

| Pl | Name | Club | S1 | S2 | S3 | Time |
|----------------------|-------------------|------|-----------|-----------|---------|---------|
| Men 10A (4) | | | | | | |
| 1 | Hayden Dent | RR A | 11:16 2 | 12:12 1 | 6:17 1 | 29:45 |
| 2 | Connor Dent | RR A | 11:24 3 | 13:04 2 | 6:18 2 | 30:46 |
| 3 | Rory Shedden | SH N | 11:11 1 | 16:00 3 | 7:45 3 | 34:56 |
| | Kari Marsh | BF N | 16:10 4 | mp | 9:34 4 | |
| Women 10A (1) | | | | | | |
| | Nicola McConaghy | GO N | | | 15:12 1 | |
| Men 12A (5) | | | | | | |
| 1 | Elye Dent | RR A | 14:42 1 | 17:54 1 | 7:06 1 | 39:42 |
| 2 | Alton Freeman | BF N | 16:55 2 | 19:33 2 | 12:41 4 | 49:09 |
| 3 | Alex Woolford | BB N | 19:57 3 | 20:57 3 | 14:54 5 | 55:48 |
| 4 | Curtis Pepper | BN N | 21:01 4 | 27:26 5 | 10:52 2 | 59:19 |
| | Jonathan Nolan | UR N | mp | 27:25 4 | 12:31 3 | |
| Women 12A (4) | | | | | | |
| 1 | Maggie Mackay | UR N | 27:03 1 | 26:46 1 | 15:02 1 | 1:08:51 |
| 2 | Savanna Sweeney | WH N | 27:26 2 | 33:06 2 | 15:06 2 | 1:15:38 |
| | Eve Murray | SH N | 38:24 4 | dns | 32:44 3 | |
| | Ariadna Iskhakova | RR A | 27:53 3 | 41:22 3 | | |
| Men 14A (9) | | | | | | |
| 1 | Oliver Freeman | BF N | 28:48 2 | 39:57 1 | 11:05 1 | 1:19:50 |
| 2 | Jamie Woolford | BB N | 23:55 1 | 45:19 4 | 13:11 3 | 1:22:25 |
| 3 | Cooper Horley | GO N | 29:12 3 | 42:10 2 | 11:05 1 | 1:22:27 |
| 4 | Timothy McConaghy | GO N | 56:41 7 | 44:42 3 | 16:10 5 | 1:57:33 |
| 5 | Jamie Marsh | BF N | 38:55 4 | 1:02:39 5 | 16:59 6 | 1:58:33 |
| | Dan Murray | SH N | dnf | dns | dns | |
| | Oliver McFarlane | BF N | 50:36 5 | mp | 17:58 7 | |
| | Tommy Mella | NC N | 56:34 6 | dns | 14:49 4 | |
| | Kieran Joseph | GO N | mp | | | |
| Women 14A (8) | | | | | | |
| 1 | Erika Enderby | NC N | 26:47 1 | 57:48 3 | 13:37 1 | 1:38:12 |
| 2 | Lyra Simpson | BF N | 36:35 3 | 51:35 2 | 14:27 2 | 1:42:37 |
| 3 | Aoife Rothery | BF N | 47:48 6 | 51:07 1 | 15:51 3 | 1:54:46 |
| 4 | Martine Valais | WH N | 44:55 5 | 1:04:07 4 | 19:50 5 | 2:08:52 |
| 5 | Rose Haasdyk | UR N | 1:52:42 7 | 2:06:01 8 | 17:41 4 | 4:16:24 |
| | Abigail McGhee | BN N | | 1:43:22 7 | 33:14 6 | |
| | Louise Barbour | BF N | 38:56 4 | 1:09:08 5 | | |
| | Julia Barbour | BF N | 29:10 2 | 1:19:29 6 | | |
| Men 16A (6) | | | | | | |
| 1 | Sam Woolford | BB N | 33:01 1 | 40:30 1 | 22:08 4 | 1:35:39 |
| 2 | Oskar Mella | NC N | 38:47 2 | 42:30 2 | 21:35 3 | 1:42:52 |
| 3 | Selwyn Sweeney | WH N | 47:45 3 | 45:26 4 | 20:49 1 | 1:54:00 |
| 4 | Seth Sweeney | WH N | 1:03:50 4 | 1:17:14 5 | 23:46 5 | 2:44:50 |
| 5 | Cameron Will | IK N | 1:42:25 5 | 1:21:50 6 | 44:48 6 | 3:49:03 |
| | Clyde McGhee | BN N | | 42:42 3 | 21:11 2 | |

| Pl | Name | Club | S1 | S2 | S3 | Time |
|----------------------|-------------------|-------|---------|-----------|---------|-----------|
| Women 16A (7) | | | | | | |
| 1 | Nea Shingler | BF N | 39:37 | 1 58:35 | 3 13:02 | 1 1:51:14 |
| 2 | Justine Hobson | BS A | 44:05 | 2 53:15 | 1 15:53 | 4 1:53:13 |
| 3 | Niamh Cassar | WH N | 53:40 | 5 57:56 | 2 13:35 | 2 2:05:11 |
| 4 | Andra Leung | GO N | 49:11 | 3 1:06:07 | 5 15:14 | 3 2:10:32 |
| 5 | Mikayla Enderby | NC N | 51:51 | 4 1:03:09 | 4 16:26 | 5 2:11:26 |
| | Aurelie Valais | WH N | dnf | mp | 18:18 | 6 |
| | Luca Squires | SH N | dns | 1:31:06 | 6 37:47 | 7 |
| Men 20A (10) | | | | | | |
| 1 | Alvin Craig | NC N | 40:08 | 3 1:03:34 | 2 17:01 | 1 2:00:43 |
| 2 | Ewan Shingler | BF N | 36:01 | 1 1:07:45 | 3 18:31 | 3 2:02:17 |
| 3 | Ryan Gray | UG Q | 47:53 | 5 1:02:37 | 1 19:17 | 5 2:09:47 |
| 4 | Daniel Gray | UG Q | 43:09 | 4 1:08:22 | 4 18:28 | 2 2:09:59 |
| 5 | Oscar Woolford | BB N | 52:29 | 6 1:34:15 | 5 22:35 | 8 2:49:19 |
| 6 | Riley Grainger | GO N | 1:04:34 | 8 1:51:12 | 6 21:09 | 6 3:16:55 |
| 7 | Angus Leung | GO N | 59:37 | 7 2:31:34 | 7 21:36 | 7 3:52:47 |
| | Alastair George | BF N | 36:35 | 2 dnf | 19:04 | 4 |
| | Tom Kennedy | GO N | | | 23:38 | 9 |
| | Sean Smith | GS N | 1:25:55 | 9 | | |
| Women 20A (8) | | | | | | |
| 1 | Mikaela Gray | UG Q | 41:13 | 2 1:00:33 | 1 18:27 | 2 2:00:13 |
| 2 | Emily Sorensen | TT S | 36:55 | 1 1:11:40 | 4 17:23 | 1 2:05:58 |
| 3 | Claire Burgess | NC N | 45:21 | 3 1:09:16 | 3 22:59 | 6 2:17:36 |
| 4 | Tshintina Hopper | BN N | 58:38 | 6 1:09:04 | 2 19:51 | 4 2:27:33 |
| 5 | Ellen Currie | GO N | 56:18 | 5 1:13:23 | 5 20:16 | 5 2:29:57 |
| | Serena Doyle | UR N | 53:14 | 4 | 18:54 | 3 |
| | Ivy Prosser | BS A | 1:02:34 | 7 1:34:59 | 6 | |
| | Rhiannon Prentice | NC N | | | 24:43 | 7 |
| Men 21A (10) | | | | | | |
| 1 | Martin Dent | RR A | 38:31 | 2 1:17:08 | 2 17:28 | 1 2:13:07 |
| 2 | Toby Wilson | GO N | 42:30 | 4 1:25:22 | 3 18:31 | 2 2:26:23 |
| 3 | James McQuillan | WH N | 59:13 | 9 2:12:03 | 6 20:11 | 3 3:31:27 |
| | Hugh Salter | CC N | dnf | dns | dns | |
| | Maris Jansons | Ozons | 44:04 | 5 1:37:20 | 4 | |
| | Artis Jansons | Ozons | 42:04 | 3 1:37:33 | 5 | |
| | Matthew Crane | AO A | 35:05 | 1 1:07:31 | 1 | |
| | Noah Poland | BS A | 50:29 | 7 | | |
| | Wayne Eliot | UR N | 52:55 | 8 | | |
| | Cameron Duncan | WN W | 48:04 | 6 | | |
| Women 21A (7) | | | | | | |
| 1 | Briohny Seaman | WR N | 49:14 | 4 1:03:24 | 2 17:44 | 1 2:10:22 |
| 2 | Jennifer Enderby | NC N | 46:13 | 3 1:08:36 | 3 18:27 | 2 2:13:16 |
| 3 | Anna Fitzgerald | GS N | 1:04:49 | 6 1:23:06 | 4 19:05 | 3 2:47:00 |
| 4 | Rebecca George | BF N | 56:17 | 5 1:36:42 | 5 19:44 | 4 2:52:43 |
| | Melissa Annetts | GO N | dnf | dns | dns | |
| | Grace Crane | AO A | 37:24 | 1 56:50 | 1 | |
| | Jo Allison | RR A | 41:53 | 2 | | |

| Pl | Name | Club | S1 | S2 | S3 | Time |
|-----------------------|-----------------------------|-------|---------|-----------|---------|-----------|
| Women 21AS (4) | | | | | | |
| 1 | Clare Jessup | GO N | 54:17 | 1 2:59:30 | 3 28:33 | 3 4:22:20 |
| | Joanna Hill | GO N | dns | 1:41:24 | 2 19:26 | 1 |
| | Holly Roberts | GO N | 1:15:38 | 2 | 22:32 | 2 |
| | Serena Doyle | UR N | | 1:17:54 | 1 | |
| Men 35A (3) | | | | | | |
| 1 | Ian McKenzie | UR N | 1:15:34 | 1 2:24:26 | 1 34:59 | 2 4:14:59 |
| | Istvan Kertesz | GO N | dns | | 41:15 | 3 |
| | Craig Roach | SH N | | | 23:18 | 1 |
| Women 35A (3) | | | | | | |
| 1 | Nikolett Halmai | GO N | 45:38 | 2 1:30:19 | 3 21:34 | 1 2:37:31 |
| 2 | Natalya Filippova | IK N | 55:44 | 3 1:28:03 | 2 25:26 | 2 2:49:13 |
| | Liga Arniece | Ozons | 43:05 | 1 1:13:18 | 1 | |
| Men 35AS (7) | | | | | | |
| 1 | Wayne Pepper | BN N | 48:22 | 1 50:43 | 1 17:34 | 3 1:56:39 |
| 2 | Adam Horley | GO N | 54:55 | 2 1:00:00 | 3 19:51 | 5 2:14:46 |
| 3 | Emile Altmann | NC N | 1:02:04 | 4 1:07:32 | 4 22:13 | 6 2:31:49 |
| 4 | Shane Jenkins | NC N | 59:07 | 3 1:30:13 | 6 19:24 | 4 2:48:44 |
| 5 | Serje Robidoux | UR N | 1:20:32 | 5 1:21:30 | 5 16:50 | 1 2:58:52 |
| | Dan Smith | WH N | | mp | 17:28 | 2 |
| | Darren Slattery | BN N | | 56:42 | 2 | |
| Women 35AS (3) | | | | | | |
| 1 | Caroline Jenkins | NC N | 1:05:42 | 2 1:20:01 | 2 26:29 | 2 2:52:12 |
| | Saacha Donaldson | BF N | 59:26 | 1 dns | 19:27 | 1 |
| | Alitia Dougall | BN N | | 54:14 | 1 | |
| Men 40A (9) | | | | | | |
| 1 | Angus Shedden | SH N | 43:07 | 1 1:27:10 | 1 16:36 | 1 2:26:53 |
| 2 | Damien Enderby | NC N | 57:04 | 4 1:33:52 | 2 19:38 | 3 2:50:34 |
| 3 | Douglas Jay | SH N | 44:17 | 2 1:51:27 | 3 18:10 | 2 2:53:54 |
| 4 | Joel Haasdyk | UR N | 58:10 | 5 2:06:00 | 5 21:33 | 4 3:25:43 |
| | Owen Shepherd | UR N | | 2:15:35 | 6 22:02 | 5 |
| | Fedor Iskhakov | RR A | 59:17 | 6 dns | | |
| | Vivien de Remy de Courcelle | WH N | 56:35 | 3 1:58:40 | 4 | |
| | Roope Heikkinen | FIN | 1:03:58 | 7 | | |
| | Ori Gudes | UR N | | | 25:43 | 6 |
| Women 40A (10) | | | | | | |
| 1 | Tracy Marsh | BF N | 40:24 | 3 58:38 | 3 18:08 | 2 1:57:10 |
| 2 | Brook Martin | GO N | 45:26 | 4 1:05:58 | 5 20:21 | 5 2:11:45 |
| 3 | Ruth Shedden | SH N | 1:03:34 | 7 1:41:10 | 8 19:53 | 4 3:04:37 |
| | Kathie Dent | RR A | 39:51 | 2 mp | 16:34 | 1 |
| | Meredith Gray | UG Q | 54:57 | 5 51:32 | 2 dns | |
| | Kerrie Murphy | | 1:32:51 | 8 1:31:54 | 7 | |
| | Belinda Kinneally | WH N | | 1:30:02 | 6 19:11 | 3 |
| | Marina Iskhakova | RR A | 37:03 | 1 59:34 | 4 | |

| Pl | Name | Club | S1 | S2 | S3 | Time |
|-----------------------|-------------------|------|---------|-------|---------|--------------------|
| Women 40A (10) | | | | | | |
| <i>(cont.)</i> | | | | | | |
| | Danielle Kopriva | UR N | 1:00:41 | 6 | mp | |
| | Jo Allison | RR A | | 47:59 | 1 | |
| Men 45A (11) | | | | | | |
| 1 | Jock Davis | BF N | 35:32 | 1 | 53:08 | 1 15:26 1 1:44:06 |
| 2 | Tate Needham | RR A | 47:18 | 3 | 1:12:40 | 4 18:19 2 2:18:17 |
| 3 | Ant Nolan | UR N | 1:05:13 | 5 | 1:11:04 | 3 22:18 5 2:38:35 |
| 4 | Miles Ellis | BF N | 59:23 | 4 | 1:32:06 | 6 19:30 3 2:50:59 |
| 5 | Peter McConaghy | GO N | 1:06:09 | 6 | 1:30:35 | 5 22:01 4 2:58:45 |
| 6 | Paul Sweeney | WH N | 1:26:10 | 8 | 2:30:43 | 8 26:40 7 4:23:33 |
| | Brenton Gray | UG Q | disq | | mp | dns |
| | Stuart Deane | GO N | 1:07:35 | 7 | 1:53:59 | 7 |
| | Greg Barbour | BF N | 40:47 | 2 | 1:05:56 | 2 |
| | John McGann | SH N | | | | 25:05 6 |
| | David Johnson | | | mp | | |
| Women 45A (9) | | | | | | |
| 1 | Martina Craig | NC N | 39:16 | 1 | 48:53 | 1 18:17 1 1:46:26 |
| 2 | Shiona Will | IK N | 1:12:55 | 4 | 1:15:07 | 2 20:37 2 2:48:39 |
| 3 | Helen O'Callaghan | BB N | 58:20 | 3 | 1:43:48 | 3 27:25 5 3:09:33 |
| 4 | Melanie Christie | UR N | 1:17:56 | 5 | 1:51:47 | 4 22:39 3 3:32:22 |
| 5 | Saffron Sweeney | WH N | 1:40:21 | 7 | 2:15:18 | 5 35:30 6 4:31:09 |
| 6 | Zoe Melling | UR N | 1:23:07 | 6 | 3:01:15 | 7 27:17 4 4:51:39 |
| | Monica Brockmyre | UR N | | | mp | 56:48 7 |
| | Shannan Forrest | PO A | | | 2:45:56 | 6 |
| | Melissa Joseph | GO N | 57:32 | 2 | | |
| Men 45AS (7) | | | | | | |
| 1 | Jim Mackay | UR N | 46:18 | 1 | 49:06 | 1 20:42 5 1:56:06 |
| 2 | Andrew Hobson | BS A | 49:35 | 2 | 55:28 | 2 17:55 2 2:02:58 |
| 3 | Stephan Wagner | SH N | 54:35 | 3 | 1:10:52 | 4 18:31 3 2:23:58 |
| 4 | Mark Brindley | GO N | 1:00:48 | 4 | 1:06:31 | 3 20:39 4 2:27:58 |
| | David Squires | SH N | dns | | mp | 39:42 6 |
| | David McGhee | BN N | | | 1:58:57 | 5 16:11 1 |
| | Dmitry Stukov | WH N | 1:03:00 | 5 | | |
| Women 45AS (4) | | | | | | |
| 1 | Sharon Burgess | NC N | 1:10:08 | 3 | 1:06:04 | 2 25:27 2 2:41:39 |
| 2 | Nicola Nygh | BF N | 1:19:51 | 4 | 57:45 | 1 26:36 4 2:44:12 |
| 3 | Helen Mills | IK N | 1:00:42 | 1 | 1:23:08 | 3 26:33 3 2:50:23 |
| 4 | Vanessa Freeman | BF N | 1:05:53 | 2 | 1:23:41 | 4 25:16 1 2:54:50 |
| Men 50A (13) | | | | | | |
| 1 | Paul Marsh | BF N | 46:32 | 2 | 53:22 | 2 18:44 2 1:58:38 |
| 2 | Hamish Mackie | BF N | 50:28 | 4 | 1:00:25 | 6 19:02 3 2:09:55 |
| 3 | Jamie Kennedy | GO N | 1:13:22 | 7 | 1:13:23 | 9 21:48 5 2:48:33 |
| 4 | Titus Murray | SH N | 1:37:46 | 8 | 1:40:32 | 10 28:06 7 3:46:24 |
| | Peter Annetts | GO N | dnf | | 53:42 | 3 mp |
| | Michael Warlters | UR N | | | mp | 59:50 5 22:48 6 |
| | Tony Hill | GO N | dns | | 1:01:21 | 8 19:56 4 |
| | Mark Freeman | BF N | 45:30 | 1 | 59:45 | 4 mp |
| | Gareth Prosser | | 46:38 | 3 | 47:46 | 1 |

| Pl | Name | Club | S1 | S2 | S3 | Time | | | |
|-----------------------|----------------------|------|---------|---------|---------|-------|-------|----|---------|
| Men 50A (13) | | | | | | | | | |
| <i>(cont.)</i> | | | | | | | | | |
| | Shane Doyle | UR N | 54:41 | 5 | mp | | | | |
| | Michael Ridley-Smith | GO N | | | 17:50 | 1 | | | |
| | Rohan Hyslop | PO A | 1:03:13 | 6 | | | | | |
| | Ross Morrison | GO N | | 1:01:13 | 7 | | | | |
| Women 50A (8) | | | | | | | | | |
| 1 | Cath Chalmers | BF N | 43:45 | 1 | 46:51 | 1 | 16:53 | 2 | 1:47:29 |
| 2 | Linda Sesta | UR N | 45:24 | 2 | 49:48 | 2 | 16:58 | 3 | 1:52:10 |
| 3 | Margaret Peel | NC N | 56:36 | 3 | 1:04:07 | 4 | 25:00 | 6 | 2:25:43 |
| 4 | Tania Kennedy | GO N | 58:10 | 4 | 1:14:00 | 6 | 19:51 | 4 | 2:32:01 |
| 5 | Sharon Lambert | BN N | 1:42:19 | 6 | 1:39:54 | 7 | 28:37 | 7 | 3:50:50 |
| | Barbara Hill | GO N | dns | 1:10:33 | 5 | 15:35 | 1 | | |
| | Karen Langan | WH N | dns | dns | | 22:41 | 5 | | |
| | Alexa Troedson | BF N | 1:05:52 | 5 | 54:06 | 3 | | | |
| Men 55A (17) | | | | | | | | | |
| 1 | Andy Simpson | BF N | 41:02 | 1 | 39:44 | 2 | 18:25 | 7 | 1:39:11 |
| 2 | Mark Shingler | BF N | 46:10 | 4 | 43:12 | 4 | 17:03 | 3 | 1:46:25 |
| 3 | Simon George | BF N | 48:23 | 5 | 42:29 | 3 | 17:23 | 4 | 1:48:15 |
| 4 | Bjorn Mella | NC N | 44:11 | 2 | 49:02 | 6 | 19:20 | 8 | 1:52:33 |
| 5 | Glenn Burgess | NC N | 57:24 | 6 | 49:53 | 7 | 18:07 | 6 | 2:05:24 |
| 6 | Andrew Wisniewski | BF N | 1:03:03 | 7 | 58:23 | 10 | 19:29 | 9 | 2:20:55 |
| 7 | Michael Halmy | BN N | 1:10:19 | 9 | 1:18:37 | 13 | 30:22 | 13 | 2:59:18 |
| 8 | Peter Hopper | BN N | 1:06:30 | 8 | 1:41:49 | 14 | 22:25 | 11 | 3:10:44 |
| 9 | Ivan Kent | CC N | 2:18:46 | 13 | 2:30:14 | 15 | 43:13 | 14 | 5:32:13 |
| | Tony Woolford | BB N | mp | 32:29 | 1 | 15:44 | 1 | | |
| | Colin Currie | GO N | mp | 58:11 | 9 | 21:21 | 10 | | |
| | Peter Thomason | BN N | 1:34:34 | 12 | dns | | 27:54 | 12 | |
| | Luke Wilmott | CC N | 1:15:45 | 10 | 1:02:45 | 11 | dns | | |
| | Simon Windsor | BO W | 44:15 | 3 | dns | | 17:45 | 5 | |
| | Graeme Dawson | GO N | | | 47:15 | 5 | 16:02 | 2 | |
| | John Brayan | GO N | 1:34:27 | 11 | 1:12:45 | 12 | | | |
| | Jon Glanville | PO A | | 57:27 | 8 | | | | |
| Women 55A (10) | | | | | | | | | |
| 1 | Paula Shingler | BF N | 37:56 | 1 | 48:53 | 1 | 14:37 | 1 | 1:41:26 |
| 2 | Joanna Parr | BF N | 54:18 | 3 | 50:19 | 2 | 17:21 | 2 | 2:01:58 |
| 3 | Carol Osborne | BF N | 47:23 | 2 | 54:50 | 3 | 20:52 | 5 | 2:03:05 |
| 4 | Carolyn Matthews | NC N | 55:32 | 4 | 1:08:53 | 8 | 19:46 | 3 | 2:24:11 |
| 5 | Juliana de Nooy | UG Q | 1:01:55 | 6 | 1:05:24 | 7 | 20:07 | 4 | 2:27:26 |
| 6 | Amanda Mackie | BF N | 1:03:11 | 7 | 1:00:32 | 5 | 24:21 | 7 | 2:28:04 |
| 7 | Carol Harding | BS A | 1:23:51 | 10 | 1:04:31 | 6 | 24:05 | 6 | 2:52:27 |
| | Sue Garr | PO A | 56:13 | 5 | 56:59 | 4 | | | |
| | Elaine Bennett | NC N | 1:15:38 | 9 | mp | | | | |
| | Airdrie Long | GO N | 1:10:35 | 8 | | | | | |
| Men 55AS (12) | | | | | | | | | |
| 1 | Peter May | NT N | 46:51 | 2 | 40:17 | 1 | 19:03 | 2 | 1:46:11 |
| 2 | Peter Charlton | NC N | 51:59 | 4 | 46:45 | 2 | 21:42 | 5 | 2:00:26 |
| 3 | Cameron Osborne | BF N | 51:53 | 3 | 50:31 | 3 | 24:35 | 8 | 2:06:59 |
| 4 | Andrew Mac Donald | BF N | 46:50 | 1 | 59:36 | 5 | 20:57 | 4 | 2:07:23 |
| 5 | Ian Jessup | GO N | 52:14 | 5 | 1:12:03 | 9 | 18:28 | 1 | 2:22:45 |
| 6 | Robert Spry | SH N | 1:00:43 | 6 | 1:07:05 | 8 | 28:04 | 10 | 2:35:52 |
| 7 | Peter Orr | NC N | 1:27:30 | 8 | 1:05:44 | 7 | 22:55 | 7 | 2:56:09 |

| Pl | Name | Club | S1 | S2 | S3 | Time | | | |
|-----------------------|--------------------|------|---------|---------|---------|---------|-------|---|---------|
| Men 55AS (12) | | | | | | | | | |
| <i>(cont.)</i> | | | | | | | | | |
| | Michael Hanratty | GO N | mp | 1:12:32 | 10 | 24:39 9 | | | |
| | Ellis Leung | GO N | mp | 1:38:24 | 11 | 20:11 3 | | | |
| | Bill Monaghan | PO A | mp | 1:05:21 | 6 | dns | | | |
| | Kevin Roberts | GO N | 1:11:55 | 7 | | 22:37 6 | | | |
| | David Jenkins | BS A | | 53:22 | 4 | | | | |
| Women 55AS (9) | | | | | | | | | |
| 1 | Jane Barnett | BS A | 56:08 | 2 | 1:09:45 | 1 | 22:49 | 1 | 2:28:42 |
| 2 | Vicki Wilmott | IK N | 54:16 | 1 | 1:13:47 | 2 | 24:33 | 2 | 2:32:36 |
| 3 | Maria Orr | NC N | 1:07:52 | 3 | 1:14:34 | 3 | 27:32 | 5 | 2:49:58 |
| 4 | Gayle Shepherd | UR N | 1:13:11 | 4 | 1:15:01 | 4 | 25:56 | 3 | 2:54:08 |
| 5 | Sue Froude | IK N | 1:20:37 | 6 | 1:28:19 | 6 | 29:46 | 6 | 3:18:42 |
| 6 | Diana Charlton | NC N | 1:19:41 | 5 | 1:34:44 | 7 | 32:24 | 7 | 3:26:49 |
| | Julie Shepherd | IK N | 1:38:23 | 8 | dnf | | 39:17 | 8 | |
| | Barbara Dawson | GO N | | | 1:49:57 | 8 | 26:46 | 4 | |
| | Carolyn Davies | GO N | 1:20:50 | 7 | 1:17:48 | 5 | | | |
| Men 60A (16) | | | | | | | | | |
| 1 | Warwick Davis | TK V | 40:25 | 1 | 48:37 | 5 | 16:42 | 2 | 1:45:44 |
| 2 | Alex Davey | WR N | 47:04 | 5 | 46:02 | 2 | 21:28 | 6 | 1:54:34 |
| 3 | Eoin Rothery | BF N | 41:45 | 2 | 58:22 | 8 | 16:15 | 1 | 1:56:22 |
| 4 | Russell Blatchford | IK N | 49:53 | 8 | 48:27 | 4 | 20:07 | 4 | 1:58:27 |
| 5 | Ken Mills | IK N | 49:46 | 6 | 52:17 | 6 | 20:54 | 5 | 2:02:57 |
| 6 | Malcolm Roberts | NC N | 49:48 | 7 | 55:47 | 7 | 19:29 | 3 | 2:05:04 |
| 7 | Geoff Peel | NC N | 56:35 | 9 | 1:09:12 | 10 | 22:53 | 7 | 2:28:40 |
| 8 | Larry Weiss | GO N | 1:04:06 | 11 | 1:10:52 | 12 | 28:30 | 9 | 2:43:28 |
| | Melvyn Cox | BN N | 46:41 | 4 | 44:51 | 1 | dns | | |
| | Rodney Parkin | BN N | 1:05:37 | 12 | mp | | 23:21 | 8 | |
| | Bob Morgan | BN N | 1:20:47 | 14 | 1:31:59 | 13 | | | |
| | James Lithgow | GO N | 43:01 | 3 | 47:17 | 3 | | | |
| | Kerry Bennett | NC N | 1:29:49 | 16 | 1:09:53 | 11 | | | |
| | Rod Eckels | GO N | 1:03:00 | 10 | 1:07:39 | 9 | | | |
| | Greg Smith | GS N | 1:22:54 | 15 | | | | | |
| | Dan Redfern | GO N | 1:17:33 | 13 | | | | | |
| Women 60A (7) | | | | | | | | | |
| 1 | Debbie Davey | WR N | 51:57 | 1 | 53:18 | 1 | 18:23 | 1 | 2:03:38 |
| | Julia Prudhoe | CC N | 1:07:00 | 2 | dns | | 21:58 | 3 | |
| | Pat Miethke | PO A | 1:51:29 | 3 | 1:46:56 | 4 | | | |
| | Colleen Mock | PO A | | | 1:35:09 | 3 | | | |
| | Karin Hefftner | GO N | | | | | 21:04 | 2 | |
| | Edwina Mulhearn | RR A | 1:59:39 | 4 | | | | | |
| | Sarah Garnett | UR N | | | 1:07:51 | 2 | | | |
| Men 65A (13) | | | | | | | | | |
| 1 | Gordon Wilson | BN N | 49:09 | 1 | 50:34 | 1 | 18:42 | 1 | 1:58:25 |
| 2 | Warwick Selby | GO N | 53:25 | 3 | 1:05:55 | 7 | 20:30 | 3 | 2:19:50 |
| 3 | Ian Froude | IK N | 59:56 | 4 | 1:00:42 | 6 | 24:09 | 6 | 2:24:47 |
| 4 | Rudi Landsiedel | NC N | 1:00:29 | 5 | 59:02 | 5 | 29:53 | 8 | 2:29:24 |
| 5 | Peter Shepherd | IK N | 1:07:27 | 8 | 58:50 | 4 | 28:13 | 7 | 2:34:30 |
| 6 | John Harding | PO A | 1:45:59 | 11 | 1:51:19 | 9 | 39:18 | 9 | 4:16:36 |
| | Johnny Petersen | GO N | 1:10:39 | 9 | 1:16:17 | 8 | dns | | |
| | Robert Prentice | NC N | 1:01:27 | 6 | dns | | 19:38 | 2 | |

| Pl | Name | Club | S1 | S2 | S3 | Time | | | |
|-----------------------|--------------------|------|---------|-------|---------|---------|-------|---|---------|
| Men 65A (13) | | | | | | | | | |
| <i>(cont.)</i> | | | | | | | | | |
| | Michael Roylance | BF N | 1:40:48 | 10 | | dns | | | |
| | Paul Prudhoe | CC N | | 56:28 | 2 | 21:02 4 | | | |
| | Bill Jones | RR A | 50:28 | 2 | 56:59 | 3 | | | |
| | Colin Price | CC N | 1:04:12 | 7 | | 23:19 5 | | | |
| | Rick Steele | UR N | | mp | | | | | |
| Women 65A (5) | | | | | | | | | |
| 1 | Valerie Barker | BS A | 1:05:58 | 3 | 1:06:26 | 2 | 21:27 | 1 | 2:33:51 |
| | Helen Murphy | UR N | 1:31:51 | 4 | | | 29:56 | 3 | |
| | Robyn Pallas | CC N | 52:33 | 2 | | | 21:40 | 2 | |
| | Lynn Dabbs | WH N | 52:27 | 1 | 46:16 | 1 | | | |
| | Kerryne Jones | RR A | mp | | 1:15:47 | 3 | | | |
| Men 65AS (5) | | | | | | | | | |
| 1 | Dennis Sparling | GO N | 1:02:27 | 3 | 49:08 | 3 | 19:12 | 1 | 2:10:47 |
| 2 | Barry Pearce | WH N | 1:27:47 | 4 | 1:06:19 | 4 | 38:03 | 2 | 3:12:09 |
| | Kevin Williams | WH N | 44:01 | 1 | 40:57 | 2 | | | |
| | Dave Lotty | UR N | 52:22 | 2 | dns | | | | |
| | Terry Murphy | UR N | | | 39:23 | 1 | | | |
| Women 65AS (4) | | | | | | | | | |
| 1 | Barbara Junghans | GO N | 1:03:53 | 1 | 54:02 | 2 | 22:48 | 2 | 2:20:43 |
| | Cheryl Bluett | BN N | mp | | mp | | 39:41 | 3 | |
| | Lyn Malmgron | SH N | | | | | 19:01 | 1 | |
| | Helen Murphy | UR N | | | 40:06 | 1 | | | |
| Men 70A (9) | | | | | | | | | |
| 1 | Jim Lee | NC N | 52:26 | 1 | 53:05 | 3 | 21:44 | 3 | 2:07:15 |
| 2 | Eric Wainwright | RR A | 58:31 | 5 | 56:48 | 4 | 23:24 | 6 | 2:18:43 |
| 3 | Jim Merchant | GO N | 55:13 | 3 | 1:01:48 | 5 | 22:35 | 5 | 2:19:36 |
| 4 | Ross Barr | GO N | 53:22 | 2 | 1:11:01 | 6 | 19:44 | 1 | 2:24:07 |
| | Terry Bluett | BN N | mp | | 49:38 | 1 | 20:41 | 2 | |
| | Kevin Curby | IK N | 1:48:51 | 8 | 1:28:56 | 7 | dns | | |
| | Steve Flick | BN N | 56:46 | 4 | dns | | 21:47 | 4 | |
| | Terry Murphy | UR N | 1:20:28 | 7 | | | 42:16 | 7 | |
| | Bob Hawkins | NT N | 1:08:19 | 6 | 53:00 | 2 | | | |
| Women 70A (7) | | | | | | | | | |
| 1 | Carol Jacobson | GO N | 1:02:57 | 4 | 1:15:41 | 4 | 19:34 | 1 | 2:38:12 |
| 2 | Margaret Duguid | IK N | 1:21:37 | 6 | 1:14:41 | 3 | 26:03 | 2 | 3:02:21 |
| 3 | Toy Martin | NC N | 58:48 | 1 | 1:24:42 | 5 | 42:24 | 4 | 3:05:54 |
| 4 | Mary Jane Mahony | UR N | 2:03:52 | 7 | 1:46:37 | 6 | 31:01 | 3 | 4:21:30 |
| | Val Hodsdon | SH N | 1:19:15 | 5 | dns | | dns | | |
| | Jitka Kopriva | UR N | 1:02:29 | 3 | 1:02:09 | 2 | | | |
| | Jenny Hawkins | NT N | 1:00:06 | 2 | 1:01:28 | 1 | | | |
| Men 75A (7) | | | | | | | | | |
| 1 | Darryl Erbacher | PO A | 43:35 | 1 | 45:38 | 2 | 21:52 | 2 | 1:51:05 |
| 2 | John Le Carpentier | SH N | 51:46 | 2 | 45:08 | 1 | 20:06 | 1 | 1:57:00 |
| 3 | Ron Junghans | GO N | 1:18:16 | 7 | 50:15 | 3 | 22:26 | 4 | 2:30:57 |

| Pl | Name | Club | S1 | S2 | S3 | Time |
|--------------------------|-------------------|------|---------|-----------|---------|-----------|
| Men 75A (7) | | | | | | |
| <i>(cont.)</i> | | | | | | |
| 4 | Ken Jacobson | GO N | 1:11:50 | 6 1:10:55 | 4 33:41 | 7 2:56:26 |
| 5 | Peter Meyer | SH N | 1:10:48 | 5 1:27:30 | 6 25:24 | 5 3:03:42 |
| 6 | Bruce Dawkins | BN N | 1:07:19 | 4 1:26:13 | 5 31:49 | 6 3:05:21 |
| | Dick Ogilvie | UR N | 1:04:47 | 3 dns | 22:23 | 3 |
| Women 75A (4) | | | | | | |
| 1 | Carolyn Chalmers | NC N | 51:18 | 1 39:51 | 2 22:17 | 1 1:53:26 |
| | Christa Schafer | GO N | 1:17:41 | 2 56:24 | 3 | |
| | Sue Thomson | GO N | | | 24:48 | 2 |
| | Jean Baldwin | GS N | | 30:56 | 1 | |
| Men 80A (6) | | | | | | |
| 1 | Barry Hanlon | WH N | 57:40 | 2 42:12 | 3 19:48 | 2 1:59:40 |
| 2 | Robert Mouatt | RR A | 59:56 | 3 41:25 | 2 25:34 | 3 2:06:55 |
| 3 | Brian Cleland | UR N | 55:16 | 1 1:57:38 | 4 15:59 | 1 3:08:53 |
| | John Hodsdon | SH N | dnf | dns | dns | |
| | Neville Fathers | SH N | | | 51:03 | 4 |
| | Basil Baldwin | GS N | | 30:30 | 1 | |
| Women 80A (1) | | | | | | |
| 1 | Janet Morris | WH N | 1:12:33 | 1 57:00 | 1 25:06 | 1 2:34:39 |
| Men Junior B (2) | | | | | | |
| 1 | Ben McConaghy | GO N | 35:48 | 1 55:04 | 1 17:04 | 1 1:47:56 |
| 2 | William Nolan | UR N | 1:12:57 | 2 1:23:23 | 2 17:38 | 2 2:53:58 |
| Men Open B (2) | | | | | | |
| | Thomas Carter | GS N | mp | 1:24:40 | 1 16:48 | 1 |
| | Chris Gorman | IK N | 52:36 | 1 | | |
| Women Open B (12) | | | | | | |
| 1 | Wendy McConaghy | GO N | 37:21 | 1 59:52 | 1 15:23 | 1 1:52:36 |
| 2 | Elizabeth Lewis | SH N | 56:11 | 2 1:39:05 | 2 23:19 | 4 2:58:35 |
| | Hind Needham | RR A | mp | 1:55:49 | 7 27:41 | 5 |
| | Natalia Beliakova | BF N | mp | 1:42:33 | 4 dns | |
| | Sally Quill | NC N | 1:21:22 | 4 2:13:14 | 8 mp | |
| | Samantha Mella | NC N | 1:03:44 | 3 1:52:13 | 5 mp | |
| | Jane Boland | UR N | mp | 1:40:55 | 3 22:54 | 3 |
| | Bryony Kent | CC N | 1:49:20 | 5 dnf | dns | |
| | Heather Kent | CC N | mp | 1:54:19 | 6 dns | |
| | Louise Brooks | SH N | mp | | 43:18 | 6 |
| | Helen Golder | SH N | | | 21:24 | 2 |
| | Maryanne Smith | GS N | mp | | | |
| Open Easy (2) | | | | | | |
| | Sue Healy | UR N | 1:01:47 | 1 1:24:38 | 1 dns | |
| | Kirsten Horley | GO N | | | 13:59 | 1 |