

| Time | Team | Leg1 | Name | Leg2 | Name | Leg3 | Name |
|------------|--------------------------------------|------------------|-------------|------------------|------------|------------------|-------------|
| 0:47:58.55 | Bracknell AC | 0:15:14.25 (9) | Z Seddon | 0:16:08.10 (18) | S Halsted | 0:16:36.20 (23) | M Seddon |
| 0:49:40.80 | Charnwood A C 'A' | 0:16:00.45 (37) | H Thompson | 0:16:12.40 (33) | S Mears | 0:17:27.95 (39) | P Swaine |
| 0:50:33.80 | Bristol & West AC 'B' | 0:16:10.80 (42) | M Chandler | 0:16:55.55 (45) | J Moody | 0:17:27.45 (48) | A Salmon |
| 0:53:53.55 | Luton Athletic Club | 0:17:14.00 (81) | T Mead | 0:17:51.90 (76) | S Jay | 0:18:47.65 (75) | D Winfield |
| 0:54:08.60 | Bedford & County AC 'B' | 0:16:25.85 (53) | R Henderson | 0:17:52.65 (66) | M Dendani | 0:19:50.10 (77) | S Wilson |
| 0:55:43.70 | Morpeth Harriers & AC 'B' | 0:16:50.90 (63) | K Taylor | 0:18:41.35 (82) | I Harding | 0:20:11.45 (92) | S Patterson |
| 1:00:06.05 | Sutton In Ashfield Harriers & AC 'B' | 0:18:46.95 (123) | D Cross | 0:20:24.30 (131) | L Morris | 0:20:54.80 (125) | P Dobbs |
| 1:01:30.50 | Blackburn Harriers & AC 'C' | 0:20:12.50 (155) | D Maynard | 0:18:10.90 (119) | A Knowles | 0:23:07.10 (132) | A Hatton |
| 1:01:37.05 | Blackheath & Bromley Harriers AC ' | 0:18:25.30 (113) | C Tuck | 0:23:05.10 (151) | N Corry | 0:20:06.65 (134) | B Donnelly |
| 1:08:23.45 | Fitmums And Friends | 0:22:41.00 (187) | N Thompson | 0:22:24.90 (178) | J Walker | 0:23:17.55 (166) | A Pay |
| 1:21:17.00 | Blackhill Bounders 'B' | 0:18:11.85 (105) | S Bowyer | 0:19:44.40 (115) | M McDonald | 0:43:20.75 (177) | J Richards |
| 1:27:03.65 | Notts AC 'C' | 0:17:33.20 (89) | A Meenaghan | 0:17:45.05 (79) | T Crowley | 0:51:45.40 (178) | C Palmer |
| 1:35:35.80 | Kimberworth Striders 'B' | 0:42:21.80 (196) | C Earl | 0:26:19.00 (189) | S Frith | 0:26:55.00 (179) | K Chapman |
| 0:32:54.80 | Herne Hill Harriers | 0:17:03.10 (75) | S Coombes | 0:15:51.70 (43) | J Rossiter | | |
| 0:34:53.85 | Tonbridge AC 'C' | 0:16:56.15 (68) | J Keywood | 0:17:57.70 (74) | J Taylor | | |
| 0:37:32.65 | Harrow AC 'B' | 0:19:01.45 (131) | D Traynor | 0:18:31.20 (109) | P Somers | | |
| 0:37:55.65 | Ealing Southall & Middlesex AC 'B' | 0:18:07.20 (102) | L Nicholas | 0:19:48.45 (114) | S Rai | | |
| 0:41:48.70 | Vale Royal AC 'B' | 0:16:49.40 (62) | R Moore | 0:24:59.30 (154) | R Pettitt | | |
| 0:42:18.20 | City Of Norwich AC 'C' | 0:20:49.90 (164) | J Baxter | 0:21:28.30 (159) | M Storey | | |
| 0:42:54.55 | Salford Harriers & AC 'C' | 0:22:18.45 (184) | S Cordell | 0:20:36.10 (166) | P Birkett | | |
| 0:43:46.30 | Thames Valley Harriers 'C' | 0:21:10.30 (173) | P Wetton | 0:22:36.00 (172) | D Ford | | |
| 0:45:28.45 | Durham City Harriers & AC 'B' | 0:20:59.65 (167) | J Catterall | 0:24:28.80 (179) | G Watson | | |
| 0:45:59.45 | East Hull Harriers & AC 'C' | 0:22:38.20 (186) | S Tichopad | 0:23:21.25 (182) | M Hardey | | |
| 0:16:39.50 | Rossendale Harriers & AC 'B' | 0:16:39.50 (56) | D Walton | | | | |
| 0:16:42.20 | Leicester Coritanian AC 'A' | 0:16:42.20 (58) | M Powell | | | | |
| 0:16:56.75 | Loughborough Students AC 'B' | 0:16:56.75 (69) | D Giles | | | | |
| 0:17:33.80 | Woodford Green AC with Essex Lad | 0:17:33.80 (90) | D Southcott | | | | |
| 0:18:13.25 | Highgate Harriers 'B' | 0:18:13.25 (106) | B Donnelly | | | | |
| 0:18:42.65 | Derby Athletic Club 'B' | 0:18:42.65 (121) | R Wilson | | | | |
| 0:21:17.10 | Birtley AC 'B' | 0:21:17.10 (174) | D Francis | | | | |
| 0:28:20.00 | Grantham AC 'B' | 0:28:20.00 (195) | P Hall | | | | |

Fastest Leg

| Pos | Time | Bib | Name | Team |
|-----|------------|------|------------|--|
| 1 | 0:14:47.85 | A80 | A Heyes | Hallamshire Harriers Sheffield 'A' |
| 2 | 0:14:48.80 | B157 | J Davies | Reading AC |
| 3 | 0:14:49.80 | A24 | Runner A24 | Blackheath & Bromley Harriers AC 'A' |
| 4 | 0:14:52.90 | A132 | J Taylor | Morpeth Harriers & AC 'A' |
| 5 | 0:14:55.15 | C1 | A Vernon | Aldershot Farnham & District 'A' |
| 6 | 0:14:55.80 | A9 | J Goodwin | Bedford & County AC 'A' |
| 7 | 0:14:59.55 | A1 | J Grace | Aldershot Farnham & District 'A' |
| 8 | 0:15:00.90 | A67 | J Steward | East Cheshire Harriers & Tameside AC 'A' |
| 9 | 0:15:06.35 | B90 | A Maud | Highgate Harriers 'A' |
| 10 | 0:15:07.60 | B147 | D Musson | Notts AC 'A' |