

| Pl | Name | Cl. | Time | Long (8) | | | | | | | | | | | | | |
|----|-------------------|------|---------|--------------------------------------|---------|---------|---------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | 5.3 km 90 m | | | | 17 C | | | | | | | | | |
| | | | | 1(212) | 2(206) | 3(209) | 4(219) | 5(201) | 6(218) | 7(214) | 8(192) | 9(213) | 10(210) | 11(203) | 12(202) | 13(220) | 14(211) |
| | | | | 15(215) | 16(216) | 17(217) | Finish | | | | | | | | | | |
| 1 | Tim Gomersall | LNG | 40:24 | 1:45 | 3:58 | 7:35 | 9:19 | 10:52 | 12:46 | 14:03 | 16:07 | 18:52 | 23:17 | 27:13 | 29:52 | 32:15 | 35:06 |
| | | | | 1:45 | 2:13 | 3:37 | 1:44 | 1:33 | 1:54 | 1:17 | 2:04 | 2:45 | 4:25 | 3:56 | 2:39 | 2:23 | 2:51 |
| | | | | 37:36 | 38:58 | 40:00 | 40:24 | | | | | | | | | | |
| | | | | 2:30 | 1:22 | 1:02 | 0:24 | | | | | | | | | | |
| | | | | 5:51 *207 | | | | | | | | | | | | | |
| 2 | Ewan Musgrave | LNG | 46:23 | 1:55 | 5:28 | 10:14 | 12:23 | 14:18 | 16:21 | 17:36 | 19:45 | 22:56 | 26:51 | 31:48 | 34:35 | 37:20 | 40:28 |
| | | | | 1:55 | 3:33 | 4:46 | 2:09 | 1:55 | 2:03 | 1:15 | 2:09 | 3:11 | 3:55 | 4:57 | 2:47 | 2:45 | 3:08 |
| | | | | 43:13 | 44:35 | 45:54 | 46:23 | | | | | | | | | | |
| | | | | 2:45 | 1:22 | 1:19 | 0:29 | | | | | | | | | | |
| 3 | Sarah Dunn | LNG | 58:54 | 2:25 | 5:45 | 10:09 | 12:48 | 15:06 | 18:56 | 20:35 | 23:29 | 27:29 | 33:31 | 40:46 | 43:57 | 47:03 | 51:11 |
| | | | | 2:25 | 3:20 | 4:24 | 2:39 | 2:18 | 3:50 | 1:39 | 2:54 | 4:00 | 6:02 | 7:15 | 3:11 | 3:06 | 4:08 |
| | | | | 54:56 | 56:58 | 58:22 | 58:54 | | | | | | | | | | |
| | | | | 3:45 | 2:02 | 1:24 | 0:32 | | | | | | | | | | |
| 4 | Drew Tivendale | LNG | 1:12:52 | 2:07 | 6:37 | 19:44 | 22:49 | 25:34 | 27:29 | 28:51 | 31:10 | 38:22 | 42:12 | 52:06 | 54:32 | 1:00:52 | 1:03:59 |
| | | | | 2:07 | 4:30 | 13:07 | 3:05 | 2:45 | 1:55 | 1:22 | 2:19 | 7:12 | 3:50 | 9:54 | 2:26 | 6:20 | 3:07 |
| | | | | 1:09:06 | 1:10:59 | 1:12:24 | 1:12:52 | | | | | | | | | | |
| | | | | 5:07 | 1:53 | 1:25 | 0:28 | | | | | | | | | | |
| 5 | Ian Hamilton | LNG | 1:16:24 | 3:22 | 7:27 | 12:43 | 15:42 | 18:42 | 21:48 | 23:33 | 26:34 | 32:07 | 37:55 | 50:36 | 59:19 | 1:02:29 | 1:08:25 |
| | | | | 3:22 | 4:05 | 5:16 | 2:59 | 3:00 | 3:06 | 1:45 | 3:01 | 5:33 | 5:48 | 12:41 | 8:43 | 3:10 | 5:56 |
| | | | | 1:11:53 | 1:14:17 | 1:15:52 | 1:16:24 | | | | | | | | | | |
| | | | | 3:28 | 2:24 | 1:35 | 0:32 | | | | | | | | | | |
| 6 | Donald Barrie | LNG | 1:16:46 | 4:32 | 8:07 | 13:53 | 17:49 | 21:03 | 25:34 | 27:28 | 31:02 | 36:06 | 42:53 | 50:01 | 54:12 | 59:55 | 1:03:28 |
| | | | | 4:32 | 3:35 | 5:46 | 3:56 | 3:14 | 4:31 | 1:54 | 3:34 | 5:04 | 6:47 | 7:08 | 4:11 | 5:43 | 3:33 |
| | | | | 1:12:12 | 1:14:39 | 1:16:17 | 1:16:46 | | | | | | | | | | |
| | | | | 8:44 | 2:27 | 1:38 | 0:29 | | | | | | | | | | |
| 7 | Phil Campbell | LNG | 1:21:10 | 6:12 | 11:25 | 16:24 | 19:34 | 22:38 | 26:31 | 28:18 | 31:49 | 41:25 | 47:37 | 56:01 | 1:03:47 | 1:07:09 | 1:10:45 |
| | | | | 6:12 | 5:13 | 4:59 | 3:10 | 3:04 | 3:53 | 1:47 | 3:31 | 9:36 | 6:12 | 8:24 | 7:46 | 3:22 | 3:36 |
| | | | | 1:16:22 | 1:18:47 | 1:20:44 | 1:21:10 | | | | | | | | | | |
| | | | | 5:37 | 2:25 | 1:57 | 0:26 | | | | | | | | | | |
| 8 | Dennis McDonald | LNG | 1:31:53 | 4:29 | 8:23 | 13:39 | 17:19 | 20:50 | 24:05 | 25:35 | 29:42 | 45:00 | 51:13 | 1:03:32 | 1:08:08 | 1:14:45 | 1:18:33 |
| | | | | 4:29 | 3:54 | 5:16 | 3:40 | 3:31 | 3:15 | 1:30 | 4:07 | 15:18 | 6:13 | 12:19 | 4:36 | 6:37 | 3:48 |
| | | | | 1:26:21 | 1:28:48 | 1:31:24 | 1:31:53 | | | | | | | | | | |
| | | | | 7:48 | 2:27 | 2:36 | 0:29 | | | | | | | | | | |
| | | | | 3.3 km 70 m | | | | 11 C | | | | | | | | | |
| | | | | 1(193) | 2(204) | 3(207) | 4(209) | 5(190) | 6(210) | 7(191) | 8(211) | 9(215) | 10(216) | 11(217) | Finish | | |
| 1 | Sam Gomersall | SHRT | 35:17 | 1:49 | 5:13 | 9:13 | 11:53 | 13:18 | 20:36 | 24:22 | 27:43 | 31:15 | 33:15 | 34:40 | 35:17 | | |
| | | | | 1:49 | 3:24 | 4:00 | 2:40 | 1:25 | 7:18 | 3:46 | 3:21 | 3:32 | 2:00 | 1:25 | 0:37 | | |
| 2 | Adam Barrie | SHRT | 35:50 | 1:36 | 5:25 | 9:50 | 11:27 | 12:50 | 19:16 | 25:07 | 28:41 | 31:49 | 33:58 | 35:21 | 35:50 | | |
| | | | | 1:36 | 3:49 | 4:25 | 1:37 | 1:23 | 6:26 | 5:51 | 3:34 | 3:08 | 2:09 | 1:23 | 0:29 | | |
| 3 | Nick Hale | SHRT | 36:20 | 1:32 | 4:24 | 7:55 | 9:56 | 11:28 | 17:31 | 21:21 | 27:24 | 31:00 | 33:34 | 35:52 | 36:20 | | |
| | | | | 1:32 | 2:52 | 3:31 | 2:01 | 1:32 | 6:03 | 3:50 | 6:03 | 3:36 | 2:34 | 2:18 | 0:28 | | |
| 4 | Pete Lawrence | SHRT | 37:28 | 1:47 | 5:06 | 9:03 | 11:15 | 14:37 | 22:22 | 26:50 | 29:40 | 33:04 | 35:33 | 36:58 | 37:28 | | |
| | | | | 1:47 | 3:19 | 3:57 | 2:12 | 3:22 | 7:45 | 4:28 | 2:50 | 3:24 | 2:29 | 1:25 | 0:30 | | |
| 5 | Lesley Gomersall | SHRT | 41:24 | 1:55 | 5:30 | 9:24 | 13:37 | 15:52 | 22:46 | 27:53 | 32:23 | 36:24 | 39:05 | 40:52 | 41:24 | | |
| | | | | 1:55 | 3:35 | 3:54 | 4:13 | 2:15 | 6:54 | 5:07 | 4:30 | 4:01 | 2:41 | 1:47 | 0:32 | | |
| 6 | Murray Anderson | SHRT | 41:33 | 1:36 | 4:33 | 16:40 | 19:33 | 21:31 | 27:15 | 31:55 | 34:20 | 37:45 | 39:41 | 41:05 | 41:33 | | |
| | | | | 1:36 | 2:57 | 12:07 | 2:53 | 1:58 | 5:44 | 4:40 | 2:25 | 3:25 | 1:56 | 1:24 | 0:28 | | |
| 7 | Paul Mather | SHRT | 43:09 | 1:43 | 6:41 | 10:42 | 12:38 | 14:10 | 20:33 | 24:48 | 35:03 | 38:23 | 41:01 | 42:36 | 43:09 | | |
| | | | | 1:43 | 4:58 | 4:01 | 1:56 | 1:32 | 6:23 | 4:15 | 10:15 | 3:20 | 2:38 | 1:35 | 0:33 | | |
| 8 | David Esson | SHRT | 43:24 | 2:01 | 6:31 | 11:29 | 14:46 | 16:52 | 25:38 | 31:04 | 34:26 | 38:33 | 40:48 | 42:45 | 43:24 | 3:26 | |
| | | | | 2:01 | 4:30 | 4:58 | 3:17 | 2:06 | 8:46 | 5:26 | 3:22 | 4:07 | 2:15 | 1:57 | 0:39 | *212 | |
| 9 | John Lang | SHRT | 43:50 | 2:00 | 5:37 | 13:21 | 16:03 | 18:23 | 25:28 | 32:04 | 35:26 | 39:15 | 41:32 | 43:25 | 43:50 | | |
| | | | | 2:00 | 3:37 | 7:44 | 2:42 | 2:20 | 7:05 | 6:36 | 3:22 | 3:49 | 2:17 | 1:53 | 0:25 | | |
| 10 | Jeremy Huthwaite | SHRT | 47:59 | 1:49 | 7:46 | 14:15 | 16:52 | 18:25 | 25:41 | 35:19 | 38:53 | 42:23 | 44:51 | 47:35 | 47:59 | | |
| | | | | 1:49 | 5:57 | 6:29 | 2:37 | 1:33 | 7:16 | 9:38 | 3:34 | 3:30 | 2:28 | 2:44 | 0:24 | | |
| 11 | Bob Sheridan | SHRT | 48:12 | 1:40 | 6:51 | 11:57 | 14:57 | 16:48 | 24:35 | 29:18 | 38:20 | 44:15 | 46:13 | 47:45 | 48:12 | | |
| | | | | 1:40 | 5:11 | 5:06 | 3:00 | 1:51 | 7:47 | 4:43 | 9:02 | 5:55 | 1:58 | 1:32 | 0:27 | | |
| 12 | Ranolph Whitehead | SHRT | 50:32 | 2:17 | 7:11 | 13:11 | 16:50 | 19:40 | 28:43 | 34:28 | 39:01 | 46:02 | 48:42 | 50:02 | 50:32 | | |
| | | | | 2:17 | 4:54 | 6:00 | 3:39 | 2:50 | 9:03 | 5:45 | 4:33 | 7:01 | 2:40 | 1:20 | 0:30 | | |
| 13 | Catriona Chapman | SHRT | 51:02 | 1:53 | 5:30 | 15:53 | 18:23 | 20:11 | 28:57 | 34:47 | 39:39 | 45:27 | 48:43 | 50:29 | 51:02 | | |
| | | | | 1:53 | 3:37 | 10:23 | 2:30 | 1:48 | 8:46 | 5:50 | 4:52 | 5:48 | 3:16 | 1:46 | 0:33 | | |
| 14 | Jonas Newey | SHRT | 51:19 | 1:37 | 8:13 | 13:00 | 15:21 | 16:41 | 26:32 | 36:47 | 39:55 | 47:17 | 49:27 | 50:50 | 51:19 | | |
| | | | | 1:37 | 6:36 | 4:47 | 2:21 | 1:20 | 9:51 | 10:15 | 3:08 | 7:22 | 2:10 | 1:23 | 0:29 | | |
| 15 | Rachel Scott | SHRT | 1:02:56 | 2:10 | 6:15 | 13:34 | 17:31 | 20:12 | 29:12 | 35:44 | 49:59 | 57:17 | 1:00:07 | 1:02:14 | 1:02:56 | | |
| | | | | 2:10 | 4:05 | 7:19 | 3:57 | 2:41 | 9:00 | 6:32 | 14:15 | 7:18 | 2:50 | 2:07 | 0:42 | | |
| 16 | Peter Craig | SHRT | 1:12:26 | 2:26 | 10:58 | 20:42 | 25:30 | 28:51 | 44:25 | 52:24 | 59:06 | 1:05:24 | 1:09:07 | 1:11:41 | 1:12:26 | | |
| | | | | 2:26 | 8:32 | 9:44 | 4:48 | 3:21 | 15:34 | 7:59 | 6:42 | 6:18 | 3:43 | 2:34 | 0:45 | | |
| 17 | Katja Neumann | SHRT | 1:12:37 | 2:04 | 6:57 | 13:31 | 18:41 | 21:33 | 33:24 | 45:12 | 55:21 | 1:06:12 | 1:09:31 | 1:11:56 | 1:12:37 | | |
| | | | | 2:04 | 4:53 | 6:34 | 5:10 | 2:52 | 11:51 | 11:48 | 10:09 | 10:51 | 3:19 | 2:25 | 0:41 | | |
| 18 | Yann Newey (sh) | SHRT | 1:14:41 | 2:31 | 9:22 | 16:11 | 20:48 | 23:45 | 36:35 | 47:18 | 57:27 | 1:08:21 | 1:11:36 | 1:13:58 | 1:14:41 | | |
| | | | | 2:31 | 6:51 | 6:49 | 4:37 | 2:57 | 12:50 | 10:43 | 10:09 | 10:54 | 3:15 | 2:22 | 0:43 | | |
| 19 | Jacqui Chapman | SHRT | 1:39:09 | 2:58 | 10:55 | 25:50 | 33:42 | 38:15 | 56:23 | 1:07:05 | 1:17:16 | 1:28:12 | 1:33:53 | 1:38:19 | 1:39:09 | | |
| | | | | 2:58 | 7:57 | 14:55 | 7:52 | 4:33 | 18:08 | 10:42 | 10:11 | 10:56 | 5:41 | 4:26 | 0:50 | | |
| | Aileen Salway | SHRT | mp | 2:56 | 9:06 | 19:52 | ----- | ----- | 51:45 | 1:07:54 | 1:14:34 | 1:21:27 | 1:25:57 | 1:29:05 | 1:29:48 | | |
| | | | | 2:56 | 6:10 | 10:46 | | | | | | | | | | | |
| | | | | 31:53 16:09 6:40 6:53 4:30 3:08 0:43 | | | | | | | | | | | | | |