

| Pl | Stno | Name | Time | 1.1 km 7 C | | | | | | | F |
|----|------|--------------------|---------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|
| | | | | 1(192) | 2(197) | 3(202) | 4(205) | 5(208) | 6(204) | 7(194) | |
| 1 | | Finlay Sh Clark | 14:57 | 2:26 | 4:17 | 5:19 | 7:09 | 10:00 | 11:33 | 13:47 | 14:57 |
| | | MAROC | | 2:26 | 1:51 | 1:02 | 1:50 | 2:51 | 1:33 | 2:14 | 1:10 |
| 2 | | Calum Young | 16:28 | 2:32 | 3:33 | 4:34 | 5:49 | 8:17 | 10:45 | 15:25 | 16:28 |
| | | MAROC | | 2:32 | 1:01 | 1:01 | 1:15 | 2:28 | 2:28 | 4:40 | 1:03 |
| 3 | | Frances Sh Sealy | 17:30 | 2:07 | 3:23 | 5:30 | 7:58 | 10:28 | 12:21 | 16:37 | 17:30 |
| | | MAROC | | 2:07 | 1:16 | 2:07 | 2:28 | 2:30 | 1:53 | 4:16 | 0:53 |
| 4 | | Iona Sh Archibald | 19:08 | 2:55 | 4:30 | 5:50 | 7:51 | 11:41 | 14:08 | 17:21 | 19:08 |
| | | MAROC | | 2:55 | 1:35 | 1:20 | 2:01 | 3:50 | 2:27 | 3:13 | 1:47 |
| 5 | | Felix Wilson | 19:39 | 1:23 | 2:28 | 5:14 | 10:31 | 11:58 | 13:40 | 18:40 | 19:39 |
| | | | | 1:23 | 1:05 | 2:46 | 5:17 | 1:27 | 1:42 | 5:00 | 0:59 |
| 6 | | Sam Griffin Shadov | 20:58 | 3:55 | 5:29 | 7:02 | 8:57 | 11:34 | 14:11 | 17:58 | 20:58 |
| | | GRAMP | | 3:55 | 1:34 | 1:33 | 1:55 | 2:37 | 2:37 | 3:47 | 3:00 |
| 7 | | Joseph Wright | 21:00 | 1:18 | 2:03 | 2:51 | 3:45 | 12:08 | 13:13 | 20:08 | 21:00 |
| | | MAROC | | 1:18 | 0:45 | 0:48 | 0:54 | 8:23 | 1:05 | 6:55 | 0:52 |
| 8 | | Morven Kirsty Far | 39:05 | 8:41 | 12:07 | 14:33 | 17:44 | 24:55 | 28:39 | 34:49 | 39:05 |
| | | GRAMP | | 8:41 | 3:26 | 2:26 | 3:11 | 7:11 | 3:44 | 6:10 | 4:16 |
| 9 | | kirsty Sh beaumont | 49:34 | 8:01 | 14:41 | 18:17 | 22:50 | 30:27 | 37:58 | 45:02 | 49:34 |
| | | MAROC | | 8:01 | 6:40 | 3:36 | 4:33 | 7:37 | 7:31 | 7:04 | 4:32 |
| 9 | | Sandy Bethel FG | 49:34 | 8:00 | 14:58 | 18:12 | 22:34 | 30:26 | 37:55 | 45:04 | 49:34 |
| | | | | 8:00 | 6:58 | 3:14 | 4:22 | 7:52 | 7:29 | 7:09 | 4:30 |
| 11 | | Josie Sh Gomersal | 1:25:01 | 5:08 | 7:55 | 10:27 | 13:30 | 1:06:35 | 1:10:40 | 1:22:13 | 1:25:01 |
| | | GRAMP | | 5:08 | 2:47 | 2:32 | 3:03 | 53:05 | 4:05 | 11:33 | 2:48 |
| | | Kirsten Watson | mp | 2:50 | 4:01 | 4:53 | 5:49 | 8:25 | ---- | 12:42 | 13:53 |
| | | MAROC | | 2:50 | 1:11 | 0:52 | 0:56 | 2:36 | | 4:17 | 1:11 |

| Yellow (20) | | | 2.3 km 11 C | | | | | | | | | | | F | |
|-------------|--|--------------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | | 1(192) | 2(202) | 3(220) | 4(212) | 5(217) | 6(214) | 7(211) | 8(205) | 9(207) | 10(204) | 11(194) | | |
| 1 | | Thomas Reeve | 24:35 | 2:33 | 4:19 | 7:42 | 9:28 | 11:29 | 12:41 | 14:08 | 17:25 | 18:40 | 21:39 | 23:32 | 24:35 |
| | | GRAMP | | 2:33 | 1:46 | 3:23 | 1:46 | 2:01 | 1:12 | 1:27 | 3:17 | 1:15 | 2:59 | 1:53 | 1:03 |
| 2 | | Abigail Mason | 25:37 | 1:39 | 5:41 | 10:01 | 11:44 | 13:46 | 15:18 | 16:34 | 19:36 | 20:53 | 22:50 | 24:28 | 25:37 |
| | | MAROC | | 1:39 | 4:02 | 4:20 | 1:43 | 2:02 | 1:32 | 1:16 | 3:02 | 1:17 | 1:57 | 1:38 | 1:09 |
| 3 | | Jane Lenton | 26:12 | 1:29 | 3:45 | 9:16 | 11:49 | 14:21 | 15:43 | 16:57 | 19:23 | 20:49 | 23:08 | 25:06 | 26:12 |
| | | MAROC | | 1:29 | 2:16 | 5:31 | 2:33 | 2:32 | 1:22 | 1:14 | 2:26 | 1:26 | 2:19 | 1:58 | 1:06 |
| 4 | | Alistair Walker | 26:56 | 1:36 | 3:24 | 7:34 | 10:40 | 12:50 | 14:04 | 16:34 | 19:47 | 21:12 | 23:57 | 25:54 | 26:56 |
| | | MAROC | | 1:36 | 1:48 | 4:10 | 3:06 | 2:10 | 1:14 | 2:30 | 3:13 | 1:25 | 2:45 | 1:57 | 1:02 |
| 5 | | Ewan McMillan | 27:43 | 1:26 | 3:07 | 5:39 | 11:28 | 13:12 | 14:37 | 15:56 | 18:09 | 19:25 | 20:51 | 27:02 | 27:43 |
| | | MAROC | | 1:26 | 1:41 | 2:32 | 5:49 | 1:44 | 1:25 | 1:19 | 2:13 | 1:16 | 1:26 | 6:11 | 0:41 |
| 6 | | Daniel Dunn | 27:54 | 1:47 | 5:59 | 9:51 | 11:52 | 14:06 | 15:21 | 16:33 | 22:27 | 23:03 | 25:06 | 26:53 | 27:54 |
| | | MAROC | | 1:47 | 4:12 | 3:52 | 2:01 | 2:14 | 1:15 | 1:12 | 5:54 | 0:36 | 2:03 | 1:47 | 1:01 |
| 7 | | Alistair Sealy | 29:03 | 3:09 | 5:05 | 9:01 | 11:02 | 14:22 | 16:52 | 18:12 | 21:53 | 24:02 | 26:25 | 27:55 | 29:03 |
| | | MAROC | | 3:09 | 1:56 | 3:56 | 2:01 | 3:20 | 2:30 | 1:20 | 3:41 | 2:09 | 2:23 | 1:30 | 1:08 |
| 8 | | Calum Kitching | 29:22 | 1:54 | 3:55 | 12:00 | 15:15 | 17:58 | 19:12 | 20:25 | 23:46 | 24:58 | 27:07 | 28:37 | 29:22 |
| | | MAROC | | 1:54 | 2:01 | 8:05 | 3:15 | 2:43 | 1:14 | 1:13 | 3:21 | 1:12 | 2:09 | 1:30 | 0:45 |
| 9 | | Zoe Dunn | 30:32 | 2:16 | 4:04 | 8:22 | 10:12 | 12:24 | 14:34 | 16:06 | 19:45 | 23:01 | 25:26 | 28:24 | 30:32 |
| | | MAROC | | 2:16 | 1:48 | 4:18 | 1:50 | 2:12 | 2:10 | 1:32 | 3:39 | 3:16 | 2:25 | 2:58 | 2:08 |
| 10 | | Megan Ricketts | 31:02 | 2:47 | 8:49 | 13:01 | 14:54 | 17:17 | 18:33 | 19:42 | 25:35 | 26:12 | 28:15 | 30:01 | 31:02 |
| | | MAROC | | 2:47 | 6:02 | 4:12 | 1:53 | 2:23 | 1:16 | 1:09 | 5:53 | 0:37 | 2:03 | 1:46 | 1:01 |
| 11 | | Eve Sealy | 31:36 | 1:32 | 7:59 | 11:44 | 14:07 | 16:51 | 18:51 | 21:23 | 24:46 | 26:24 | 28:58 | 30:36 | 31:36 |
| | | MAROC | | 1:32 | 6:27 | 3:45 | 2:23 | 2:44 | 2:00 | 2:32 | 3:23 | 1:38 | 2:34 | 1:38 | 1:00 |
| 12 | | Elin Howard | 31:48 | 1:54 | 5:20 | 12:51 | 14:51 | 17:33 | 18:44 | 20:18 | 23:35 | 25:00 | 27:13 | 30:37 | 31:48 |
| | | MAROC | | 1:54 | 3:26 | 7:31 | 2:00 | 2:42 | 1:11 | 1:34 | 3:17 | 1:25 | 2:13 | 3:24 | 1:11 |
| 13 | | Lindsey Young | 31:58 | 1:52 | 4:08 | 7:30 | 9:25 | 12:36 | 14:19 | 15:28 | 19:43 | 25:15 | 27:02 | 31:19 | 31:58 |
| | | MAROC | | 1:52 | 2:16 | 3:22 | 1:55 | 3:11 | 1:43 | 1:09 | 4:15 | 5:32 | 1:47 | 4:17 | 0:39 |
| 14 | | Rosie Getliff | 32:19 | 2:15 | 4:47 | 9:57 | 12:31 | 14:16 | 16:23 | 18:57 | 22:30 | 27:16 | 29:04 | 31:26 | 32:19 |
| | | MAROC | | 2:15 | 2:32 | 5:10 | 2:34 | 1:45 | 2:07 | 2:34 | 3:33 | 4:46 | 1:48 | 2:22 | 0:53 |
| 15 | | Stacy Walker | 32:24 | 2:16 | 4:47 | 10:29 | 12:25 | 14:48 | 16:48 | 18:33 | 22:05 | 25:13 | 27:51 | 30:43 | 32:24 |
| | | MAROC | | 2:16 | 2:31 | 5:42 | 1:56 | 2:23 | 2:00 | 1:45 | 3:32 | 3:08 | 2:38 | 2:52 | 1:41 |
| 16 | | Ross McMurtrie | 37:29 | 2:08 | 4:11 | 8:57 | 11:52 | 19:34 | 21:10 | 23:21 | 27:02 | 30:46 | 34:07 | 36:15 | 37:29 |
| | | MAROC | | 2:08 | 2:03 | 4:46 | 2:55 | 7:42 | 1:36 | 2:11 | 3:41 | 3:44 | 3:21 | 2:08 | 1:14 |
| 17 | | Matthew joel rut G | 49:31 | 3:28 | 6:37 | 13:53 | 19:27 | 23:24 | 26:05 | 29:03 | 35:03 | 38:12 | 43:00 | 47:05 | 49:31 |
| | | MAROC | | 3:28 | 3:09 | 7:16 | 5:34 | 3:57 | 2:41 | 2:58 | 6:00 | 3:09 | 4:48 | 4:05 | 2:26 |
| 18 | | Silje Howard | 54:44 | 10:11 | 12:42 | 17:18 | 21:32 | 33:54 | 35:14 | 38:03 | 42:56 | 46:47 | 50:34 | 52:33 | 54:44 |
| | | MAROC | | 10:11 | 2:31 | 4:36 | 4:14 | 12:22 | 1:20 | 2:49 | 4:53 | 3:51 | 3:47 | 1:59 | 2:11 |

| Pl | Stno | Name | Time | | | | | | | | | | | | | |
|-------------------------|------|---------------------------|----------------|--------------------|-------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Yellow (20) | | | | 2.3 km 11 C | | <i>(cont.)</i> | | | | | | | | | | |
| | | | | 1(192) | 2(202) | 3(220) | 4(212) | 5(217) | 6(214) | 7(211) | 8(205) | 9(207) | 10(204) | 11(194) | F | |
| 19 | | Charles Felix Wils | 1:03:20 | 1:45 | 6:58 | 10:48 | 12:50 | 15:54 | 17:29 | 19:11 | 56:04 | 57:43 | 1:00:17 | 1:02:12 | 1:03:20 | |
| | | | | 1:45 | 5:13 | 3:50 | 2:02 | 3:04 | 1:35 | 1:42 | 36:53 | 1:39 | 2:34 | 1:55 | 1:08 | |
| | | Ross Sh Nichols | mp | 2:12 | 3:46 | 9:12 | 11:36 | 14:46 | 16:43 | 18:24 | 21:31 | ----- | ----- | ----- | 35:45 | |
| | | MAROC | | 2:12 | 1:34 | 5:26 | 2:24 | 3:10 | 1:57 | 1:41 | 3:07 | | | | 14:14 | |
| Orange (24) | | | | 2.5 km 10 C | | | | | | | | | | | | |
| | | | | 1(193) | 2(207) | 3(220) | 4(212) | 5(217) | 6(211) | 7(200) | 8(206) | 9(209) | 10(194) | F | | |
| 1 | | Jennifer Ricketts | 28:27 | 2:18 | 5:12 | 9:54 | 11:26 | 13:13 | 15:38 | 17:21 | 21:23 | 24:28 | 27:38 | 28:27 | | |
| | | MAROC | | 2:18 | 2:54 | 4:42 | 1:32 | 1:47 | 2:25 | 1:43 | 4:02 | 3:05 | 3:10 | 0:49 | | |
| 2 | | Mariee Phimister | 29:25 | 1:22 | 5:57 | 11:22 | 13:06 | 15:11 | 18:04 | 20:11 | 22:26 | 25:17 | 28:31 | 29:25 | | |
| | | MAROC | | 1:22 | 4:35 | 5:25 | 1:44 | 2:05 | 2:53 | 2:07 | 2:15 | 2:51 | 3:14 | 0:54 | | |
| 3 | | Daniel Reeve | 31:41 | 1:26 | 9:08 | 14:21 | 16:13 | 18:29 | 21:53 | 23:29 | 25:13 | 27:57 | 30:46 | 31:41 | | |
| | | GRAMP | | 1:26 | 7:42 | 5:13 | 1:52 | 2:16 | 3:24 | 1:36 | 1:44 | 2:44 | 2:49 | 0:55 | | |
| 4 | | Catriona Walker | 33:27 | 1:14 | 9:22 | 14:27 | 16:00 | 17:53 | 21:00 | 22:57 | 25:17 | 29:06 | 32:33 | 33:27 | | |
| | | MAROC | | 1:14 | 8:08 | 5:05 | 1:33 | 1:53 | 3:07 | 1:57 | 2:20 | 3:49 | 3:27 | 0:54 | | |
| 5 | | D Phimster | 34:13 | 2:00 | 6:12 | 12:25 | 14:30 | 17:43 | 21:22 | 23:35 | 26:31 | 29:33 | 33:10 | 34:13 | | |
| | | MAROC | | 2:00 | 4:12 | 6:13 | 2:05 | 3:13 | 3:39 | 2:13 | 2:56 | 3:02 | 3:37 | 1:03 | | |
| 6 | | Margit Matthews | 36:05 | 2:37 | 7:48 | 14:08 | 16:36 | 18:50 | 22:26 | 25:06 | 28:02 | 31:03 | 35:03 | 36:05 | | |
| | | MAROC | | 2:37 | 5:11 | 6:20 | 2:28 | 2:14 | 3:36 | 2:40 | 2:56 | 3:01 | 4:00 | 1:02 | | |
| 7 | | Ewen Kerridge | 36:16 | 2:14 | 6:14 | 11:04 | 13:07 | 15:02 | 17:51 | 19:57 | 26:34 | 29:43 | 35:22 | 36:16 | | |
| | | MAROC | | 2:14 | 4:00 | 4:50 | 2:03 | 1:55 | 2:49 | 2:06 | 6:37 | 3:09 | 5:39 | 0:54 | | |
| 8 | | Dale Kitching | 36:35 | 2:10 | 6:25 | 11:48 | 13:49 | 15:56 | 19:51 | 22:10 | 25:52 | 31:55 | 35:34 | 36:35 | | |
| | | MAROC | | 2:10 | 4:15 | 5:23 | 2:01 | 2:07 | 3:55 | 2:19 | 3:42 | 6:03 | 3:39 | 1:01 | | |
| 9 | | Bronwyn Matthews | 37:53 | 1:39 | 10:11 | 15:19 | 17:22 | 19:10 | 22:01 | 23:53 | 28:54 | 33:06 | 37:01 | 37:53 | | |
| | | MAROC | | 1:39 | 8:32 | 5:08 | 2:03 | 1:48 | 2:51 | 1:52 | 5:01 | 4:12 | 3:55 | 0:52 | | |
| 10 | | Katherine Archibal | 38:58 | 2:28 | 7:39 | 13:11 | 15:28 | 17:48 | 21:24 | 24:02 | 29:25 | 34:15 | 37:52 | 38:58 | | |
| | | MAROC | | 2:28 | 5:11 | 5:32 | 2:17 | 2:20 | 3:36 | 2:38 | 5:23 | 4:50 | 3:37 | 1:06 | | |
| 11 | | Stian Howard | 39:34 | 1:35 | 14:58 | 18:45 | 20:22 | 22:16 | 24:39 | 26:22 | 31:55 | 35:43 | 38:45 | 39:34 | | |
| | | MAROC | | 1:35 | 13:23 | 3:47 | 1:37 | 1:54 | 2:23 | 1:43 | 5:33 | 3:48 | 3:02 | 0:49 | | |
| 12 | | Cara McMurtrie | 40:25 | 2:27 | 9:05 | 15:05 | 17:19 | 19:34 | 22:49 | 26:40 | 30:08 | 34:57 | 39:21 | 40:25 | | |
| | | MAROC | | 2:27 | 6:38 | 6:00 | 2:14 | 2:15 | 3:15 | 3:51 | 3:28 | 4:49 | 4:24 | 1:04 | | |
| 13 | | Margaret McMillan | 41:06 | 5:08 | 9:00 | 13:34 | 15:18 | 17:09 | 20:16 | 21:48 | 31:42 | 34:48 | 40:02 | 41:06 | | |
| | | MAROC | | 5:08 | 3:52 | 4:34 | 1:44 | 1:51 | 3:07 | 1:32 | 9:54 | 3:06 | 5:14 | 1:04 | | |
| 14 | | Oliver Ford-Bryant | 41:45 | 2:56 | 10:20 | 17:39 | 19:56 | 22:28 | 24:56 | 27:35 | 32:27 | 35:44 | 40:39 | 41:45 | | |
| | | MAROC | | 2:56 | 7:24 | 7:19 | 2:17 | 2:32 | 2:28 | 2:39 | 4:52 | 3:17 | 4:55 | 1:06 | | |
| 15 | | Connie MacWilliam | 46:03 | 2:15 | 7:32 | 17:47 | 19:44 | 22:33 | 26:29 | 29:31 | 33:06 | 38:44 | 45:15 | 46:03 | | |
| | | MAROC | | 2:15 | 5:17 | 10:15 | 1:57 | 2:49 | 3:56 | 3:02 | 3:35 | 5:38 | 6:31 | 0:48 | | |
| 15 | | Lauren Watson | 46:03 | 2:05 | 7:11 | 14:21 | 17:03 | 20:14 | 23:44 | 26:50 | 34:43 | 39:00 | 44:56 | 46:03 | | |
| | | MAROC | | 2:05 | 5:06 | 7:10 | 2:42 | 3:11 | 3:30 | 3:06 | 7:53 | 4:17 | 5:56 | 1:07 | | |
| 17 | | Tom and oli Nash | 1:02:05 | 5:19 | 16:13 | 30:20 | 33:46 | 38:11 | 41:43 | 46:10 | 51:14 | 54:46 | 1:01:02 | 1:02:05 | | |
| | | GRAMP | | 5:19 | 10:54 | 14:07 | 3:26 | 4:25 | 3:32 | 4:27 | 5:04 | 3:32 | 6:16 | 1:03 | | |
| 18 | | Iain Sh Johnson | 1:09:10 | 2:18 | 17:19 | 25:03 | 29:20 | 32:02 | 36:21 | 39:26 | 57:41 | 1:02:32 | 1:08:16 | 1:09:10 | | |
| | | MAROC | | 2:18 | 15:01 | 7:44 | 4:17 | 2:42 | 4:19 | 3:05 | 18:15 | 4:51 | 5:44 | 0:54 | | |
| 19 | | Terri Walker Shadc | 1:18:06 | 3:09 | 29:21 | 37:48 | 41:29 | 45:05 | 51:39 | 56:33 | 1:02:58 | 1:07:32 | 1:15:48 | 1:18:06 | | |
| | | | | 3:09 | 26:12 | 8:27 | 3:41 | 3:36 | 6:34 | 4:54 | 6:25 | 4:34 | 8:16 | 2:18 | | |
| 20 | | Peter Sh Collins | 1:25:45 | 5:32 | 20:28 | 31:15 | 35:51 | 40:39 | 48:35 | 52:29 | 1:04:05 | 1:13:54 | 1:23:35 | 1:25:45 | | |
| | | MAROC | | 5:32 | 14:56 | 10:47 | 4:36 | 4:48 | 7:56 | 3:54 | 11:36 | 9:49 | 9:41 | 2:10 | | |
| 21 | | George Pr Clarihev | 1:35:52 | 4:48 | 28:25 | 46:37 | 51:58 | 56:36 | 1:05:42 | 1:10:43 | 1:17:34 | 1:24:49 | 1:33:41 | 1:35:52 | | |
| | | MAROC | | 4:48 | 23:37 | 18:12 | 5:21 | 4:38 | 9:06 | 5:01 | 6:51 | 7:15 | 8:52 | 2:11 | | |
| 22 | | Ruth Pr Clarihew | 1:36:05 | 5:19 | 28:42 | 46:58 | 52:08 | 56:40 | 1:05:48 | 1:10:52 | 1:17:42 | 1:25:09 | 1:33:51 | 1:36:05 | | |
| | | MAROC | | 5:19 | 23:23 | 18:16 | 5:10 | 4:32 | 9:08 | 5:04 | 6:50 | 7:27 | 8:42 | 2:14 | | |
| 23 | | Gemma Sh Collins | 1:36:18 | 6:43 | 21:20 | 32:11 | 42:44 | 49:36 | 1:04:51 | 1:16:12 | 1:21:22 | 1:26:27 | 1:34:06 | 1:36:18 | | |
| | | MAROC | | 6:43 | 14:37 | 10:51 | 10:33 | 6:52 | 15:15 | 11:21 | 5:10 | 5:05 | 7:39 | 2:12 | | |
| | | Ann Smith | mp | ----- | 16:14 | 21:35 | 23:43 | 26:44 | 30:06 | 33:22 | ----- | ----- | ----- | 46:25 | 2:41 | |
| | | | | | 16:14 | 5:21 | 2:08 | 3:01 | 3:22 | 3:16 | | | | 13:03 | *192 | |
| Light Green (12) | | | | 3.0 km 12 C | | | | | | | | | | | | |
| | | | | 1(193) | 2(196) | 3(203) | 4(118) | 5(212) | 6(213) | 7(215) | 8(216) | 9(210) | 10(206) | 11(209) | 12(195) | F |
| 1 | | Trevor Ricketts | 36:37 | 1:13 | 2:17 | 8:47 | 13:24 | 16:26 | 17:34 | 18:53 | 22:13 | 25:56 | 29:16 | 31:41 | 36:01 | 36:37 |
| | | MAROC | | 1:13 | 1:04 | 6:30 | 4:37 | 3:02 | 1:08 | 1:19 | 3:20 | 3:43 | 3:20 | 2:25 | 4:20 | 0:36 |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | | | |
|-------------------|------|----------------------------------|----------------|---|--------------------------------------|---|--|---|---|---|---|--|--|--|--|------------------------------|------------------------------|-----------------------------|--|
| Blue (10) | | | | 5.8 km 16 C | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | 1(191) 15(196) | 2(129) 16(195) | 3(125) F | 4(122) | 5(118) | 6(212) | 7(120) | 8(218) | 9(219) | 10(127) | 11(117) | 12(123) | 13(203) | 14(209) | | |
| 7 | | Rebecca Nash GRAMP | 1:38:35 | 1:59 1:59 1:36:10 4:16 | 19:10 17:11 1:37:47 1:37 | 21:50 2:40 1:38:35 0:48 | 25:10 3:20 | 29:12 4:02 | 33:12 4:00 | 44:01 10:49 | 45:32 1:31 | 59:21 13:49 | 1:05:35 6:14 | 1:13:49 8:14 | 1:16:40 2:51 | 1:27:19 10:39 | 1:31:54 4:35 | | |
| 8 | | Jeff Dickens MAROC | 1:47:11 | 1:59 1:59 1:43:47 5:50 | 21:20 19:21 1:45:56 2:09 | 24:35 3:15 1:47:11 1:15 | 28:46 | 33:47 5:01 | 37:52 4:05 | 50:10 12:18 | 53:53 3:43 | 58:28 4:35 | 1:04:29 6:01 | 1:13:14 8:45 | 1:17:22 4:08 | 1:31:20 13:58 | 1:37:57 6:37 | | |
| 9 | | Graham Tough SWOC | 1:52:03 | 1:55 1:55 1:49:49 4:40 | 19:48 17:53 1:51:27 1:38 | 39:18 19:30 1:52:03 0:36 | 42:20 3:02 | 46:50 4:30 | 50:56 4:06 | 1:03:43 12:47 | 1:05:44 2:01 | 1:09:40 3:56 | 1:17:00 7:20 | 1:23:42 6:42 | 1:26:51 3:09 | 1:39:03 12:12 | 1:45:09 6:06 | | |
| | | Zoe Griffin GRAMP | mp | 1:33 1:33 1:12:01 3:42 | 16:23 14:50 1:13:17 1:16 | 18:48 2:25 1:14:07 0:50 | 21:06 2:18 | 24:26 3:20 | 27:13 2:47 | 34:32 7:19 | ---- | 41:08 6:36 | 45:44 4:36 | 51:33 5:49 | 53:44 2:11 | 1:03:46 10:02 | 1:08:19 4:33 | | |
| Brown (12) | | | | 7.5 km 25 C | | | | | | | | | | | | | | | |
| | | | | 1(191) 15(213) | 2(107) 16(129) | 3(210) 17(125) | 4(216) 18(122) | 5(215) 19(115) | 6(116) 20(114) | 7(128) 21(200) | 8(113) 22(203) | 9(123) 23(209) | 10(120) 24(196) | 11(218) 25(195) | 12(219) F | 13(127) | 14(117) | | |
| 1 | | Evgueni Chepelin GRAMP | 1:17:29 | 1:10 1:10 48:44 | 4:15 3:05 5:09 | 6:10 1:55 55:50 | 8:47 2:37 57:36 | 9:49 1:02 1:04:15 | 16:19 6:30 1:05:40 | 20:29 4:10 1:08:46 | 25:23 4:54 1:10:05 | 31:40 6:17 1:13:24 | 34:22 2:42 1:15:58 | 35:26 1:04 1:17:01 | 38:07 2:41 1:17:29 | 41:09 3:02 | 44:43 3:34 | | |
| 2 | | Tim Nash GRAMP | 1:20:16 | 4:01 1:03 53:52 5:44 | 5:09 4:27 3:24 5:02 | 1:57 6:24 1:57 1:50 | 1:46 8:59 2:35 1:42 | 6:39 9:57 6:34 0:58 | 1:25 16:31 4:04 1:09 | 3:06 20:35 4:04 2:59 | 1:19 25:09 1:13:24 2:59 | 3:19 31:14 1:16:07 2:43 | 3:19 33:25 1:18:45 2:38 | 1:03 34:28 1:19:40 0:55 | 1:03 39:11 1:20:16 0:36 | 4:43 43:28 2:16 | 4:17 48:08 3:41 | 4:40 3:48 4:57 | |
| 3 | | Tim Griffin GRAMP | 1:21:18 | 1:04 1:04 49:57 4:30 | 4:11 3:07 56:18 6:21 | 6:05 1:54 1:00:44 2:05 | 8:52 2:47 1:00:39 2:16 | 9:53 1:01 1:06:20 5:41 | 15:47 5:54 1:07:56 1:03 | 20:41 4:54 1:09:05 3:54 | 27:31 6:50 1:11:17 1:45 | 32:36 5:05 1:13:02 3:21 | 34:42 2:06 1:16:23 3:03 | 35:42 1:00 1:19:26 1:08 | 37:58 2:16 1:20:34 0:44 | 41:39 3:41 | 45:27 3:48 | | |
| 4 | | Dave Armitage GRAMP | 1:24:19 | 1:30 1:30 55:43 4:40 | 5:33 4:03 1:01:07 5:24 | 7:43 2:10 1:03:03 1:56 | 10:38 2:55 1:04:46 1:43 | 11:57 1:19 1:10:00 5:14 | 18:36 6:39 1:11:35 1:35 | 22:38 4:02 1:14:43 3:08 | 28:19 5:41 1:16:03 1:20 | 35:58 7:39 1:19:21 3:18 | 38:52 2:54 1:22:11 2:50 | 40:08 1:16 1:23:51 1:40 | 42:34 2:26 1:24:19 0:28 | 45:47 3:13 | 51:03 5:16 | | |
| 5 | | Robert Daly GRAMP | 1:31:01 | 1:24 1:24 56:42 4:54 | 5:19 3:55 1:02:47 6:05 | 7:26 2:07 1:04:48 2:01 | 10:22 2:56 1:07:15 12:12 | 11:44 1:22 1:14:53 7:38 | 20:19 8:35 1:16:32 1:39 | 24:37 4:18 1:20:11 3:39 | 29:11 4:34 1:22:09 1:58 | 35:11 6:00 1:26:07 3:58 | 37:51 2:40 1:29:16 3:09 | 38:57 1:06 1:30:19 1:03 | 41:20 2:23 1:31:01 0:42 | 45:45 4:25 | 51:48 6:03 | | |
| 6 | | Duncan Innes BOK | 1:40:51 | 2:34 2:34 1:04:07 5:45 | 6:34 4:00 1:10:51 6:44 | 8:53 2:19 1:14:42 3:51 | 12:27 3:19 1:17:35 2:53 | 13:47 1:35 1:24:45 7:10 | 21:42 7:55 1:26:10 1:25 | 26:39 4:57 1:30:09 3:59 | 35:17 8:38 1:32:04 1:55 | 41:58 6:41 1:35:53 3:49 | 45:00 3:02 1:39:06 3:13 | 46:23 1:23 1:40:14 1:08 | 49:18 2:55 1:40:51 1:08 | 53:32 4:14 | 58:22 4:50 | | |
| 7 | | Dennis McDonald GRAMP | 1:41:51 | 1:38 1:38 1:10:29 4:26 | 5:34 3:56 1:16:51 6:22 | 9:09 3:35 1:19:00 2:09 | 13:07 3:58 1:21:12 2:12 | 14:24 1:17 1:26:46 5:34 | 21:23 6:59 1:27:57 1:11 | 25:44 4:21 1:31:49 3:52 | 38:14 12:30 1:33:34 1:45 | 50:01 11:47 1:36:54 3:20 | 53:50 3:49 1:40:00 3:06 | 55:28 1:38 1:41:05 1:05 | 58:50 3:22 1:41:51 0:46 | 1:02:10 3:20 | 1:06:03 3:53 | | |
| 8 | | Donald Kerridge MAROC | 1:40:40 | 1:40 1:40 1:22:06 5:32 | 5:46 4:06 1:30:20 8:14 | 8:48 3:02 1:32:39 2:19 | 15:11 6:23 1:35:15 2:36 | 16:34 1:23 1:43:50 8:35 | 23:39 7:05 1:45:14 1:24 | 29:17 5:38 1:49:50 4:36 | 34:52 6:56 1:51:30 1:40 | 41:48 17:39 1:55:40 4:10 | 59:27 6:56 1:59:03 3:23 | 1:00:26 1:30 2:00:13 1:10 | 1:03:56 3:30 2:00:40 0:27 | 1:10:35 6:39 | 1:16:34 5:59 | | |
| 9 | | Carolyn McLeod GRAMP | 1:03:40 | 2:23 2:23 1:23:20 9:59 | 7:13 4:50 1:29:41 6:21 | 9:40 2:27 1:31:54 2:13 | 12:40 3:00 1:34:13 1:39 | 13:53 1:13 1:43:23 9:10 | 22:01 8:08 1:44:52 1:29 | 26:04 4:03 1:51:05 6:13 | 37:39 11:35 1:52:55 1:50 | 44:40 7:01 1:57:51 4:56 | 49:41 5:01 2:01:17 3:26 | 51:11 1:30 2:02:59 1:42 | 55:43 4:32 2:03:40 0:41 | 59:51 4:08 | 1:13:21 13:30 | | |
| 10 | | Stephen Spencer MAROC | 1:14:39 | 3:29 3:29 1:32:55 6:33 | 7:30 4:01 1:41:15 8:20 | 9:39 2:09 1:45:32 4:17 | 13:32 3:53 1:48:04 2:32 | 14:44 1:12 1:55:34 7:30 | 23:05 8:21 1:56:55 1:21 | 28:49 5:44 2:01:14 4:19 | 38:58 10:09 2:02:54 1:40 | 49:36 10:38 2:07:21 4:27 | 52:26 2:50 2:11:48 4:27 | 53:37 1:11 2:13:50 2:02 | 53:37 16:51 2:14:39 0:49 | 1:10:28 8:05 | 1:18:33 7:49 | | |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|-------------------|------|-----------------------|----------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Brown (12) | | | 7.5 km 25 C (cont.) | | | | | | | | | | | | | | |
| | | | 1(191) | 2(107) | 3(210) | 4(216) | 5(215) | 6(116) | 7(128) | 8(113) | 9(123) | 10(120) | 11(218) | 12(219) | 13(127) | 14(117) | |
| | | | 15(213) | 16(129) | 17(125) | 18(122) | 19(115) | 20(114) | 21(200) | 22(203) | 23(209) | 24(196) | 25(195) | F | | | |
| 11 | | Christine Farr | 1:20:23 | 2:05 | 7:20 | 10:28 | 14:40 | 16:43 | 29:46 | 35:04 | 45:16 | 53:23 | 1:00:16 | 1:01:58 | 1:11:09 | 1:15:49 | 1:22:20 |
| | | BOK | | 2:05 | 5:15 | 3:08 | 4:12 | 2:03 | 13:03 | 5:18 | 10:12 | 8:07 | 6:53 | 1:42 | 9:11 | 4:40 | 6:31 |
| | | | | 1:29:31 | 1:37:51 | 1:46:09 | 1:48:59 | 1:58:59 | 2:01:12 | 2:06:49 | 2:08:49 | 2:14:01 | 2:18:19 | 2:19:40 | 2:20:23 | | |
| | | | | 7:11 | 8:20 | 8:18 | 2:50 | 10:00 | 2:13 | 5:37 | 2:00 | 5:12 | 4:18 | 1:21 | 0:43 | | |
| | | Eddie Harwood | mp | 3:06 | 6:54 | 8:49 | 11:47 | ---- | 20:09 | 24:33 | 30:25 | 35:08 | 37:28 | 38:34 | 53:37 | 57:19 | 1:01:40 |
| | | MOR | | 3:06 | 3:48 | 1:55 | 2:58 | | 8:22 | 4:24 | 5:52 | 4:43 | 2:20 | 1:06 | 15:03 | 3:42 | 4:21 |
| | | | | 1:06:47 | 1:12:14 | 1:15:03 | 1:17:12 | 1:22:33 | 1:23:49 | 1:28:02 | 1:29:22 | 1:32:17 | 1:35:04 | 1:36:01 | 1:36:40 | | |
| | | | | 5:07 | 5:27 | 2:49 | 2:09 | 5:21 | 1:16 | 4:13 | 1:20 | 2:55 | 2:47 | 0:57 | 0:39 | | |