

| Name | Time | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|-------------------------|--------------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Liam Harrington | 27:13 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 119 | 118 | 128 | 120 | 121 | 122 | 127 | 123 | 124 | 125 | 126 | F |
| LOG | | 0:44 | 1:45 | 3:02 | 3:42 | 4:16 | 5:52 | 7:01 | 9:19 | 10:50 | 11:41 | 14:10 | 15:28 | 15:59 | 16:54 | 17:15 | 18:37 | 20:26 | 21:05 | 21:57 | 22:56 | 24:28 | 25:58 | 27:13 |
| | | 0:44 | 1:01 | 1:17 | 0:40 | 0:34 | 1:36 | 1:09 | 2:18 | 1:31 | 0:51 | 2:29 | 1:18 | 0:31 | 0:55 | 0:21 | 1:22 | 1:49 | 0:39 | 0:52 | 0:59 | 1:32 | 1:30 | 1:15 |
| Brian Ward | 28:11 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 119 | 118 | 128 | 120 | 121 | 127 | 122 | 123 | 124 | 125 | 126 | F |
| HALO | | 1:03 | 1:59 | 3:29 | 4:16 | 4:49 | 6:28 | 7:42 | 10:05 | 11:43 | 12:37 | 15:08 | 16:47 | 17:19 | 18:09 | 18:33 | 19:52 | 21:26 | 22:00 | 23:20 | 24:27 | 25:56 | 27:01 | 28:11 |
| | | 1:03 | 0:56 | 1:30 | 0:47 | 0:33 | 1:39 | 1:14 | 2:23 | 1:38 | 0:54 | 2:31 | 1:39 | 0:32 | 0:50 | 0:24 | 1:19 | 1:34 | 0:34 | 1:20 | 1:07 | 1:29 | 1:05 | 1:10 |
| Paul Murgatroyd | 28:15 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 115 | 116 | 117 | 119 | 118 | 128 | 120 | 121 | 122 | 127 | 123 | 125 | 126 | 124 | F | |
| LOG | | 0:49 | 1:41 | 3:17 | 4:03 | 4:38 | 6:24 | 7:34 | 10:40 | 11:34 | 14:21 | 15:43 | 16:17 | 17:21 | 17:43 | 19:08 | 21:08 | 21:50 | 22:49 | 24:54 | 26:02 | 27:18 | 28:15 | |
| | | 0:49 | 0:52 | 1:36 | 0:46 | 0:35 | 1:46 | 1:10 | 3:06 | 0:54 | 2:47 | 1:22 | 0:34 | 1:04 | 0:22 | 1:25 | 2:00 | 0:42 | 0:59 | 2:05 | 1:08 | 1:16 | 0:57 | |
| David Jolly | 32:27 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 119 | 118 | 128 | 120 | 121 | 127 | 122 | 123 | 125 | 126 | 124 | F |
| HALO | | 0:37 | 1:33 | 3:02 | 3:43 | 4:40 | 6:22 | 7:44 | 10:13 | 12:32 | 13:29 | 16:19 | 18:01 | 18:34 | 19:43 | 20:26 | 22:18 | 23:57 | 24:37 | 26:19 | 28:15 | 29:26 | 31:26 | 32:27 |
| | | 0:37 | 0:56 | 1:29 | 0:41 | 0:57 | 1:42 | 1:22 | 2:29 | 2:19 | 0:57 | 2:50 | 1:42 | 0:33 | 1:09 | 0:43 | 1:52 | 1:39 | 0:40 | 1:42 | 1:56 | 1:11 | 2:00 | 1:01 |
| Jake Field | 32:31 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 119 | 118 | 128 | 120 | 121 | 127 | 122 | 123 | 124 | 125 | 126 | F |
| SYO | | 0:55 | 1:43 | 3:18 | 4:08 | 4:42 | 6:29 | 8:15 | 10:48 | 12:36 | 13:44 | 16:39 | 18:30 | 19:06 | 20:21 | 20:57 | 22:21 | 24:07 | 24:44 | 26:10 | 27:23 | 29:17 | 31:02 | 32:31 |
| | | 0:55 | 0:48 | 1:35 | 0:50 | 0:34 | 1:47 | 1:46 | 2:33 | 1:48 | 1:08 | 2:55 | 1:51 | 0:36 | 1:15 | 0:36 | 1:24 | 1:46 | 0:37 | 1:26 | 1:13 | 1:54 | 1:45 | 1:29 |
| Anne Gibbs | 33:13 | 107 | 108 | 109 | 110 | 111 | 120 | 128 | 127 | 122 | 123 | 124 | F | | | | | | | | | | | |
| LOG | | 1:52 | 3:50 | 6:42 | 8:07 | 9:37 | 19:38 | 21:11 | 24:53 | 25:57 | 28:17 | 30:12 | 33:13 | | | | | | | | | | | |
| | | 1:52 | 1:58 | 2:52 | 1:25 | 1:30 | 10:01 | 1:33 | 3:42 | 1:04 | 2:20 | 1:55 | 3:01 | | | | | | | | | | | |
| Neil Harvatt | 34:29 | 127 | 122 | 123 | 124 | 125 | 126 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 119 | 118 | 128 | 120 | 121 | F |
| HALO | | 1:22 | 2:02 | 3:33 | 4:44 | 6:37 | 8:16 | 9:38 | 10:30 | 12:04 | 12:57 | 13:32 | 15:30 | 16:51 | 19:35 | 21:27 | 22:33 | 25:44 | 27:37 | 28:16 | 29:26 | 30:10 | 31:49 | 34:29 |
| | | 1:22 | 0:40 | 1:31 | 1:11 | 1:53 | 1:39 | 1:22 | 0:52 | 1:34 | 0:53 | 0:35 | 1:58 | 1:21 | 2:44 | 1:52 | 1:06 | 3:11 | 1:53 | 0:39 | 1:10 | 0:44 | 1:39 | 2:40 |
| Brian Hostad | 34:42 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 119 | 118 | 128 | 120 | 121 | 122 | 127 | 123 | 124 | 125 | 126 | F |
| HALO | | 1:38 | 2:49 | 4:32 | 5:19 | 5:58 | 7:42 | 9:17 | 11:47 | 13:45 | 14:44 | 17:42 | 19:38 | 20:18 | 21:27 | 22:26 | 24:21 | 26:38 | 27:23 | 28:32 | 29:49 | 31:36 | 32:55 | 34:42 |
| | | 1:38 | 1:11 | 1:43 | 0:47 | 0:39 | 1:44 | 1:35 | 2:30 | 1:58 | 0:59 | 2:58 | 1:56 | 0:40 | 1:09 | 0:59 | 1:55 | 2:17 | 0:45 | 1:09 | 1:17 | 1:47 | 1:19 | 1:47 |
| Andy Furnell | 38:33 | 107 | 108 | 109 | 110 | 113 | 111 | 118 | 117 | 119 | 128 | 120 | 121 | 127 | 122 | 123 | 124 | 125 | 126 | F | | | | |
| LOG | | 1:00 | 2:26 | 4:52 | 6:03 | 7:30 | 8:56 | 12:41 | 15:06 | 17:52 | 20:40 | 21:13 | 23:27 | 26:10 | 27:31 | 29:41 | 31:34 | 34:30 | 36:29 | 38:33 | | | | |
| | | 1:00 | 1:26 | 2:26 | 1:11 | 1:27 | 1:26 | 3:45 | 2:25 | 2:46 | 2:48 | 0:33 | 2:14 | 2:43 | 1:21 | 2:10 | 1:53 | 2:56 | 1:59 | 2:04 | | | | |
| Patricia Simmons | 39:52 | 107 | 108 | 128 | 120 | 118 | 117 | 119 | 121 | 122 | 124 | 127 | F | | | | | | | | | | | |
| HALO | | 1:39 | 6:20 | 10:09 | 11:11 | 14:14 | 18:07 | 22:30 | 27:22 | 31:08 | 35:06 | 37:28 | 39:52 | | | | | | | | | | | |
| | | 1:39 | 4:41 | 3:49 | 1:02 | 3:03 | 3:53 | 4:23 | 4:52 | 3:46 | 3:58 | 2:22 | 2:24 | | | | | | | | | | | |
| Dean Field | 40:17 | 107 | 108 | 109 | 110 | 111 | 113 | 114 | 112 | 115 | 116 | 117 | 118 | 119 | 120 | 128 | 121 | 127 | 122 | 123 | 124 | 125 | 126 | F |
| SYO | | 0:44 | 1:34 | 3:27 | 4:21 | 4:57 | 6:00 | 8:46 | 13:02 | 18:46 | 19:51 | 23:45 | 25:20 | 25:58 | 27:22 | 27:52 | 29:56 | 31:56 | 32:39 | 34:20 | 35:36 | 37:22 | 38:40 | 40:17 |
| | | 0:44 | 0:50 | 1:53 | 0:54 | 0:36 | 1:03 | 2:46 | 4:16 | 5:44 | 1:05 | 3:54 | 1:35 | 0:38 | 1:24 | 0:30 | 2:04 | 2:00 | 0:43 | 1:41 | 1:16 | 1:46 | 1:18 | 1:37 |
| Jacob Smith | 40:26 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 118 | 119 | 120 | 128 | 121 | 127 | 122 | 123 | 124 | 125 | 126 | F |
| HALO | | 0:42 | 1:55 | 3:42 | 4:35 | 5:22 | 7:31 | 9:17 | 12:55 | 15:27 | 16:44 | 20:45 | 22:48 | 23:29 | 25:08 | 25:53 | 28:33 | 31:05 | 31:51 | 33:44 | 35:17 | 37:18 | 38:42 | 40:26 |
| | | 0:42 | 1:13 | 1:47 | 0:53 | 0:47 | 2:09 | 1:46 | 3:38 | 2:32 | 1:17 | 4:01 | 2:03 | 0:41 | 1:39 | 0:45 | 2:40 | 2:32 | 0:46 | 1:53 | 1:33 | 2:01 | 1:24 | 1:44 |
| Alex Smith | 40:28 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 118 | 119 | 120 | 128 | 121 | 127 | 122 | 123 | 124 | 125 | 126 | F |
| HALO | | 0:43 | 1:53 | 3:32 | 4:36 | 5:14 | 7:31 | 9:12 | 12:47 | 15:28 | 16:44 | 20:41 | 22:43 | 23:29 | 25:06 | 25:50 | 28:36 | 31:02 | 31:48 | 33:44 | 35:16 | 37:19 | 38:42 | 40:28 |
| | | 0:43 | 1:10 | 1:39 | 1:04 | 0:38 | 2:17 | 1:41 | 3:35 | 2:41 | 1:16 | 3:57 | 2:02 | 0:46 | 1:37 | 0:44 | 2:46 | 2:26 | 0:46 | 1:56 | 1:32 | 2:03 | 1:23 | 1:46 |
| Wayne Byrne | 41:58 | 107 | 108 | 109 | 110 | 112 | 113 | 111 | 114 | 115 | 116 | 117 | 119 | 118 | 120 | 121 | 127 | 122 | 123 | 124 | 125 | 126 | 128 | F |
| RAFO | | 1:52 | 2:41 | 4:25 | 5:18 | 7:06 | 8:22 | 9:37 | 13:58 | 16:00 | 17:05 | 20:09 | 22:03 | 22:40 | 23:42 | 26:12 | 28:12 | 28:55 | 30:40 | 32:09 | 34:05 | 35:51 | 39:58 | 41:58 |
| | | 1:52 | 0:49 | 1:44 | 0:53 | 1:48 | 1:16 | 1:15 | 4:21 | 2:02 | 1:05 | 3:04 | 1:54 | 0:37 | 1:02 | 2:30 | 2:00 | 0:43 | 1:45 | 1:29 | 1:56 | 1:46 | 4:07 | 2:00 |
| Peter Harris | 42:07 | 124 | 125 | 126 | 107 | 108 | 112 | 113 | 114 | 115 | 116 | 117 | 119 | 118 | 109 | 110 | 111 | 128 | 120 | 121 | 122 | 127 | 123 | F |
| HALO | | 2:00 | 3:53 | 5:09 | 7:18 | 8:28 | 11:19 | 12:57 | 16:10 | 18:17 | 19:25 | 22:43 | 24:31 | 25:11 | 28:19 | 29:19 | 30:03 | 32:38 | 33:09 | 35:41 | 38:19 | 39:16 | 40:18 | 42:07 |
| | | 2:00 | 1:53 | 1:16 | 2:09 | 1:10 | 2:51 | 1:38 | 3:13 | 2:07 | 1:08 | 3:18 | 1:48 | 0:40 | 3:08 | 1:00 | 0:44 | 2:35 | 0:31 | 2:32 | 2:38 | 0:57 | 1:02 | 1:49 |
| Lawrence Cook | 42:35 | 107 | 108 | 126 | 125 | 124 | 123 | 127 | 122 | 121 | 120 | 119 | 117 | 118 | 128 | 111 | 110 | 109 | 113 | 114 | 112 | F | | |
| HALO | | 0:54 | 1:54 | 3:36 | 4:58 | 7:06 | 8:26 | 9:44 | 10:34 | 13:24 | 15:13 | 16:54 | 18:48 | 20:49 | 22:07 | 24:47 | 25:37 | 27:19 | 29:45 | 33:34 | 38:14 | 42:35 | | |
| | | 0:54 | 1:00 | 1:42 | 1:22 | 2:08 | 1:20 | 1:18 | 0:50 | 2:50 | 1:49 | 1:41 | 1:54 | 2:01 | 1:18 | 2:40 | 0:50 | 1:42 | 2:26 | 3:49 | 4:40 | 4:21 | | |
| Geoff Gibbs | 43:01 | 127 | 122 | 123 | 124 | 125 | 126 | 108 | 107 | 128 | 118 | 117 | 119 | 120 | 121 | F | | | | | | | | |
| LOG | | 1:42 | 2:59 | 5:36 | 7:42 | 11:23 | 13:11 | 16:40 | | | | | | | | | | | | | | | | |