

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|-------------------|------|---------------------------|--------------|-------------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------------------------|--|--|--|--|
| White (17) | | | | 1.5 km 8 C | | | | | | | | | | | | | |
| | | | | 1(144) | 2(141) | 3(202) | 4(218) | 5(142) | 6(122) | 7(213) | 8(220) | F | | | | | |
| 1 | | Matthew Gooch | 12:02 | 1:11 | 2:41 | 4:33 | 5:46 | 6:50 | 7:56 | 9:00 | 10:23 | 12:02 | | | | | |
| | | MAROC | | 1:11 | 1:30 | 1:52 | 1:13 | 1:04 | 1:06 | 1:04 | 1:23 | 1:39 | | | | | |
| 2 | | Joel Gooch | 14:02 | 1:26 | 2:53 | 5:02 | 6:55 | 8:11 | 9:51 | 10:59 | 12:11 | 14:02 | | | | | |
| | | MAROC | | 1:26 | 1:27 | 2:09 | 1:53 | 1:16 | 1:40 | 1:08 | 1:12 | 1:51 | | | | | |
| 3 | | Amy Hamilton (sh) | 14:03 | 1:20 | 3:00 | 5:00 | 6:20 | 7:25 | 8:53 | 9:50 | 11:12 | 14:03 | | | | | |
| | | MAROC | | 1:20 | 1:40 | 2:00 | 1:20 | 1:05 | 1:28 | 0:57 | 1:22 | 2:51 | | | | | |
| 4 | | Grant McMurtrie | 14:15 | 1:21 | 3:03 | 5:59 | 7:07 | 8:15 | 10:17 | 11:20 | 12:22 | 14:15 | | | | | |
| | | MAROC | | 1:21 | 1:42 | 2:56 | 1:08 | 1:08 | 2:02 | 1:03 | 1:02 | 1:53 | | | | | |
| 5 | | Sam Griffin | 15:09 | 1:27 | 3:01 | 5:34 | 7:09 | 8:20 | 10:15 | 11:24 | 12:46 | 15:09 | | | | | |
| | | GRAMP | | 1:27 | 1:34 | 2:33 | 1:35 | 1:11 | 1:55 | 1:09 | 1:22 | 2:23 | | | | | |
| 6 | | Danny Skinner (sh) | 15:37 | 1:17 | 3:02 | 4:54 | 6:35 | 7:35 | 9:37 | 10:34 | 12:30 | 15:37 | | | | | |
| | | MAROC | | 1:17 | 1:45 | 1:52 | 1:41 | 1:00 | 2:02 | 0:57 | 1:56 | 3:07 | | | | | |
| 7 | | Louis Easton (sh) | 15:40 | 1:09 | 2:55 | 4:48 | 6:26 | 7:28 | 9:27 | 10:59 | 12:34 | 15:40 | | | | | |
| | | MAROC | | 1:09 | 1:46 | 1:53 | 1:38 | 1:02 | 1:59 | 1:32 | 1:35 | 3:06 | | | | | |
| 8 | | Christopher Hornby | 15:52 | 1:47 | 3:24 | 5:52 | 7:52 | 9:14 | 11:04 | 12:10 | 13:52 | 15:52 | | | | | |
| | | MOR | | 1:47 | 1:37 | 2:28 | 2:00 | 1:22 | 1:50 | 1:06 | 1:42 | 2:00 | | | | | |
| 9 | | Katie Skinner (sh) | 16:11 | 1:29 | 3:03 | 5:20 | 7:07 | 8:55 | 11:18 | 12:30 | 14:14 | 16:11 | | | | | |
| | | MAROC | | 1:29 | 1:34 | 2:17 | 1:47 | 1:48 | 2:23 | 1:12 | 1:44 | 1:57 | | | | | |
| 10 | | Ewan Musgrave (sh) | 16:50 | 1:28 | 3:33 | 6:01 | 7:55 | 9:22 | 11:48 | 13:00 | 14:30 | 16:50 | | | | | |
| | | MAROC | | 1:28 | 2:05 | 2:28 | 1:54 | 1:27 | 2:26 | 1:12 | 1:30 | 2:20 | | | | | |
| 11 | | Phoebe Schouter | 17:02 | 1:21 | 3:14 | 5:41 | 7:34 | 9:06 | 11:23 | 12:58 | 14:41 | 17:02 | | | | | |
| | | MAROC | | 1:21 | 1:53 | 2:27 | 1:53 | 1:32 | 2:17 | 1:35 | 1:43 | 2:21 | | | | | |
| 12 | | Ann Foster (sh) | 17:37 | 1:19 | 3:05 | 5:25 | 6:57 | 8:14 | 10:18 | 12:32 | 15:17 | 17:37 | | | | | |
| | | MAROC | | 1:19 | 1:46 | 2:20 | 1:32 | 1:17 | 2:04 | 2:14 | 2:45 | 2:20 | | | | | |
| 13 | | Hannah Will | 29:16 | 3:08 | 6:27 | 11:24 | 14:13 | 16:31 | 19:39 | 21:58 | 25:08 | 29:16 | | | | | |
| | | GRAMP | | 3:08 | 3:19 | 4:57 | 2:49 | 2:18 | 3:08 | 2:19 | 3:10 | 4:08 | | | | | |
| 14 | | Noah Griffin (sh) | 36:07 | 3:16 | 6:31 | 11:42 | 15:27 | 18:32 | 23:33 | 26:12 | 30:08 | 36:07 | | | | | |
| | | GRAMP | | 3:16 | 3:15 | 5:11 | 3:45 | 3:05 | 5:01 | 2:39 | 3:56 | 5:59 | | | | | |
| | | Porter (family) | mp | 4:42 | 9:51 | 16:21 | 20:29 | 27:23 | ---- | ---- | 50:23 | 58:37 | <i>37:57</i> | | | | |
| | | MAROC | | 4:42 | 5:09 | 6:30 | 4:08 | 6:54 | ---- | ---- | 23:00 | 8:14 | <i>*208</i> | | | | |
| | | Jamie Price (sh) | mp | 1:44 | ----- | 14:14 | 17:00 | ----- | ----- | ----- | 57:58 | 59:56 | <i>27:23 38:06 44:49 49:58</i> | | | | |
| | | MAROC | | 1:44 | ----- | 12:30 | 2:46 | ----- | ----- | ----- | 40:58 | 1:58 | <i>*217 *215 *143 *149</i> | | | | |
| | | Dillon Thomson | mp | 1:06 | 2:42 | 4:19 | ----- | 6:27 | 7:46 | 8:42 | 9:51 | 11:40 | | | | | |
| | | MAROC | | 1:06 | 1:36 | 1:37 | ----- | 2:08 | 1:19 | 0:56 | 1:09 | 1:49 | | | | | |

| Yellow (6) | | | | 2.1 km 8 C | | | | | | | | | | | | | |
|-------------------|--|------------------------------|----------------|-------------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--|--|--|--|--|
| | | | | 1(144) | 2(202) | 3(218) | 4(217) | 5(215) | 6(143) | 7(149) | 8(220) | F | | | | | |
| 1 | | Jake Chapman | 18:30 | 0:56 | 3:46 | 4:47 | 7:26 | 11:21 | 14:20 | 15:45 | 17:12 | 18:30 | | | | | |
| | | MAROC | | 0:56 | 2:50 | 1:01 | 2:39 | 3:55 | 2:59 | 1:25 | 1:27 | 1:18 | | | | | |
| 2 | | Alistair Chapman | 19:28 | 1:04 | 3:29 | 4:41 | 7:56 | 10:24 | 14:28 | 16:28 | 18:03 | 19:28 | | | | | |
| | | MAROC | | 1:04 | 2:25 | 1:12 | 3:15 | 2:28 | 4:04 | 2:00 | 1:35 | 1:25 | | | | | |
| 3 | | Joseph Wright | 23:11 | 0:55 | 3:29 | 4:39 | 7:53 | 11:57 | 16:34 | 18:56 | 21:08 | 23:11 | | | | | |
| | | MAROC | | 0:55 | 2:34 | 1:10 | 3:14 | 4:04 | 4:37 | 2:22 | 2:12 | 2:03 | | | | | |
| 4 | | Keith Yardley | 34:48 | 1:24 | 5:02 | 6:24 | 10:33 | 20:42 | 27:34 | 30:19 | 32:40 | 34:48 | | | | | |
| | | GRAMP | | 1:24 | 3:38 | 1:22 | 4:09 | 10:09 | 6:52 | 2:45 | 2:21 | 2:08 | | | | | |
| 5 | | Graeme Campbell | 44:17 | 1:09 | 5:39 | 7:25 | 22:03 | 26:46 | 34:30 | 39:49 | 42:24 | 44:17 | | | | | |
| | | MAROC | | 1:09 | 4:30 | 1:46 | 14:38 | 4:43 | 7:44 | 5:19 | 2:35 | 1:53 | | | | | |
| 6 | | Bethany Littejohn (s) | 1:07:27 | 1:12 | 5:11 | 6:28 | 22:59 | 36:52 | 54:34 | 1:00:19 | 1:04:41 | 1:07:27 | | | | | |
| | | MAROC | | 1:12 | 3:59 | 1:17 | 16:31 | 13:53 | 17:42 | 5:45 | 4:22 | 2:46 | | | | | |

| Orange (14) | | | | 2.5 km 12 C | | | | | | | | | | | | | |
|--------------------|--|----------------------|--------------|--------------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| | | | | 1(144) | 2(141) | 3(202) | 4(151) | 5(146) | 6(217) | 7(215) | 8(122) | 9(143) | 10(212) | 11(149) | 12(220) | F | |
| 1 | | Abigail Mason | 33:28 | 1:01 | 2:19 | 4:01 | 4:59 | 10:41 | 15:04 | 18:51 | 20:56 | 24:22 | 28:43 | 30:17 | 31:58 | 33:28 | |
| | | MAROC | | 1:01 | 1:18 | 1:42 | 0:58 | 5:42 | 4:23 | 3:47 | 2:05 | 3:26 | 4:21 | 1:34 | 1:41 | 1:30 | |
| 2 | | Harry Nichols | 36:11 | 1:03 | 2:09 | 3:28 | 4:47 | 10:42 | 14:58 | 20:39 | 22:28 | 26:35 | 30:37 | 32:39 | 34:29 | 36:11 | |
| | | MAROC | | 1:03 | 1:06 | 1:19 | 1:19 | 5:55 | 4:16 | 5:41 | 1:49 | 4:07 | 4:02 | 2:02 | 1:50 | 1:42 | |
| 3 | | Iain Johnson | 36:52 | 0:57 | 2:16 | 4:18 | 5:48 | 16:48 | 20:15 | 23:50 | 25:30 | 29:28 | 31:30 | 33:32 | 35:20 | 36:52 | |
| | | MAROC | | 0:57 | 1:19 | 2:02 | 1:30 | 11:00 | 3:27 | 3:35 | 1:40 | 3:58 | 2:02 | 2:02 | 1:48 | 1:32 | |
| 4 | | Halla Price | 37:06 | 1:02 | 2:37 | 4:04 | 7:40 | 14:33 | 18:19 | 22:56 | 24:32 | 28:42 | 31:34 | 33:17 | 35:13 | 37:06 | |
| | | MAROC | | 1:02 | 1:35 | 1:27 | 3:36 | 6:53 | 3:46 | 4:37 | 1:36 | 4:10 | 2:52 | 1:43 | 1:56 | 1:53 | |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|-------------------------|------|----------------------|---------|---------------|-------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---------|---------|---------|--|
| Orange (14) | | | | 2.5 km | 12 C | <i>(cont.)</i> | | | | | | | | | | | |
| | | | | 1(144) | 2(141) | 3(202) | 4(151) | 5(146) | 6(217) | 7(215) | 8(122) | 9(143) | 10(212) | 11(149) | 12(220) | F | |
| 5 | | Struan K (sh) | 43:10 | 1:35 | 3:12 | 5:35 | 8:48 | 15:24 | 21:33 | 26:35 | 28:53 | 34:06 | 36:30 | 38:52 | 41:09 | 43:10 | |
| | | GRAMP | | 1:35 | 1:37 | 2:23 | 3:13 | 6:36 | 6:09 | 5:02 | 2:18 | 5:13 | 2:24 | 2:22 | 2:17 | 2:01 | |
| 6 | | Lachlan Ivirk | 43:18 | 1:40 | 3:17 | 5:31 | 8:57 | 15:38 | 21:32 | 26:43 | 29:00 | 34:03 | 36:38 | 38:57 | 41:19 | 43:18 | |
| | | GRAMP | | 1:40 | 1:37 | 2:14 | 3:26 | 6:41 | 5:54 | 5:11 | 2:17 | 5:03 | 2:35 | 2:19 | 2:22 | 1:59 | |
| 7 | | Megan Ricketts | 43:34 | 1:20 | 3:10 | 5:01 | 7:52 | 17:17 | 23:00 | 26:49 | 30:48 | 35:20 | 37:48 | 39:48 | 41:53 | 43:34 | |
| | | MAROC | | 1:20 | 1:50 | 1:51 | 2:51 | 9:25 | 5:43 | 3:49 | 3:59 | 4:32 | 2:28 | 2:00 | 2:05 | 1:41 | |
| 8 | | Tom Mitchell | 44:00 | 1:16 | 2:27 | 4:19 | 5:55 | 17:09 | 20:49 | 24:30 | 27:37 | 33:32 | 36:27 | 39:36 | 42:03 | 44:00 | |
| | | MAROC | | 1:16 | 1:11 | 1:52 | 1:36 | 11:14 | 3:40 | 3:41 | 3:07 | 5:55 | 2:55 | 3:09 | 2:27 | 1:57 | |
| 9 | | Matthew Stewart (st) | 45:51 | 1:59 | 3:38 | 5:54 | 9:12 | 15:56 | 21:53 | 26:51 | 28:55 | 34:41 | 37:18 | 38:58 | 41:48 | 45:51 | |
| | | GRAMP | | 1:59 | 1:39 | 2:16 | 3:18 | 6:44 | 5:57 | 4:58 | 2:04 | 5:46 | 2:37 | 1:40 | 2:50 | 4:03 | |
| 10 | | Ishbel Price (sh) | 48:51 | 1:16 | 2:37 | 4:13 | 7:33 | 14:05 | 18:42 | 35:59 | 37:08 | 39:02 | 42:05 | 44:18 | 47:07 | 48:51 | |
| | | MAROC | | 1:16 | 1:21 | 1:36 | 3:20 | 6:32 | 4:37 | 17:17 | 1:09 | 1:54 | 3:03 | 2:13 | 2:49 | 1:44 | |
| | | | | 27:48 | | | | | | | | | | | | | |
| | | | | *143 | | | | | | | | | | | | | |
| 11 | | Marjorie Mason | 54:47 | 2:11 | 4:37 | 7:37 | 11:44 | 20:23 | 26:25 | 31:34 | 33:36 | 41:33 | 45:47 | 48:29 | 51:02 | 54:47 | |
| | | MAROC | | 2:11 | 2:26 | 3:00 | 4:07 | 8:39 | 6:02 | 5:09 | 2:02 | 7:57 | 4:14 | 2:42 | 2:33 | 3:45 | |
| 12 | | Alexander Fyfe | 1:10:32 | 1:23 | 2:27 | 4:30 | 6:18 | 17:26 | 22:05 | 40:48 | 43:49 | 52:04 | 1:02:29 | 1:04:40 | 1:08:18 | 1:10:32 | |
| | | | | 1:23 | 1:04 | 2:03 | 1:48 | 11:08 | 4:39 | 18:43 | 3:01 | 8:15 | 10:25 | 2:11 | 3:38 | 2:14 | |
| | | Katie Wilkinson | mp | 1:25 | 2:45 | 4:56 | 6:32 | 39:03 | 44:27 | 55:03 | 58:34 | ----- | ----- | ----- | 1:14:19 | 1:16:59 | |
| | | GRAMP | | 1:25 | 1:20 | 2:11 | 1:36 | 32:31 | 5:24 | 10:36 | 3:31 | ----- | ----- | ----- | 15:45 | 2:40 | |
| | | Robbie Iason | mp | 1:20 | 2:51 | 5:04 | 7:40 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | |
| | | MAROC | | 1:20 | 1:31 | 2:13 | 2:36 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | |
| Light Green (15) | | | | 3.8 km | 9 C | | | | | | | | | | | | |
| | | | | 1(212) | 2(202) | 3(214) | 4(195) | 5(215) | 6(220) | 7(197) | 8(196) | 9(192) | F | | | | |
| 1 | | Cara McMurtrie | 57:04 | 4:14 | 9:13 | 12:09 | 14:12 | 21:17 | 23:33 | 34:36 | 39:09 | 48:54 | 57:04 | | | | |
| | | MAROC | | 4:14 | 4:59 | 2:56 | 2:03 | 7:05 | 2:16 | 11:03 | 4:33 | 9:45 | 8:10 | | | | |
| 2 | | Alistair Walker | 1:24:51 | 3:17 | 7:14 | 10:46 | 13:23 | 23:19 | 26:26 | 45:20 | 55:03 | 1:16:39 | 1:24:51 | | | | |
| | | MAROC | | 3:17 | 3:57 | 3:32 | 2:37 | 9:56 | 3:07 | 18:54 | 9:43 | 21:36 | 8:12 | | | | |
| 3 | | James Stewart | 1:25:02 | 3:53 | 6:25 | 9:17 | 16:35 | 25:39 | 27:39 | 45:34 | 56:59 | 1:17:37 | 1:25:02 | | | | |
| | | GRAMP | | 3:53 | 2:32 | 2:52 | 7:18 | 9:04 | 2:00 | 17:55 | 11:25 | 20:38 | 7:25 | | | | |
| 4 | | Iain Campbell | 1:31:09 | 4:29 | 8:15 | 10:48 | 20:04 | 29:25 | 31:51 | 47:51 | 1:03:53 | 1:19:40 | 1:31:09 | | | | |
| | | MAROC | | 4:29 | 3:46 | 2:33 | 9:16 | 9:21 | 2:26 | 16:00 | 16:02 | 15:47 | 11:29 | | | | |
| 5 | | Katharine Melville | 1:35:29 | 5:12 | 10:09 | 15:46 | 21:38 | 35:23 | 39:03 | 1:05:59 | 1:10:43 | 1:24:14 | 1:35:29 | | | | |
| | | TAY | | 5:12 | 4:57 | 5:37 | 5:52 | 13:45 | 3:40 | 26:56 | 4:44 | 13:31 | 11:15 | | | | |
| 6 | | Angus Aitken | 1:47:36 | 4:48 | 32:24 | 37:37 | 41:20 | 57:46 | 1:01:42 | 1:16:08 | 1:27:23 | 1:37:43 | 1:47:36 | | | | |
| | | GRAMP | | 4:48 | 27:36 | 5:13 | 3:43 | 16:26 | 3:56 | 14:26 | 11:15 | 10:20 | 9:53 | | | | |
| 7 | | Fran Wilkinson | 1:48:16 | 4:41 | 13:18 | 22:20 | 25:03 | 38:45 | 41:17 | 1:07:27 | 1:12:50 | 1:37:37 | 1:48:16 | | | | |
| | | GRAMP | | 4:41 | 8:37 | 9:02 | 2:43 | 13:42 | 2:32 | 26:10 | 5:23 | 24:47 | 10:39 | | | | |
| 8 | | Rosalyn Jamie Mars | 1:50:37 | 6:24 | 18:06 | 26:56 | 29:34 | 45:29 | 48:48 | 1:10:45 | 1:18:52 | 1:40:09 | 1:50:37 | | | | |
| | | MAROC | | 6:24 | 11:42 | 8:50 | 2:38 | 15:55 | 3:19 | 21:57 | 8:07 | 21:17 | 10:28 | | | | |
| 9 | | Peter Cromar | 2:05:56 | 7:12 | 13:33 | 21:18 | 24:55 | 45:48 | 51:38 | 1:12:44 | 1:32:21 | 1:50:01 | 2:05:56 | | | | |
| | | MOR | | 7:12 | 6:21 | 7:45 | 3:37 | 20:53 | 5:50 | 21:06 | 19:37 | 17:40 | 15:55 | | | | |
| 10 | | Margaret Cromar | 1:01:42 | 9:14 | 19:05 | 30:22 | 34:40 | 58:09 | 1:07:07 | 1:57:55 | 2:07:07 | 2:40:02 | 3:01:42 | | | | |
| | | MOR | | 9:14 | 9:51 | 11:17 | 4:18 | 23:29 | 8:58 | 50:48 | 9:12 | 32:55 | 21:40 | | | | |
| | | Margit Matthews | mp | 5:07 | 10:22 | 14:38 | 16:40 | 27:33 | 30:06 | ----- | ----- | ----- | ----- | | | | |
| | | MAROC | | 5:07 | 5:15 | 4:16 | 2:02 | 10:53 | 2:33 | ----- | ----- | ----- | ----- | | | | |
| | | Rob Wilkinson | mp | 6:10 | 11:49 | 16:09 | 19:33 | 31:56 | 33:45 | ----- | ----- | ----- | 1:06:15 | | | | |
| | | GRAMP | | 6:10 | 5:39 | 4:20 | 3:24 | 12:23 | 1:49 | ----- | ----- | ----- | 32:30 | | | | |
| | | Kirsten Brown | mp | 4:52 | ----- | 26:47 | 29:00 | ----- | ----- | ----- | ----- | ----- | ----- | | | | |
| | | MAROC | | 4:52 | ----- | 21:55 | 2:13 | ----- | ----- | ----- | ----- | ----- | ----- | | | | |
| | | Oliver Ford-Bryant | mp | 14:06 | 19:53 | 23:30 | ----- | 38:03 | 40:17 | ----- | 1:01:45 | 1:11:04 | 1:17:26 | | | | |
| | | MAROC | | 14:06 | 5:47 | 3:37 | ----- | 14:33 | 2:14 | ----- | 21:28 | 9:19 | 6:22 | | | | |
| | | Ross McMurtrie | mp | 5:31 | 10:57 | 13:40 | 15:31 | 22:57 | 24:49 | ----- | ----- | ----- | 51:00 | | | | |
| | | MAROC | | 5:31 | 5:26 | 2:43 | 1:51 | 7:26 | 1:52 | ----- | ----- | ----- | 26:11 | | | | |

