

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|------------------|------|----------------------------|---------|--------------------|---------|---------|---------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|
| Short (2) | | | | 2.1 km 11 C | | | | | | | | | | | | | |
| | | | | 1(201) | 2(202) | 3(218) | 4(219) | 5(220) | 6(208) | 7(217) | 8(214) | 9(215) | 10(216) | 11(191) | F | | |
| 1 | 13 | Joel Gooch (S) MAROC | 27:45 | 1:02 | 2:36 | 7:00 | 9:02 | 11:49 | 16:10 | 18:15 | 20:59 | 23:19 | 25:03 | 26:39 | 27:45 | | |
| 2 | 9 | Luke Dennison | 34:40 | 1:02 | 1:34 | 4:24 | 2:02 | 2:47 | 4:21 | 2:05 | 2:44 | 2:20 | 1:44 | 1:36 | 1:06 | | |
| | | | | 0:47 | 2:19 | 5:09 | 6:34 | 10:54 | 18:06 | 23:56 | 26:12 | 28:15 | 30:03 | 33:42 | 34:40 | 9:35 | |
| | | | | 0:47 | 1:32 | 2:50 | 1:25 | 4:20 | 7:12 | 5:50 | 2:16 | 2:03 | 1:48 | 3:39 | 0:58 | *207 | |
| Long (13) | | | | 3.0 km 17 C | | | | | | | | | | | | | |
| | | | | 1(201) | 2(202) | 3(203) | 4(204) | 5(205) | 6(206) | 7(207) | 8(208) | 9(209) | 10(210) | 11(211) | 12(212) | 13(213) | 14(214) |
| | | | | 15(215) | 16(216) | 17(217) | F | | | | | | | | | | |
| 1 | 4 | Finlay Langan MAROC | 22:20 | 0:28 | 1:10 | 3:53 | 5:28 | 6:01 | 6:59 | 7:53 | 10:10 | 11:47 | 13:18 | 14:26 | 14:57 | 16:52 | 19:20 |
| | | | | 0:28 | 0:42 | 2:43 | 1:35 | 0:33 | 0:58 | 0:54 | 2:17 | 1:37 | 1:31 | 1:08 | 0:31 | 1:55 | 2:28 |
| | | | | 20:23 | 21:11 | 22:04 | 22:20 | | | | | | | | | | |
| | | | | 1:03 | 0:48 | 0:53 | 0:16 | | | | | | | | | | |
| 2 | 5 | Alastair Marshall MAROC | 23:40 | 0:39 | 1:30 | 4:15 | 6:03 | 6:27 | 7:29 | 8:36 | 10:55 | 12:56 | 14:28 | 15:39 | 16:13 | 18:29 | 20:32 |
| | | | | 0:39 | 0:51 | 2:45 | 1:48 | 0:24 | 1:02 | 1:07 | 2:19 | 2:01 | 1:32 | 1:11 | 0:34 | 2:16 | 2:03 |
| | | | | 21:41 | 22:40 | 23:25 | 23:40 | | | | | | | | | | |
| | | | | 1:09 | 0:59 | 0:45 | 0:15 | | | | | | | | | | |
| 3 | 11 | Evgueni Chepelin MAROC | 23:59 | 0:39 | 1:29 | 4:17 | 5:59 | 7:06 | 8:05 | 10:01 | 12:21 | 14:00 | 15:46 | 16:48 | 17:35 | 19:12 | 21:08 |
| | | | | 0:39 | 0:50 | 2:48 | 1:42 | 1:07 | 0:59 | 1:56 | 2:20 | 1:39 | 1:46 | 1:02 | 0:47 | 1:37 | 1:56 |
| | | | | 22:12 | 23:04 | 23:45 | 23:59 | | | | | | | | | | |
| | | | | 1:04 | 0:52 | 0:41 | 0:14 | | | | | | | | | | |
| 4 | 7 | Kirsty Coombs MAROC | 27:23 | 0:46 | 1:45 | 5:53 | 7:59 | 8:22 | 9:35 | 10:35 | 13:19 | 15:40 | 17:32 | 18:47 | 19:27 | 21:33 | 24:09 |
| | | | | 0:46 | 0:59 | 4:08 | 2:06 | 0:23 | 1:13 | 1:00 | 2:44 | 2:21 | 1:52 | 1:15 | 0:40 | 2:06 | 2:36 |
| | | | | 25:21 | 26:20 | 27:09 | 27:23 | | | | | | | | | | |
| | | | | 1:12 | 0:59 | 0:49 | 0:14 | | | | | | | | | | |
| 5 | 3 | Clare Martin MAROC | 29:34 | 0:44 | 1:40 | 5:03 | 7:32 | 8:01 | 9:13 | 10:21 | 13:05 | 15:23 | 18:21 | 19:39 | 20:38 | 22:51 | 25:34 |
| | | | | 0:44 | 0:56 | 3:23 | 2:29 | 0:29 | 1:12 | 1:08 | 2:44 | 2:18 | 2:58 | 1:18 | 0:59 | 2:13 | 2:43 |
| | | | | 27:14 | 28:23 | 29:16 | 29:34 | | | | | | | | | | |
| | | | | 1:40 | 1:09 | 0:53 | 0:18 | | | | | | | | | | |
| 6 | 10 | David Hirst MAROC | 30:44 | 0:35 | 1:20 | 7:26 | 9:09 | 9:30 | 10:34 | 12:26 | 15:00 | 16:48 | 18:13 | 19:27 | 22:46 | 24:45 | 27:31 |
| | | | | 0:35 | 0:45 | 6:06 | 1:43 | 0:21 | 1:04 | 1:52 | 2:34 | 1:48 | 1:25 | 1:14 | 3:19 | 1:59 | 2:46 |
| | | | | 28:47 | 29:40 | 30:29 | 30:44 | | | | | | | | | | |
| | | | | 1:16 | 0:53 | 0:49 | 0:15 | | | | | | | | | | |
| 7 | 2 | Douglas Marshall MAROC | 31:35 | 0:46 | 1:34 | 4:38 | 6:40 | 8:54 | 10:39 | 11:57 | 15:23 | 18:37 | 20:22 | 21:36 | 22:23 | 24:20 | 27:22 |
| | | | | 0:46 | 0:48 | 3:04 | 2:02 | 2:14 | 1:45 | 1:18 | 3:26 | 3:14 | 1:45 | 1:14 | 0:47 | 1:57 | 3:02 |
| | | | | 29:28 | 30:30 | 31:19 | 31:35 | | | | | | | | | | |
| | | | | 2:06 | 1:02 | 0:49 | 0:16 | | | | | | | | | | |
| 8 | 6 | Tricia Coombs MAROC | 35:09 | 1:15 | 2:12 | 6:11 | 8:20 | 8:52 | 10:21 | 11:40 | 15:21 | 17:43 | 19:47 | 21:13 | 21:57 | 25:22 | 28:39 |
| | | | | 1:15 | 0:57 | 3:59 | 2:09 | 0:32 | 1:29 | 1:19 | 3:41 | 2:22 | 2:04 | 1:26 | 0:44 | 3:25 | 3:17 |
| | | | | 32:45 | 33:54 | 34:51 | 35:09 | | | | | | | | | | |
| | | | | 4:06 | 1:09 | 0:57 | 0:18 | | | | | | | | | | |
| 9 | 12 | Rachel Scott GRAMP | 36:50 | 0:44 | 1:51 | 6:01 | 8:45 | 9:13 | 10:39 | 16:13 | 20:35 | 22:57 | 24:47 | 26:18 | 27:27 | 29:41 | 32:44 |
| | | | | 0:44 | 1:07 | 4:10 | 2:44 | 0:28 | 1:26 | 5:34 | 4:22 | 2:22 | 1:50 | 1:31 | 1:09 | 2:14 | 3:03 |
| | | | | 34:21 | 35:30 | 36:30 | 36:50 | | | | | | | | | | |
| | | | | 1:37 | 1:09 | 1:00 | 0:20 | | | | | | | | | | |
| 10 | 14 | Jonquil Nicholl MAROC | 37:29 | 0:56 | 2:21 | 7:56 | 12:28 | 12:55 | 14:16 | 15:36 | 19:21 | 22:02 | 24:06 | 25:47 | 26:39 | 29:23 | 32:46 |
| | | | | 0:56 | 1:25 | 5:35 | 4:32 | 0:27 | 1:21 | 1:20 | 3:45 | 2:41 | 2:04 | 1:41 | 0:52 | 2:44 | 3:23 |
| | | | | 34:31 | 35:59 | 37:08 | 37:29 | | | | | | | | | | |
| | | | | 1:45 | 1:28 | 1:09 | 0:21 | | | | | | | | | | |
| 11 | 16 | Adam Francis | 1:02:26 | 0:59 | 2:03 | 6:50 | 12:17 | 13:04 | 14:37 | 17:32 | 23:00 | 29:11 | 32:14 | 34:28 | 38:10 | 43:58 | 51:55 |
| | | | | 0:59 | 1:04 | 4:47 | 5:27 | 0:47 | 1:33 | 2:55 | 5:28 | 6:11 | 3:03 | 2:14 | 3:42 | 5:48 | 7:57 |
| | | | | 55:16 | 57:52 | 1:01:29 | 1:02:26 | | | | | | | | | | |
| | | | | 3:21 | 2:36 | 3:37 | 0:57 | | | | | | | | | | |
| 12 | 17 | Luke Dennison | 1:02:30 | 0:52 | 2:01 | 7:01 | 12:18 | 13:03 | 14:29 | 17:43 | 23:00 | 29:15 | 32:15 | 34:09 | 37:47 | 43:51 | 51:28 |
| | | | | 0:52 | 1:09 | 5:00 | 5:17 | 0:45 | 1:26 | 3:14 | 5:17 | 6:15 | 3:00 | 1:54 | 3:38 | 6:04 | 7:37 |
| | | | | 55:00 | 57:53 | 1:01:33 | 1:02:30 | | | | | | | | | | |
| | | | | 3:32 | 2:53 | 3:40 | 0:57 | | | | | | | | | | |
| | | Simon Langan MAROC | mp | 38:29 | 39:39 | 42:45 | 45:04 | 45:53 | 47:23 | 48:28 | 51:19 | 53:52 | 55:38 | 56:53 | 57:57 | 1:04:27 | 1:07:25 |
| | | | | 38:29 | 1:10 | 3:06 | 2:19 | 0:49 | 1:30 | 1:05 | 2:51 | 2:33 | 1:46 | 1:15 | 1:04 | 6:30 | 2:58 |
| | | | | 1:08:58 | 1:10:21 | ----- | 1:11:26 | | | | | | | | | | |
| | | | | 1:33 | 1:23 | | 1:05 | *219 | *144 | *192 | *143 | *142 | *141 | *191 | *249 | | |