

| Pl | tno | Name | Time | | | | | | | | | | | | |
|-------------|-----|--------------------|---------|--------------|--------|--------|--------|--------|--------|---------|---------|---------|---------|---------|--------|
| Short (7) | | | | 2.0 km 65 m | | 11 C | | | | | | | | | |
| | | | | 1(197) | 2(112) | 3(126) | 4(114) | 5(192) | 6(204) | 7(116) | 8(200) | 9(113) | 10(193) | 11(128) | Finish |
| 1 | 27 | Duncan Will | 19:35 | 1:30 | 3:17 | 4:06 | 5:52 | 7:19 | 10:12 | 11:41 | 13:22 | 15:48 | 16:55 | 18:34 | 19:35 |
| | | GRAMP | | 1:30 | 1:47 | 0:49 | 1:46 | 1:27 | 2:53 | 1:29 | 1:41 | 2:26 | 1:07 | 1:39 | 1:01 |
| 2 | 15 | Edward Storer | 25:23 | 1:46 | 2:57 | 4:17 | 6:23 | 8:45 | 12:02 | 14:36 | 15:59 | 17:51 | 20:21 | 23:11 | 25:23 |
| | | MAROC | | 1:46 | 1:11 | 1:20 | 2:06 | 2:22 | 3:17 | 2:34 | 1:23 | 1:52 | 2:30 | 2:50 | 2:12 |
| 3 | 17 | Bea Richmond | 27:58 | 2:16 | 3:41 | 5:30 | 7:03 | 8:39 | 12:03 | 14:00 | 15:50 | 18:49 | 24:31 | 26:42 | 27:58 |
| | | MAROC | | 2:16 | 1:25 | 1:49 | 1:33 | 1:36 | 3:24 | 1:57 | 1:50 | 2:59 | 5:42 | 2:11 | 1:16 |
| 4 | 18 | Ed & Ben Richmon | 29:44 | 2:00 | 3:24 | 4:50 | 11:55 | 13:19 | 17:08 | 19:21 | 21:34 | 24:43 | 26:20 | 28:49 | 29:44 |
| | | MAROC | | 2:00 | 1:24 | 1:26 | 7:05 | 1:24 | 3:49 | 2:13 | 2:13 | 3:09 | 1:37 | 2:29 | 0:55 |
| 5 | 32 | Martin Nedyalku | 36:46 | 1:45 | 2:43 | 20:23 | 23:33 | 24:46 | 27:13 | 29:30 | 30:49 | 33:00 | 34:05 | 35:40 | 36:46 |
| | | AUOC | | 1:45 | 0:58 | 17:40 | 3:10 | 1:13 | 2:27 | 2:17 | 1:19 | 2:11 | 1:05 | 1:35 | 1:06 |
| 6 | 16 | Alfred Storer | 44:05 | 6:24 | 8:36 | 11:08 | 18:22 | 20:40 | 25:17 | 28:14 | 30:11 | 33:14 | 37:00 | 41:28 | 44:05 |
| | | MAROC | | 6:24 | 2:12 | 2:32 | 7:14 | 2:18 | 4:37 | 2:57 | 1:57 | 3:03 | 3:46 | 4:28 | 2:37 |
| 7 | 7 | Naomi Campbell | 49:11 | 5:07 | 7:25 | 9:58 | 19:58 | 22:16 | 27:20 | 31:19 | 35:01 | 40:35 | 42:50 | 46:39 | 49:11 |
| | | NO CLUB | | 5:07 | 2:18 | 2:33 | 10:00 | 2:18 | 5:04 | 3:59 | 3:42 | 5:34 | 2:15 | 3:49 | 2:32 |
| Middle (18) | | | | 3.4 km 115 m | | 10 C | | | | | | | | | |
| | | | | 1(215) | 2(107) | 3(151) | 4(111) | 5(196) | 6(124) | 7(125) | 8(205) | 9(110) | 10(132) | Finish | |
| 1 | 43 | Ailsa Anderson | 54:24 | 3:19 | 5:51 | 9:05 | 11:59 | 14:04 | 18:52 | 28:27 | 43:44 | 48:53 | 53:03 | 54:24 | |
| | | GRAMP | | 3:19 | 2:32 | 3:14 | 2:54 | 2:05 | 4:48 | 9:35 | 15:17 | 5:09 | 4:10 | 1:21 | |
| 2 | 34 | Melanie Olesk | 55:36 | 1:52 | 4:42 | 7:48 | 9:45 | 12:28 | 18:24 | 32:08 | 42:12 | 49:03 | 54:00 | 55:36 | |
| | | AUOC | | 1:52 | 2:50 | 3:06 | 1:57 | 2:43 | 5:56 | 13:44 | 10:04 | 6:51 | 4:57 | 1:36 | |
| 3 | 23 | Scott Reynolds | 56:08 | 2:56 | 6:34 | 10:21 | 13:05 | 16:58 | 21:47 | 34:10 | 40:39 | 47:49 | 54:39 | 56:08 | |
| | | MAROC | | 2:56 | 3:38 | 3:47 | 2:44 | 3:53 | 4:49 | 12:23 | 6:29 | 7:10 | 6:50 | 1:29 | |
| 4 | 36 | Lovisa Nimvik | 56:11 | 2:28 | 5:05 | 8:02 | 9:31 | 12:30 | 17:24 | 32:00 | 37:26 | 50:25 | 54:40 | 56:11 | |
| | | AUOC | | 2:28 | 2:37 | 2:57 | 1:29 | 2:59 | 4:54 | 14:36 | 5:26 | 12:59 | 4:15 | 1:31 | |
| 5 | 33 | Davida Fraccascia | 56:32 | 2:19 | 8:37 | 12:47 | 14:25 | 17:30 | 22:20 | 35:39 | 46:02 | 52:59 | 55:42 | 56:32 | |
| | | AUOC | | 2:19 | 6:18 | 4:10 | 1:38 | 3:05 | 4:50 | 13:19 | 10:23 | 6:57 | 2:43 | 0:50 | |
| 6 | 22 | Charlotte Reynolds | 1:05:59 | 2:43 | 7:21 | 14:16 | 15:15 | 18:53 | 24:58 | 39:11 | 49:37 | 59:28 | 1:04:26 | 1:05:59 | |
| | | MAROC | | 2:43 | 4:38 | 6:55 | 0:59 | 3:38 | 6:05 | 14:13 | 10:26 | 9:51 | 4:58 | 1:33 | |
| 7 | 14 | Gemma Collins | 1:06:05 | 2:45 | 7:27 | 14:27 | 15:16 | 18:53 | 25:06 | 39:32 | 49:30 | 59:25 | 1:04:34 | 1:06:05 | |
| | | MAROC | | 2:45 | 4:42 | 7:00 | 0:49 | 3:37 | 6:13 | 14:26 | 9:58 | 9:55 | 5:09 | 1:31 | |
| 8 | 42 | Kate Anderson | 1:09:27 | 5:08 | 10:05 | 14:04 | 17:25 | 20:17 | 26:19 | 42:41 | 56:46 | 1:03:48 | 1:07:54 | 1:09:27 | |
| | | GRAMP | | 5:08 | 4:57 | 3:59 | 3:21 | 2:52 | 6:02 | 16:22 | 14:05 | 7:02 | 4:06 | 1:33 | |
| 9 | 30 | Margaret McMillan | 1:14:10 | 3:40 | 7:01 | 10:35 | 12:04 | 14:48 | 21:29 | 37:20 | 44:03 | 1:09:01 | 1:12:46 | 1:14:10 | |
| | | MAROC | | 3:40 | 3:21 | 3:34 | 1:29 | 2:44 | 6:41 | 15:51 | 6:43 | 24:58 | 3:45 | 1:24 | |
| 10 | 2 | Anne Hoy | 1:18:46 | 3:52 | 7:46 | 11:48 | 16:18 | 20:30 | 27:53 | 45:48 | 59:39 | 1:09:51 | 1:16:29 | 1:18:46 | |
| | | GRAMP | | 3:52 | 3:54 | 4:02 | 4:30 | 4:12 | 7:23 | 17:55 | 13:51 | 10:12 | 6:38 | 2:17 | |
| 11 | 28 | Ranolph Whitehead | 1:19:03 | 3:03 | 6:47 | 27:49 | 28:47 | 33:36 | 38:35 | 56:58 | 1:05:05 | 1:11:40 | 1:17:35 | 1:19:03 | |
| | | MAROC | | 3:03 | 3:44 | 21:02 | 0:58 | 4:49 | 4:59 | 18:23 | 8:07 | 6:35 | 5:55 | 1:28 | |
| 12 | 39 | Kirsty Rough | 1:19:46 | 5:41 | 11:11 | 17:17 | 20:38 | 25:45 | 31:59 | 51:40 | 1:01:20 | 1:13:21 | 1:18:08 | 1:19:46 | |
| | | MAROC | | 5:41 | 5:30 | 6:06 | 3:21 | 5:07 | 6:14 | 19:41 | 9:40 | 12:01 | 4:47 | 1:38 | |
| 13 | 20 | Robert Glendinning | 1:20:04 | 5:05 | 11:18 | 23:28 | 24:51 | 29:43 | 38:19 | 54:23 | 1:01:09 | 1:10:21 | 1:17:16 | 1:20:04 | |
| | | MAROC | | 5:05 | 6:13 | 12:10 | 1:23 | 4:52 | 8:36 | 16:04 | 6:46 | 9:12 | 6:55 | 2:48 | |
| 14 | 35 | Lucia Hamplova | 1:36:04 | 3:19 | 8:36 | 15:02 | 17:48 | 38:26 | 44:31 | 1:02:44 | 1:20:31 | 1:29:12 | 1:34:35 | 1:36:04 | |
| | | AUOC | | 3:19 | 5:17 | 6:26 | 2:46 | 20:38 | 6:05 | 18:13 | 17:47 | 8:41 | 5:23 | 1:29 | |
| 15 | 25 | Yann Newey | 1:54:25 | 4:51 | 14:45 | 25:00 | 30:15 | 41:24 | 54:02 | 1:20:54 | 1:30:57 | 1:43:59 | 1:52:04 | 1:54:25 | |
| | | MAROC | | 4:51 | 9:54 | 10:15 | 5:15 | 11:09 | 12:38 | 26:52 | 10:03 | 13:02 | 8:05 | 2:21 | |
| | 3 | George Esson | mp | 5:12 | 10:56 | 15:43 | 19:23 | 24:46 | 36:53 | ----- | ----- | ----- | 1:09:08 | 1:11:42 | |
| | | GRAMP | | 5:12 | 5:44 | 4:47 | 3:40 | 5:23 | 12:07 | | | | 32:15 | 2:34 | |
| 21 | | Sean Glendinning | mp | 7:16 | 13:59 | 19:32 | ----- | 31:39 | 37:49 | 56:37 | 1:03:05 | 1:12:31 | 1:19:28 | 1:22:00 | |
| | | MAROC | | 7:16 | 6:43 | 5:33 | | 12:07 | 6:10 | 18:48 | 6:28 | 9:26 | 6:57 | 2:32 | |

| Pl | tno | Name | Time | | | | | | | | | | | | | | | | | |
|------------------|-----------|---|----------------|---------------------|---------|---------|-------------|--------|----------------|---------|---------|---------|---------|---------|---------|---------|---------|--|--|--|
| <i>Long (17)</i> | | | | 5.3 km 130 m | | | 16 C | | <i>(cont.)</i> | | | | | | | | | | | |
| | | | | 1(215) | 2(111) | 3(196) | 4(218) | 5(124) | 6(214) | 7(125) | 8(129) | 9(127) | 10(133) | 11(210) | 12(209) | 13(220) | 14(205) | | | |
| | | | | 15(110) | 16(219) | Finish | | | | | | | | | | | | | | |
| 12 | 13 | Lynn Collins MAROC | 1:44:23 | 3:36 | 12:32 | 15:14 | 24:34 | 30:51 | 36:01 | 43:31 | 47:00 | 53:21 | 57:54 | 1:12:31 | 1:17:28 | 1:20:58 | 1:27:11 | | | |
| | | | | 3:36 | 8:56 | 2:42 | 9:20 | 6:17 | 5:10 | 7:30 | 3:29 | 6:21 | 4:33 | 14:37 | 4:57 | 3:30 | 6:13 | | | |
| | | | | 1:38:28 | 1:41:41 | 1:44:23 | | | | | | | | | | | | | | |
| | | | | 11:17 | 3:13 | 2:42 | | | | | | | | | | | | | | |
| 13 | 19 | Will Richmond MAROC | 1:45:19 | 5:13 | 18:21 | 21:19 | 26:18 | 31:33 | 36:41 | 42:22 | 45:57 | 51:49 | 56:14 | 1:01:26 | 1:20:29 | 1:23:55 | 1:30:12 | | | |
| | | | | 5:13 | 13:08 | 2:58 | 4:59 | 5:15 | 5:08 | 5:41 | 3:35 | 5:52 | 4:25 | 5:12 | 19:03 | 3:26 | 6:17 | | | |
| | | | | 1:38:24 | 1:41:50 | 1:45:19 | | | | | | | | | | | | | | |
| | | | | 8:12 | 3:26 | 3:29 | | | | | | | | | | | | | | |
| 14 | 24 | Jonas Newey MAROC | 2:33:10 | 3:07 | 14:40 | 17:47 | 37:34 | 44:26 | 51:35 | 1:01:27 | 1:07:11 | 1:27:12 | 1:35:14 | 1:47:38 | 2:02:27 | 2:07:00 | 2:15:33 | | | |
| | | | | 3:07 | 11:33 | 3:07 | 19:47 | 6:52 | 7:09 | 9:52 | 5:44 | 20:01 | 8:02 | 12:24 | 14:49 | 4:33 | 8:33 | | | |
| | | | | 2:27:39 | 2:30:09 | 2:33:10 | | | | | | | | | | | | | | |
| | | | | 12:06 | 2:30 | 3:01 | | | | | | | | | | | | | | |
| | 8 | John Getliff MAROC | mp | 2:00 | 6:00 | 8:10 | 10:29 | 14:37 | 18:07 | 23:38 | 25:39 | 30:17 | 38:55 | ----- | ----- | ----- | 48:10 | | | |
| | | | | 2:00 | 4:00 | 2:10 | 2:19 | 4:08 | 3:30 | 5:31 | 2:01 | 4:38 | 8:38 | | | | | | | |
| | | | | 54:09 | 57:47 | 1:00:28 | | | | | | | | | | | | | | |
| | | | | 5:59 | 3:38 | 2:41 | | | | | | | | | | | | | | |
| | 4 | David Esson GRAMP | dnf | 3:23 | 11:10 | 14:30 | 19:46 | 27:07 | 33:26 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | | |
| | | | | 3:23 | 7:47 | 3:20 | 5:16 | 7:21 | 6:19 | | | | | | | | | | | |
| | | | | 43:14 | 48:13 | 54:20 | | | | | | | | | | | | | | |
| | | | | 9:48 | 4:59 | 6:07 | | | | | | | | | | | | | | |
| | 26 | Martin Pritchett MAROC | dnf | 1:54 | 9:31 | 11:33 | 16:22 | 21:22 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | | |
| | | | | 1:54 | 7:37 | 2:02 | 4:49 | 5:00 | | | | | | | | | | | | |
| | | | | ----- | ----- | | | | | | | | | | | | | | | |