

| | 28.02.14 | Event #5 | Riseholme Park | | | | |
|-----------|-------------------|-----------------|-----------------------|-----------------|------------|--------------|-------------|
| | Name | Age Category | No. of Controls | Formative Total | Total Time | Time Penalty | Final Total |
| 1 | Paul Murgatroyd | M45 | 25 | 125 | 26:46 | | 125 |
| 2 | Thomas Honniball | M21 | 25 | 125 | 29:58 | | 125 |
| 3 | Liam Harrington | M21 | 25 | 125 | 30:37 | | 125 |
| 4 | Tom George | M20 | 25 | 125 | 33:39 | | 125 |
| 5 | Tanya Taylor | W40 | 25 | 125 | 38:24 | | 125 |
| 6 | Nick Malbon | M35 | 25 | 125 | 39:23 | | 125 |
| 7 | Sean Harrington | M55 | 23 | 115 | 40:24 | | 115 |
| 8 | Matthew Lea | M35 | 22 | 110 | 41:46 | | 110 |
| 9 | Mark Webster | M45 | 21 | 105 | 35:19 | | 105 |
| 10 | Pete Harris | M55 | 20 | 100 | 40:51 | | 100 |
| 11 | Amanda Mylett | W60 | 18 | 90 | 39:29 | | 90 |
| 12 | Clare Hanna | W45 | 18 | 90 | 42:40 | | 90 |
| 13 | Hayley Fox | W35 | 14 | 70 | 40:35 | | 70 |
| 14 | Annie Hud | W21 | 14 | 70 | 40:36 | | 70 |
| 15 | Samantha Thompson | W21 | 14 | 70 | 40:38 | | 70 |
| 16 | Anne Gibbs | W65 | 13 | 65 | 39:41 | | 65 |
| 17 | Dawn Thomas | W50 | 13 | 65 | 42:25 | | 65 |
| 18 | Geoff Gibbs | M70 | 12 | 60 | 40:10 | | 60 |
| 19 | Thomas Webster | M16 | 10 | 50 | 24:37 | | 50 |
| 20 | Hannah Mather | W10 | 9 | 45 | 40:31 | | 45 |
| 21 | Marta Nadgrabska | W21 | 9 | 45 | 40:40 | | 45 |
| 22 | Lara Goodman | W21 | 9 | 45 | 40:43 | | 45 |