

| Pl | Stno | Name | Time | | | | | | | | | | | | | F | | |
|--------------------|----------------------|-----------------------------|---------|---------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| Short (11) | | | | 1.8 km | 11 C | | | | | | | | | | | | | |
| | | | | 1(132) | 2(133) | 3(140) | 4(141) | 5(142) | 6(143) | 7(144) | 8(149) | 9(151) | 10(152) | 11(150) | | | | |
| 1 | 73 | Ewan Musgrave MAROC | 15:57 | 0:45 | 3:20 | 4:23 | 7:38 | 8:29 | 9:50 | 10:18 | 11:55 | 12:35 | 13:35 | 15:18 | 15:57 | | | |
| 2 | 3 | Peter Collins MAROC | 15:58 | 0:43 | 2:57 | 3:58 | 5:42 | 6:26 | 8:04 | 9:02 | 10:33 | 11:18 | 13:37 | 15:17 | 15:58 | | | |
| 3 | 38 | pat graham MAROC | 16:32 | 0:48 | 3:36 | 4:52 | 6:53 | 7:36 | 9:18 | 9:51 | 11:20 | 12:06 | 13:27 | 15:42 | 16:32 | 13:28 | | |
| 4 | 33 | Amber Graham MAROC | 17:40 | 0:55 | 4:23 | 5:39 | 7:42 | 8:33 | 10:01 | 10:44 | 12:17 | 13:04 | 14:33 | 16:46 | 17:40 | *99 | | |
| 5 | 4 | Gemma Collins MAROC | 19:28 | 0:50 | 3:28 | 4:40 | 6:38 | 7:38 | 9:20 | 10:18 | 12:03 | 13:07 | 15:24 | 18:10 | 19:28 | *99 | | |
| 6 | 24 | Jayne MacGregor GRAMP | 21:03 | 1:13 | 4:44 | 6:19 | 8:43 | 9:40 | 11:34 | 12:26 | 14:21 | 15:21 | 16:38 | 20:00 | 21:03 | | | |
| 7 | 15 | Katie Entwistle MAROC | 21:55 | 49:46 | 54:06 | 55:32 | 57:14 | 58:26 | 1:00:24 | 1:01:37 | 1:04:44 | 1:05:44 | 1:07:28 | 1:10:37 | 21:55 | | | |
| 8 | 80 | Isobel Anderson GRAMP | 24:55 | 0:52 | 4:03 | 5:34 | 8:02 | 8:58 | 10:20 | 11:06 | 14:21 | 16:04 | 21:44 | 24:04 | 24:55 | 21:45 | | |
| 9 | 50 | Oliver Robinson MAROC | 28:57 | 0:59 | 4:35 | 6:06 | 8:49 | 9:55 | 13:10 | 14:38 | 17:53 | 19:54 | 22:28 | 27:49 | 28:57 | *99 | | |
| 10 | 25 | Laura Smith GRAMP | 45:55 | 1:49 | 5:47 | 9:15 | 12:43 | 14:12 | 17:32 | 35:07 | 38:47 | 39:46 | 42:37 | 44:58 | 45:55 | | | |
| 11 | 54 | Patrick Lang GRAMP | 54:41 | 1:34 | 6:53 | 8:15 | 11:48 | 13:29 | 17:09 | 18:15 | 30:18 | 31:45 | 39:35 | 52:07 | 54:41 | | | |
| Medium (28) | | | | 3.0 km | 13 C | | | | | | | | | | | | | |
| | | | | 1(104) | 2(142) | 3(114) | 4(106) | 5(135) | 6(121) | 7(115) | 8(123) | 9(126) | 10(129) | 11(128) | 12(127) | 13(150) | F | |
| 1 | 28 | Joseph Wright MAROC | 33:48 | 3:39 | 5:26 | 7:58 | 9:17 | 10:52 | 14:38 | 17:19 | 20:34 | 24:05 | 25:13 | 28:49 | 31:21 | 33:08 | 33:48 | |
| 2 | 23 | Richard Oxlade GRAMP | 34:26 | 3:39 | 1:47 | 2:32 | 1:19 | 1:35 | 3:46 | 2:41 | 3:15 | 3:31 | 1:08 | 3:36 | 2:32 | 1:47 | 0:40 | |
| 3 | 61 | Rob Wilkinson GRAMP | 35:34 | 3:40 | 5:02 | 7:36 | 8:48 | 10:30 | 14:04 | 17:23 | 20:56 | 24:16 | 25:53 | 29:00 | 31:27 | 33:26 | 34:26 | |
| 4 | 10 | Kristian Roberts GRAMP | 41:08 | 3:40 | 1:22 | 2:34 | 1:12 | 1:42 | 3:34 | 3:19 | 3:33 | 3:20 | 1:37 | 3:07 | 2:27 | 1:59 | 1:00 | |
| 5 | 62 | Kate Wilkinson GRAMP | 42:21 | 3:13 | 4:37 | 7:25 | 8:38 | 10:23 | 13:38 | 15:34 | 18:35 | 24:43 | 26:05 | 29:27 | 32:52 | 35:00 | 35:34 | |
| 6 | 72 | Heather Robertsor GRAMP | 44:17 | 3:13 | 1:24 | 2:48 | 1:13 | 1:45 | 3:15 | 1:56 | 3:01 | 6:08 | 1:22 | 3:22 | 3:25 | 2:08 | 0:34 | |
| 7 | 65 | Daniel Skinner MAROC | 45:03 | 3:48 | 5:20 | 8:43 | 9:50 | 11:51 | 15:53 | 19:20 | 24:12 | 29:02 | 30:39 | 34:30 | 38:27 | 40:20 | 41:08 | |
| 7 | 67 | Anne Hickling GRAMP | 45:03 | 3:48 | 1:32 | 3:23 | 1:07 | 2:01 | 4:02 | 3:27 | 4:52 | 4:50 | 1:37 | 3:51 | 3:57 | 1:53 | 0:48 | |
| 9 | 64 | Katie Skinner MAROC | 45:59 | 3:56 | 5:23 | 8:09 | 9:19 | 11:07 | 14:57 | 18:32 | 22:54 | 27:36 | 33:53 | 36:58 | 39:40 | 41:45 | 42:21 | |
| 10 | 51 | Naomi Lang GRAMP | 46:33 | 3:56 | 1:27 | 2:46 | 1:10 | 1:48 | 3:50 | 3:35 | 4:22 | 4:42 | 6:17 | 3:05 | 2:42 | 2:05 | 0:36 | |
| 10 | 52 | Marianne Lang GRAMP | 46:33 | 3:43 | 5:33 | 8:51 | 10:17 | 12:32 | 18:07 | 21:26 | 26:06 | 30:16 | 32:09 | 36:35 | 40:46 | 43:08 | 44:17 | |
| 12 | 58 | Megan Ricketts MAROC | 50:54 | 3:43 | 1:50 | 3:18 | 1:26 | 2:15 | 5:35 | 3:19 | 4:40 | 4:10 | 1:53 | 4:26 | 4:11 | 2:22 | 1:09 | |
| 13 | 59 | Fran Wilkinson GRAMP | 52:12 | 4:31 | 6:53 | 13:02 | 14:25 | 16:45 | 21:12 | 23:30 | 27:14 | 31:35 | 33:44 | 37:52 | 41:35 | 44:20 | 45:03 | |
| 14 | 71 | Laura Barraclough GRAMP | 53:07 | 4:31 | 2:22 | 6:09 | 1:23 | 2:20 | 4:27 | 2:18 | 3:44 | 4:21 | 2:09 | 4:08 | 3:43 | 2:45 | 0:43 | |
| 15 | 70 | Marlis Barraclough GRAMP | 53:11 | 4:55 | 7:16 | 10:42 | 11:54 | 14:14 | 18:47 | 21:55 | 26:15 | 31:22 | 33:06 | 36:49 | 40:47 | 44:07 | 45:03 | |
| 16 | 44 | Jane Elder MAROC | 54:13 | 4:55 | 2:21 | 3:26 | 1:12 | 2:20 | 4:33 | 3:08 | 4:20 | 5:07 | 1:44 | 3:43 | 3:58 | 3:20 | 0:56 | |
| 17 | 74 | Fraser Robertson | 54:47 | 3:42 | 5:54 | 11:06 | 12:26 | 14:48 | 19:08 | 22:34 | 27:40 | 31:56 | 34:22 | 38:45 | 42:31 | 45:07 | 45:59 | |
| 18 | 46 | S Kirk GRAMP | 55:05 | 3:42 | 2:12 | 5:12 | 1:20 | 2:22 | 4:20 | 3:26 | 5:06 | 4:16 | 2:26 | 4:23 | 3:46 | 2:36 | 0:52 | |
| 19 | 53 | Alex Lang GRAMP | 55:09 | 33:39 | *140 | 9:11 | 11:02 | 13:16 | 18:15 | 21:32 | 26:07 | 31:51 | 33:54 | 38:59 | 42:26 | 45:11 | 46:33 | |
| 20 | 81 | Ailsa Anderson GRAMP | 58:10 | 3:43 | 5:43 | 9:11 | 11:02 | 13:16 | 18:15 | 21:32 | 26:07 | 31:51 | 33:54 | 38:59 | 42:26 | 45:11 | 46:33 | |
| 21 | 39 | Kerry Waylen MAROC | 1:02:13 | 3:43 | 2:00 | 3:28 | 1:51 | 2:14 | 4:59 | 3:17 | 4:35 | 5:44 | 2:03 | 5:05 | 3:27 | 2:45 | 1:22 | |
| 22 | 22 | Anne Hoy GRAMP | 1:02:52 | 3:46 | 5:49 | 9:30 | 11:05 | 13:19 | 18:11 | 21:34 | 26:09 | 31:53 | 33:55 | 39:03 | 42:22 | 45:12 | 46:33 | |
| 23 | 26 | Daniel Smith GRAMP | 1:04:55 | 3:46 | 2:03 | 3:41 | 1:35 | 2:14 | 4:52 | 3:23 | 4:35 | 5:44 | 2:02 | 5:08 | 3:19 | 2:50 | 1:21 | |
| 24 | 57 | Genevieve Jones GRAMP | 1:05:18 | 4:37 | 6:28 | 9:34 | 11:06 | 12:26 | 22:03 | 26:39 | 28:43 | 32:39 | 36:55 | 39:28 | 43:43 | 47:21 | 50:06 | |
| 25 | 82 | Kate Anderson GRAMP | 1:06:50 | 4:37 | 1:51 | 3:06 | 1:32 | 10:57 | 4:36 | 2:04 | 3:56 | 4:16 | 2:33 | 4:15 | 3:38 | 2:45 | 0:48 | |
| 26 | 8 | Margaret Aust GRAMP | 1:08:31 | 13:51 | 17:02 | 38:37 | *110 | *123 | *140 | 9:11 | 11:02 | 13:16 | 18:15 | 21:32 | 26:07 | 31:51 | 33:54 | |
| 27 | 13 | Jackie Spencer MAROC | 1:14:29 | 5:22 | 7:35 | 10:42 | 12:08 | 15:01 | 19:58 | 23:59 | 30:05 | 35:41 | 38:16 | 43:58 | 47:46 | 51:19 | 52:12 | |
| 34 | Luke Graham MAROC | mp | 3:27 | 4:57 | 8:13 | ----- | 11:15 | 18:03 | 21:37 | 26:01 | 29:06 | 30:41 | 35:06 | 38:53 | 40:46 | 41:20 | 0:34 | |

| Pl | Stno | Name | Time | | | | | | | | | | | | | | |
|-------------------------|------------------------|--------------------------|----------------|--------------------|---------|---------|---------|---------|-------------|--------|----------------|--------|---------|---------|---------|---------|---------|
| Long Memory (16) | | | | 5.2 km 19 C | | | | | | | <i>(cont.)</i> | | | | | | |
| | | | | 1(104) | 2(106) | 3(110) | 4(123) | 5(121) | 6(122) | 7(117) | 8(124) | 9(118) | 10(116) | 11(119) | 12(125) | 13(115) | 14(135) |
| | | | | 15(114) | 16(126) | 17(128) | 18(127) | 19(150) | F | | | | | | | | |
| 12 | 75 | Jennifer Ricketts | 1:10:28 | 3:08 | 7:22 | 9:44 | 11:23 | 19:52 | 21:04 | 23:51 | 26:10 | 36:57 | 42:26 | 45:28 | 47:57 | 49:44 | 53:15 |
| | | MAROC | | 3:08 | 4:14 | 2:22 | 1:39 | 8:29 | 1:12 | 2:47 | 2:19 | 10:47 | 5:29 | 3:02 | 2:29 | 1:47 | 3:31 |
| | | | | 56:07 | 1:02:06 | 1:05:32 | 1:07:43 | 1:09:45 | 1:10:28 | | | | | | | | |
| | | | | 2:52 | 5:59 | 3:26 | 2:11 | 2:02 | 0:43 | | | | | | | | |
| 13 | 49 | Evelyn Mason | 1:28:19 | 3:10 | 8:50 | 11:48 | 13:50 | 18:46 | 21:25 | 25:12 | 29:45 | 36:46 | 46:21 | 52:24 | 59:32 | 1:02:42 | 1:07:03 |
| | | MAROC | | 3:10 | 5:40 | 2:58 | 2:02 | 4:56 | 2:39 | 3:47 | 4:33 | 7:01 | 9:35 | 6:03 | 7:08 | 3:10 | 4:21 |
| | | | | 1:09:28 | 1:14:16 | 1:19:41 | 1:24:18 | 1:27:22 | 1:28:19 | | | | | | | | |
| | | | | 2:25 | 4:48 | 5:25 | 4:37 | 3:04 | 0:57 | | | | | | | | |
| 14 | 14 | David Esson | 1:28:36 | 4:05 | 10:08 | 12:39 | 14:26 | 18:34 | 23:23 | 27:13 | 31:24 | 36:50 | 55:11 | 59:57 | 1:03:57 | 1:06:11 | 1:10:13 |
| | | GRAMP | | 4:05 | 6:03 | 2:31 | 1:47 | 4:08 | 4:49 | 3:50 | 4:11 | 5:26 | 18:21 | 4:46 | 4:00 | 2:14 | 4:02 |
| | | | | 1:12:23 | 1:16:55 | 1:22:24 | 1:25:26 | 1:27:43 | 1:28:36 | | | | | | | | |
| | | | | 2:10 | 4:32 | 5:29 | 3:02 | 2:17 | 0:53 | | | | | | | | |
| 11 | Stephen Spencer | MAROC | mp | 4:26 | 9:49 | 12:35 | 15:06 | 23:31 | 25:08 | 28:33 | 31:50 | 36:30 | 57:45 | 1:02:52 | 1:06:46 | 1:10:06 | ----- |
| | | | | 4:26 | 5:23 | 2:46 | 2:31 | 8:25 | 1:37 | 3:25 | 3:17 | 4:40 | 21:15 | 5:07 | 3:54 | 3:20 | |
| | | | | ----- | 1:18:38 | 1:22:09 | 1:31:46 | 1:33:58 | 1:34:48 | | | | | | | | |
| | | | | 8:32 | 3:31 | 9:37 | 2:12 | 0:50 | | | | | | | | | |
| 12 | Rachel Spencer | MAROC | mp | 4:28 | 9:53 | 12:41 | 15:05 | 23:33 | 25:05 | 28:35 | 31:47 | 36:27 | 57:42 | 1:03:15 | 1:06:55 | 1:10:09 | ----- |
| | | | | 4:28 | 5:25 | 2:48 | 2:24 | 8:28 | 1:32 | 3:30 | 3:12 | 4:40 | 21:15 | 5:33 | 3:40 | 3:14 | |
| | | | | ----- | 1:18:44 | 1:22:05 | 1:31:51 | 1:33:53 | 1:34:42 | | | | | | | | |
| | | | | 8:35 | 3:21 | 9:46 | 2:02 | 0:49 | | | | | | | | | |