
| | | | | 16:02 | 17:12 | 17:54 | 18:28 | 19:40 | 20:28 | 21:41 | 22:21 | 23:21 | 24:17 | 25:40 | 26:59 | |
| | | | | 2:12 | 1:10 | 0:42 | 0:34 | 1:12 | 0:48 | 1:13 | 0:40 | 1:00 | 0:56 | 1:23 | 1:19 | |
| | | | | 28:07 | 29:24 | 30:42 | 32:22 | 33:29 | 35:04 | 35:41 | 36:40 | 37:23 | 37:45 | | | |
| | | | | 1:08 | 1:17 | 1:18 | 1:40 | 1:07 | 1:35 | 0:37 | 0:59 | 0:43 | 0:22 | | | |
| 8 | Tom Hindson No Club | M21 | 39:18 | 0:41 | 1:26 | 2:01 | 3:00 | 4:32 | 6:03 | 7:39 | 8:11 | 10:20 | 11:08 | 11:59 | 13:49 | |
| | | | | 0:41 | 0:45 | 0:35 | 0:59 | 1:32 | 1:31 | 1:36 | 0:32 | 2:09 | 0:48 | 0:51 | 1:50 | |
| | | | | 15:53 | 17:04 | 17:44 | 18:20 | 19:42 | 20:38 | 21:56 | 22:42 | 23:45 | 24:53 | 26:51 | 28:09 | |
| | | | | 2:04 | 1:11 | 0:40 | 0:36 | 1:22 | 0:56 | 1:18 | 0:46 | 1:03 | 1:08 | 1:58 | 1:18 | |
| | | | | 29:25 | 30:37 | 31:57 | 33:48 | 34:54 | 36:24 | 37:03 | 38:13 | 38:58 | 39:18 | | | |
| | | | | 1:16 | 1:12 | 1:20 | 1:51 | 1:06 | 1:30 | 0:39 | 1:10 | 0:45 | 0:20 | | | |
| 9 | David Kirk GRAMP | M45 | 39:24 | 0:36 | 1:24 | 2:03 | 3:09 | 4:42 | 6:16 | 7:58 | 8:32 | 10:13 | 10:54 | 11:52 | 13:26 | |
| | | | | 0:36 | 0:48 | 0:39 | 1:06 | 1:33 | 1:34 | 1:42 | 0:34 | 1:41 | 0:41 | 0:58 | 1:34 | |
| | | | | 15:42 | 17:02 | 17:53 | 18:21 | 19:47 | 20:45 | 22:12 | 23:00 | 24:02 | 25:05 | 26:29 | 27:46 | |
| | | | | 2:16 | 1:20 | 0:51 | 0:28 | 1:26 | 0:58 | 1:27 | 0:48 | 1:02 | 1:03 | 1:24 | 1:17 | |
| | | | | 29:00 | 30:06 | 31:49 | 33:39 | 34:41 | 36:15 | 36:58 | 38:07 | 38:57 | 39:24 | | | |
| | | | | 1:14 | 1:06 | 1:43 | 1:50 | 1:02 | 1:34 | 0:43 | 1:09 | 0:50 | 0:27 | | | |
| 9 | Ian Hamilton GRAMP | M55 | 39:24 | 0:49 | 1:40 | 2:13 | 3:20 | 4:45 | 6:14 | 8:00 | 8:36 | 10:19 | 10:55 | 12:03 | 13:33 | |
| | | | | 0:49 | 0:51 | 0:33 | 1:07 | 1:25 | 1:29 | 1:46 | 0:36 | 1:43 | 0:36 | 1:08 | 1:30 | |
| | | | | 15:50 | 17:20 | 18:34 | 19:01 | 20:13 | 21:08 | 22:26 | 23:17 | 24:20 | 25:14 | 27:03 | 28:21 | |
| | | | | 2:17 | 1:30 | 1:14 | 0:27 | 1:12 | 0:55 | 1:18 | 0:51 | 1:03 | 0:54 | 1:49 | 1:18 | |
| | | | | 29:26 | 30:39 | 32:00 | 33:42 | 34:50 | 36:23 | 37:01 | 38:12 | 39:01 | 39:24 | | | |
| | | | | 1:05 | 1:13 | 1:21 | 1:42 | 1:08 | 1:33 | 0:38 | 1:11 | 0:49 | 0:23 | | | |
| 11 | Adrian Will GRAMP | M40 | 40:26 | 0:37 | 1:20 | 2:00 | 2:57 | 4:25 | 6:00 | 7:39 | 8:15 | 10:12 | 10:54 | 11:55 | 13:28 | |
| | | | | 0:37 | 0:43 | 0:40 | 0:57 | 1:28 | 1:35 | 1:39 | 0:36 | 1:57 | 0:42 | 1:01 | 1:33 | |
| | | | | 15:49 | 17:01 | 17:53 | 18:32 | 19:58 | 20:53 | 22:19 | 23:33 | 24:38 | 25:59 | 27:32 | 28:58 | |
| | | | | 2:21 | 1:12 | 0:52 | 0:39 | 1:26 | 0:55 | 1:26 | 1:14 | 1:05 | 1:21 | 1:33 | 1:26 | |
| | | | | 30:15 | 31:24 | 33:10 | 34:41 | 35:51 | 37:33 | 38:09 | 39:20 | 40:01 | 40:26 | | | |
| | | | | 1:17 | 1:09 | 1:46 | 1:31 | 1:10 | 1:42 | 0:36 | 1:11 | 0:41 | 0:25 | | | |
| 12 | Keith Roberts MAROC | M55 | 41:25 | 0:38 | 1:25 | 2:17 | 3:21 | 4:49 | 6:23 | 7:59 | 8:40 | 10:25 | 11:17 | 12:14 | 13:53 | |
| | | | | 0:38 | 0:47 | 0:52 | 1:04 | 1:28 | 1:34 | 1:36 | 0:41 | 1:45 | 0:52 | 0:57 | 1:39 | |
| | | | | 16:21 | 17:46 | 18:47 | 19:15 | 20:31 | 21:24 | 22:51 | 23:44 | 24:52 | 26:31 | 28:05 | 29:32 | |
| | | | | 2:28 | 1:25 | 1:01 | 0:28 | 1:16 | 0:53 | 1:27 | 0:53 | 1:08 | 1:39 | 1:34 | 1:27 | |
| | | | | 30:47 | 31:55 | 33:43 | 35:08 | 36:17 | 37:49 | 38:35 | 40:02 | 41:04 | 41:25 | | | |
| | | | | 1:15 | 1:08 | 1:48 | 1:25 | 1:09 | 1:32 | 0:46 | 1:27 | 1:02 | 0:21 | | | |
| 13 | Bob Sheridan GRAMP | M45 | 42:08 | 0:38 | 1:19 | 2:05 | 3:12 | 4:40 | 6:07 | 7:40 | 8:10 | 9:56 | 10:31 | 11:21 | 12:47 | |
| | | | | 0:38 | 0:41 | 0:46 | 1:07 | 1:28 | 1:27 | 1:33 | 0:30 | 1:46 | 0:35 | 0:50 | 1:26 | |
| | | | | 14:48 | 17:02 | 17:40 | 18:15 | 19:16 | 20:31 | 22:15 | 23:02 | 25:51 | 27:20 | 28:45 | 30:01 | |
| | | | | 2:01 | 2:14 | 0:38 | 0:35 | 1:01 | 1:15 | 1:44 | 0:47 | 2:49 | 1:29 | 1:25 | 1:16 | |
| | | | | 32:27 | 33:24 | 35:07 | 36:21 | 37:26 | 38:42 | 39:23 | 41:03 | 41:51 | 42:08 | | | |
| | | | | 2:26 | | | | | | | | | | | | |

| Pl | Name | Age Clas | Time | | | | | | | | | | | | | |
|-----------------------------|------------------------------|----------|-------|-------------------|---------|---------|-------------|---------|---------|----------------|---------|---------|---------|---------|---------|------|
| Urban Course (33) | | | | 4.0 km 0 m | | | 33 C | | | <i>(cont.)</i> | | | | | | |
| | | | | 1(159) | 2(169) | 3(170) | 4(171) | 5(132) | 6(168) | 7(154) | 8(167) | 9(166) | 10(131) | 11(130) | 12(156) | |
| | | | | 13(157) | 14(163) | 15(161) | 16(165) | 17(162) | 18(160) | 19(174) | 20(172) | 21(155) | 22(158) | 23(152) | 24(153) | |
| | | | | 25(103) | 26(129) | 27(106) | 28(173) | 29(133) | 30(139) | 31(243) | 32(140) | 33(96) | Finish | | | |
| 14 | Michaela Kolistanik AUOC | W21 | 42:26 | 0:32 | 1:23 | 2:14 | 3:18 | 4:50 | 6:20 | 8:03 | 8:36 | 10:53 | 12:14 | 13:20 | 15:05 | |
| | | | | 0:32 | 0:51 | 0:51 | 1:04 | 1:32 | 1:30 | 1:43 | 0:33 | 2:17 | 1:21 | 1:06 | 1:45 | |
| | | | | 17:20 | 18:42 | 19:25 | 20:04 | 21:26 | 22:27 | 23:59 | 24:45 | 25:51 | 26:57 | 28:30 | 30:00 | |
| | | | | 2:15 | 1:22 | 0:43 | 0:39 | 1:22 | 1:01 | 1:32 | 0:46 | 1:06 | 1:06 | 1:33 | 1:30 | |
| | | | | 31:14 | 32:32 | 34:04 | 36:06 | 37:23 | 39:12 | 40:03 | 41:19 | 42:08 | 42:26 | | | |
| 15 | James Cruickshank No Club | M21 | 46:06 | 1:14 | 1:18 | 1:32 | 2:02 | 1:17 | 1:49 | 0:51 | 1:16 | 0:49 | 0:18 | | | |
| | | | | 0:41 | 1:27 | 2:23 | 3:23 | 8:30 | 9:50 | 11:28 | 12:02 | 13:52 | 16:08 | 17:03 | 18:38 | |
| | | | | 0:41 | 0:46 | 0:56 | 1:00 | 5:07 | 1:20 | 1:38 | 0:34 | 1:50 | 2:16 | 0:55 | 1:35 | |
| | | | | 20:41 | 21:52 | 22:36 | 23:11 | 24:15 | 25:13 | 26:32 | 27:33 | 28:34 | 29:54 | 31:51 | 33:07 | |
| | | | | 2:03 | 1:11 | 0:44 | 0:35 | 1:04 | 0:58 | 1:19 | 1:01 | 1:01 | 1:20 | 1:57 | 1:16 | |
| 16 | Sato Kuitunen AUOC | W21 | 55:40 | 34:18 | 35:22 | 36:49 | 38:38 | 39:42 | 41:25 | 43:46 | 44:56 | 45:48 | 46:06 | | | |
| | | | | 1:11 | 1:04 | 1:27 | 1:49 | 1:04 | 1:43 | 2:21 | 1:10 | 0:52 | 0:18 | | | |
| | | | | 0:56 | 2:12 | 3:07 | 4:26 | 6:48 | 9:04 | 11:23 | 12:08 | 14:54 | 17:08 | 18:30 | 21:13 | |
| | | | | 0:56 | 1:16 | 0:55 | 1:19 | 2:22 | 2:16 | 2:19 | 0:45 | 2:46 | 2:14 | 1:22 | 2:43 | |
| | | | | 24:17 | 26:53 | 28:00 | 28:40 | 30:12 | 31:35 | 33:32 | 34:37 | 36:01 | 37:59 | 39:47 | 41:22 | |
| 17 | Colinne Boniface AUOC | W20 | 56:44 | 3:04 | 2:36 | 1:07 | 0:40 | 1:32 | 1:23 | 1:57 | 1:05 | 1:24 | 1:58 | 1:48 | 1:35 | |
| | | | | 42:46 | 44:08 | 45:49 | 48:25 | 49:48 | 51:41 | 52:29 | 53:59 | 55:10 | 55:40 | | | |
| | | | | 1:24 | 1:22 | 1:41 | 2:36 | 1:23 | 1:53 | 0:48 | 1:30 | 1:11 | 0:30 | | | |
| | | | | 0:48 | 1:49 | 2:48 | 4:16 | 6:40 | 8:09 | 10:38 | 11:20 | 13:53 | 14:54 | 16:06 | 19:50 | |
| | | | | 0:48 | 1:01 | 0:59 | 1:28 | 2:24 | 1:29 | 2:29 | 0:42 | 2:33 | 1:01 | 1:12 | 3:44 | |
| 18 | Lachlan Kirk GRAMP | M16 | 58:24 | 22:15 | 24:02 | 25:11 | 25:58 | 28:07 | 31:19 | 32:59 | 34:03 | 35:34 | 37:46 | 40:00 | 41:48 | |
| | | | | 2:25 | 1:47 | 1:09 | 0:47 | 2:09 | 3:12 | 1:40 | 1:04 | 1:31 | 2:12 | 2:14 | 1:48 | |
| | | | | 44:19 | 45:41 | 47:39 | 49:58 | 51:18 | 53:03 | 53:48 | 55:14 | 56:19 | 56:44 | | | |
| | | | | 2:31 | 1:22 | 1:58 | 2:19 | 1:20 | 1:45 | 0:45 | 1:26 | 1:05 | 0:25 | | | |
| | | | | 0:32 | 1:11 | 2:08 | 3:52 | 6:06 | 7:38 | 9:46 | 10:16 | 11:40 | 12:41 | 13:36 | 15:19 | |
| 19 | Olivia Coman No Club | JW | 65:01 | 0:32 | 0:39 | 0:57 | 1:44 | 2:14 | 1:32 | 2:08 | 0:30 | 1:24 | 1:01 | 0:55 | 1:43 | |
| | | | | 17:21 | 18:38 | 19:28 | 22:07 | 23:13 | 24:41 | 26:02 | 26:59 | 35:13 | 37:12 | 38:55 | 40:28 | |
| | | | | 2:02 | 1:17 | 0:50 | 2:39 | 1:06 | 1:28 | 1:21 | 0:57 | 8:14 | 1:59 | 1:43 | 1:33 | |
| | | | | 43:13 | 45:37 | 49:29 | 51:42 | 52:53 | 54:14 | 54:57 | 56:51 | 57:59 | 58:24 | | | |
| | | | | 2:45 | 2:24 | 3:52 | 2:13 | 1:11 | 1:21 | 0:43 | 1:54 | 1:08 | 0:25 | | | |
| 20 | Richard Salway MAROC | M50 | 71:20 | 0:55 | 1:48 | 3:11 | 4:24 | 7:36 | 9:30 | 11:54 | 12:54 | 16:40 | 17:43 | 21:11 | 22:47 | |
| | | | | 0:55 | 0:53 | 1:23 | 1:13 | 3:12 | 1:54 | 2:24 | 1:00 | 3:46 | 1:03 | 3:28 | 1:36 | |
| | | | | 27:22 | 29:25 | 30:32 | 31:22 | 34:21 | 36:05 | 38:18 | 39:30 | 41:34 | 43:44 | 45:58 | 48:24 | |
| | | | | 4:35 | 2:03 | 1:07 | 0:50 | 2:59 | 1:44 | 2:13 | 1:12 | 2:04 | 2:10 | 2:14 | 2:26 | |
| | | | | 50:45 | 52:27 | 54:23 | 57:09 | 58:27 | 60:49 | 61:41 | 63:13 | 64:25 | 65:01 | | | |
| 21 | Carl Boyd No Club | M50 | 74:36 | 2:21 | 1:42 | 1:56 | 2:46 | 1:18 | 2:22 | 0:52 | 1:32 | 1:12 | 0:36 | | | |
| | | | | 0:45 | 2:29 | 3:33 | 5:12 | 7:46 | 10:30 | 13:16 | 14:10 | 17:17 | 18:34 | 19:54 | 21:53 | |
| | | | | 0:45 | 1:44 | 1:04 | 1:39 | 2:34 | 2:44 | 2:46 | 0:54 | 3:07 | 1:17 | 1:20 | 1:59 | |
| | | | | 25:33 | 27:37 | 28:43 | 29:46 | 31:41 | 33:30 | 35:28 | 36:51 | 41:49 | 45:26 | 47:36 | 50:00 | |
| | | | | 3:40 | 2:04 | 1:06 | 1:03 | 1:55 | 1:49 | 1:58 | 1:23 | 4:58 | 3:37 | 2:10 | 2:24 | |
| Gordon Urquhart GRAMP | M35 | mp | 0:27 | 53:51 | 55:26 | 58:04 | 61:10 | 62:53 | 65:06 | 66:38 | 69:09 | 70:51 | 71:20 | | | |
| | | | | 3:51 | 1:35 | 2:38 | 3:06 | 1:43 | 2:13 | 1:32 | 2:31 | 1:42 | 0:29 | | | |
| | | | | 1:34 | 2:42 | 3:34 | 4:53 | 8:53 | 10:56 | 13:39 | 14:42 | 19:17 | 20:47 | 22:27 | 25:08 | |
| | | | | 1:34 | 1:08 | 0:52 | 1:19 | 4:00 | 2:03 | 2:43 | 1:03 | 4:35 | 1:30 | 1:40 | 2:41 | |
| | | | | 29:45 | 31:42 | 33:24 | 34:18 | 36:51 | 38:36 | 42:11 | 44:00 | 45:46 | 47:59 | 51:02 | 53:43 | |
| William Nicolson No Club | M40 | mp | 0:45 | 4:37 | 1:57 | 1:42 | 0:54 | 2:33 | 1:45 | 3:35 | 1:49 | 1:46 | 2:13 | 3:03 | 2:41 | |
| | | | | 57:43 | 59:42 | 62:10 | 65:09 | 66:44 | 69:17 | 70:26 | 72:37 | 73:48 | 74:36 | | | |
| | | | | 4:00 | 1:59 | 2:28 | 2:59 | 1:35 | 2:33 | 1:09 | 2:11 | 1:11 | 0:48 | | | |
| | | | | 0:27 | 1:02 | 1:47 | 2:39 | 4:18 | 5:23 | 6:46 | 7:16 | 8:54 | 9:26 | 10:11 | 11:24 | |
| | | | | 0:27 | 0:35 | 0:45 | 0:52 | 1:39 | 1:05 | 1:23 | 0:30 | 1:38 | 0:32 | 0:45 | 1:13 | |
| Robert Daly GRAMP | M55 | mp | 0:44 | 13:25 | 14:35 | 15:20 | 15:43 | 16:46 | 17:28 | 18:37 | ---- | 20:20 | 21:23 | 22:38 | 23:41 | |
| | | | | 2:01 | 1:10 | 0:45 | 0:23 | 1:03 | 0:42 | 1:09 | 1:09 | 1:43 | 1:03 | 1:15 | 1:03 | |
| | | | | 24:40 | 25:37 | 26:57 | 28:24 | 29:19 | 30:30 | 31:20 | 32:25 | 33:06 | 33:26 | | | |
| | | | | 0:59 | 0:57 | 1:20 | 1:27 | 0:55 | 1:11 | 0:50 | 1:05 | 0:41 | 0:20 | | | |
| | | | | 0:45 | 1:33 | ---- | 3:34 | 5:35 | 6:47 | 8:47 | 9:17 | 10:55 | 11:43 | 13:36 | 14:56 | |
| Rachel Scott GRAMP | W50 | mp | 0:42 | 0:45 | 0:48 | ---- | 2:01 | 2:01 | 1:12 | 2:00 | 0:30 | 1:38 | 0:48 | 1:53 | 1:20 | |
| | | | | 16:50 | 18:25 | 19:09 | 19:44 | 20:59 | 22:14 | 23:55 | 24:39 | 27:28 | 29:08 | 30:25 | 31:38 | |
| | | | | 1:54 | 1:35 | 0:44 | 0:35 | 1:15 | 1:15 | 1:41 | 0:44 | 2:49 | 1:40 | 1:17 | 1:13 | |
| | | | | 34:14 | 35:19 | 36:29 | 37:56 | 38:53 | 40:38 | 41:09 | 42:42 | 43:35 | 43:53 | | | |
| | | | | 2:36 | 1:05 | 1:10 | 1:27 | 0:57 | 1:45 | 0:31 | 1:33 | 0:53 | 0:18 | | | *243 |
| Robert Daly GRAMP | M55 | mp | 0:44 | 0:44 | 1:32 | 2:15 | 3:25 | 5:09 | 6:55 | 8:43 | 9:20 | 11:26 | 12:07 | 13:03 | 15:21 | |
| | | | | 0:44 | 0:48 | 0:43 | 1:10 | 1:44 | 1:46 | 1:48 | 0:37 | 2:06 | 0:41 | 0:56 | 2:18 | |
| | | | | 17:31 | 19:06 | 20:23 | 21:39 | 23:06 | 24:13 | 25:32 | ---- | 27:15 | 29:05 | 30:34 | 32:18 | |
| | | | | 2:10 | 1:35 | 1:17 | 1:16 | 1:27 | 1:07 | 1:19 | | 1:43 | 1:50 | 1:29 | 1:44 | |
| | | | | 33:30 | 34:37 | 36:17 | 38:15 | 39:29 | 41:05 | 41:50 | 43:04 | 43:58 | 44:22 | | | |
| Rachel Scott GRAMP | W50 | mp | 0:42 | 1:12 | 1:07 | 1:40 | 1:58 | 1:14 | 1:36 | 0:45 | 1:14 | 0:54 | 0:24 | | | |
| | | | | 0:42 | 0:48 | 1:02 | 1:34 | 1:52 | 2:08 | 2:13 | 0:46 | 2:36 | 0:51 | 1:08 | 1:38 | |
| | | | | 20:08 | 21:36 | 22:32 | 23:07 | 24:43 | 25:56 | 27:40 | ---- | 29:38 | 30:57 | 32:48 | 34:26 | |
| | | | | 2:50 | 1:28 | 0:56 | 0:35 | 1:36 | 1:13 | 1:44 | | 1:58 | 1:19 | 1:51 | 1:38 | |
| | | | | 35:51 | 37:20 | 39:24 | 41:46 | 43:10 | 45:07 | 45:51 | 47:16 | 48:04 | 48:31 | | | |
| | | | | 1:25 | 1:29 | 2:04 | 2:22 | 1:24 | 1:57 | 0:44 | 1:25 | 0:48 | 0:27 | | | |

