

| Pl | Name | Club | Age Cl. | Time | Diff. | Check | Notes |
|--------------------------|------------------------|------|---------|-------|-------|---------------|---------------------|
| Urban Sprint (16) | | | | | | 3.9 km | 13 C |
| 1 | Joonas Salminen | | | 26:05 | 0:00 | | |
| 2 | Mark Stockton | | | 29:41 | 3:36 | | |
| 3 | Calum McLeod | | | 30:21 | 4:16 | | |
| 4 | Ed Stronach | | | 31:31 | 5:26 | | |
| 5 | Ian Hamilton | | | 33:03 | 6:58 | | |
| 6 | Chapman Family | | | 34:42 | 8:37 | | |
| 7 | Bjorn Jacobson | | | 35:27 | 9:22 | | |
| 8 | Rob Hickling | | | 36:07 | 10:02 | | |
| 9 | Iain McLeod | | | 41:49 | 15:44 | | |
| 10 | Carolyn McLeod | | | 42:40 | 16:35 | | |
| 11 | Stuart Smith | | | 47:17 | 21:12 | | |
| 12 | Jon Seim | | | 50:59 | 24:54 | | |
| 13 | Mariam Evers | | | 51:02 | 24:57 | | |
| | Kirks x2 | | | mp | | | (40:29) missed no.9 |
| | Fiona +Catriona Rennie | | | dnf | | | |
| | David Bryant | | | dnf | | | |