

| Pos | Name | Class | Time | | | | | | | | | | | | | | |
|----------------------|------------------|--------|---------|------------------------|---------|---------|---------|---------|--------|--------|--------|--------|---------|---------|---------|---------|--|
| Mini DNC (22) | | | | 4.0 km 0 m 17 C | | | | | | | | | | | | | |
| | | | | 1(165) | 2(159) | 3(157) | 4(96) | 5(106) | 6(138) | 7(140) | 8(154) | 9(155) | 10(158) | 11(169) | 12(161) | 13(160) | |
| | | | | 14(163) | 15(166) | 16(167) | 17(168) | Finish | | | | | | | | | |
| 1 | Chris Low | MiniDN | 40:01 | 1:04 | 4:51 | 7:59 | 11:01 | 12:42 | 14:16 | 17:08 | 18:53 | 21:12 | 23:47 | 27:23 | 30:02 | 32:15 | |
| | | | | 1:04 | 3:47 | 3:08 | 3:02 | 1:41 | 1:34 | 2:52 | 1:45 | 2:19 | 2:35 | 3:36 | 2:39 | 2:13 | |
| | | | | 34:34 | 36:38 | 38:03 | 39:09 | 40:01 | | | | | | | | | |
| | | | | 2:19 | 2:04 | 1:25 | 1:06 | 0:52 | | | | | | | | | |
| 2 | Rob Skinner | MiniDN | 40:28 | 0:56 | 6:27 | 9:18 | 12:28 | 14:21 | 15:56 | 18:35 | 20:11 | 22:30 | 25:11 | 27:55 | 30:59 | 33:18 | |
| | | | | 0:56 | 5:31 | 2:51 | 3:10 | 1:53 | 1:35 | 2:39 | 1:36 | 2:19 | 2:41 | 2:44 | 3:04 | 2:19 | |
| | | | | 35:46 | 37:33 | 38:56 | 39:52 | 40:28 | | | | | | | | | |
| | | | | 2:28 | 1:47 | 1:23 | 0:56 | 0:36 | | | | | | | | | |
| 3 | Alistair Chapman | MiniDN | 45:59 | 1:17 | 3:55 | 7:27 | 11:45 | 13:07 | 14:33 | 20:28 | 22:34 | 25:04 | 28:14 | 30:38 | 35:55 | 39:03 | |
| | | | | 1:17 | 2:38 | 3:32 | 4:18 | 1:22 | 1:26 | 5:55 | 2:06 | 2:30 | 3:10 | 2:24 | 5:17 | 3:08 | |
| | | | | 41:05 | 43:05 | 44:38 | 45:29 | 45:59 | | | | | | | | | |
| | | | | 2:02 | 2:00 | 1:33 | 0:51 | 0:30 | | | | | | | | | |
| 4 | Lachlan Kirk | MiniDN | 49:22 | 1:00 | 3:41 | 7:20 | 10:59 | 12:45 | 15:30 | 19:03 | 21:13 | 23:32 | 27:28 | 29:46 | 36:57 | 39:48 | |
| | | | | 1:00 | 2:41 | 3:39 | 3:39 | 1:46 | 2:45 | 3:33 | 2:10 | 2:19 | 3:56 | 2:18 | 7:11 | 2:51 | |
| | | | | 43:16 | 46:03 | 47:49 | 48:52 | 49:22 | | | | | | | | | |
| | | | | 3:28 | 2:47 | 1:46 | 1:03 | 0:30 | | | | | | | | | |
| 5 | Dave Kirk | MiniDN | 50:02 | 1:05 | 3:48 | 7:14 | 10:47 | 12:47 | 15:02 | 18:56 | 21:41 | 24:56 | 29:26 | 32:58 | 36:48 | 39:49 | |
| | | | | 1:05 | 2:43 | 3:26 | 3:33 | 2:00 | 2:15 | 3:54 | 2:45 | 3:15 | 4:30 | 3:32 | 3:50 | 3:01 | |
| | | | | 43:33 | 46:09 | 48:07 | 49:13 | 50:02 | | | | | | | | | |
| | | | | 3:44 | 2:36 | 1:58 | 1:06 | 0:49 | | | | | | | | | |
| 6 | Neil McLean | MiniDN | 53:14 | 1:24 | 7:32 | 11:26 | 15:23 | 17:11 | 19:47 | 23:44 | 26:30 | 29:14 | 32:38 | 35:50 | 39:19 | 41:57 | |
| | | | | 1:24 | 6:08 | 3:54 | 3:57 | 1:48 | 2:36 | 3:57 | 2:46 | 2:44 | 3:24 | 3:12 | 3:29 | 2:38 | |
| | | | | 44:49 | 48:55 | 50:44 | 52:12 | 53:14 | | | | | | | | | |
| | | | | 2:52 | 4:06 | 1:49 | 1:28 | 1:02 | | | | | | | | | |
| 7 | Rosie Getliff | MiniDN | 53:36 | 1:15 | 4:02 | 7:53 | 11:18 | 13:15 | 15:27 | 18:42 | 21:01 | 23:52 | 31:26 | 33:41 | 36:37 | 45:42 | |
| | | | | 1:15 | 2:47 | 3:51 | 3:25 | 1:57 | 2:12 | 3:15 | 2:19 | 2:51 | 7:34 | 2:15 | 2:56 | 9:05 | |
| | | | | 47:59 | 50:15 | 51:44 | 53:00 | 53:36 | | | | | | | | | |
| | | | | 2:17 | 2:16 | 1:29 | 1:16 | 0:36 | | | | | | | | | |
| 8 | Helen Rowlands | MiniDN | 55:16 | 1:28 | 5:32 | 9:21 | 13:07 | 15:13 | 17:56 | 24:55 | 27:42 | 30:51 | 34:37 | 37:22 | 40:53 | 45:30 | |
| | | | | 1:28 | 4:04 | 3:49 | 3:46 | 2:06 | 2:43 | 6:59 | 2:47 | 3:09 | 3:46 | 2:45 | 3:31 | 4:37 | |
| | | | | 48:12 | 51:07 | 53:21 | 54:40 | 55:16 | | | | | | | | | |
| | | | | 2:42 | 2:55 | 2:14 | 1:19 | 0:36 | | | | | | | | | |
| 9 | Ian McIntyre | MiniDN | 55:51 | 1:21 | 7:51 | 12:02 | 16:19 | 19:06 | 21:32 | 25:19 | 27:46 | 31:09 | 34:38 | 37:52 | 42:28 | 45:25 | |
| | | | | 1:21 | 6:30 | 4:11 | 4:17 | 2:47 | 2:26 | 3:47 | 2:27 | 3:23 | 3:29 | 3:14 | 4:36 | 2:57 | |
| | | | | 48:25 | 51:13 | 53:54 | 55:03 | 55:51 | | | | | | | | | |
| | | | | 3:00 | 2:48 | 2:41 | 1:09 | 0:48 | | | | | | | | | |
| 10 | Iain McLeod | MiniDN | 56:12 | 1:28 | 8:45 | 12:34 | 16:46 | 18:38 | 20:48 | 24:13 | 27:07 | 30:26 | 34:09 | 37:45 | 42:03 | 45:37 | |
| | | | | 1:28 | 7:17 | 3:49 | 4:12 | 1:52 | 2:10 | 3:25 | 2:54 | 3:19 | 3:43 | 3:36 | 4:18 | 3:34 | |
| | | | | 48:25 | 51:07 | 52:53 | 54:41 | 56:12 | | | | | | | | | |
| | | | | 2:48 | 2:42 | 1:46 | 1:48 | 1:31 | | | | | | | | | |
| 11 | Eilidh Campbell | MiniDN | 59:15 | 1:19 | 6:31 | 12:06 | 19:03 | 21:07 | 23:03 | 27:45 | 30:29 | 33:10 | 37:39 | 40:28 | 44:23 | 50:53 | |
| | | | | 1:19 | 5:12 | 5:35 | 6:57 | 2:04 | 1:56 | 4:42 | 2:44 | 2:41 | 4:29 | 2:49 | 3:55 | 6:30 | |
| | | | | 53:30 | 55:46 | 57:52 | 58:42 | 59:15 | | | | | | | | | |
| | | | | 2:37 | 2:16 | 2:06 | 0:50 | 0:33 | | | | | | | | | |
| 12 | Kirsty Campbell | MiniDN | 59:22 | 1:15 | 6:30 | 12:14 | 19:00 | 21:11 | 23:08 | 27:44 | 30:34 | 33:17 | 37:38 | 40:32 | 44:27 | 50:52 | |
| | | | | 1:15 | 5:15 | 5:44 | 6:46 | 2:11 | 1:57 | 4:36 | 2:50 | 2:43 | 4:21 | 2:54 | 3:55 | 6:25 | |
| | | | | 53:34 | 55:50 | 58:03 | 58:51 | 59:22 | | | | | | | | | |
| | | | | 2:42 | 2:16 | 2:13 | 0:48 | 0:31 | | | | | | | | | |
| 13 | Jeremy Huthwaite | MiniDN | 1:00:48 | 1:24 | 5:58 | 11:48 | 15:22 | 17:04 | 19:14 | 24:36 | 27:19 | 30:53 | 35:47 | 39:22 | 43:12 | 46:40 | |
| | | | | 1:24 | 4:34 | 5:50 | 3:34 | 1:42 | 2:10 | 5:22 | 2:43 | 3:34 | 4:54 | 3:35 | 3:50 | 3:28 | |
| | | | | 49:21 | 52:51 | 56:32 | 1:00:01 | 1:00:48 | | | | | | | | | |
| | | | | 2:41 | 3:30 | 3:41 | 3:29 | 0:47 | | | | | | | | | |
| 14 | David Esson | MiniDN | 1:02:24 | 1:24 | 7:49 | 11:34 | 16:13 | 18:32 | 21:16 | 27:21 | 30:03 | 33:21 | 37:23 | 40:30 | 45:35 | 49:33 | |
| | | | | 1:24 | 6:25 | 3:45 | 4:39 | 2:19 | 2:44 | 6:05 | 2:42 | 3:18 | 4:02 | 3:07 | 5:05 | 3:58 | |
| | | | | 52:46 | 57:21 | 59:58 | 1:01:29 | 1:02:24 | | | | | | | | | |
| | | | | 3:13 | 4:35 | 2:37 | 1:31 | 0:55 | | | | | | | | | |
| 15 | Dennise Wright | MiniDN | 1:02:46 | 1:24 | 6:35 | 10:23 | 15:00 | 16:56 | 19:23 | 23:02 | 25:22 | 28:42 | 32:21 | 35:12 | 49:15 | 53:38 | |
| | | | | 1:24 | 5:11 | 3:48 | 4:37 | 1:56 | 2:27 | 3:39 | 2:20 | 3:20 | 3:39 | 2:51 | 14:03 | 4:23 | |
| | | | | 56:19 | 58:37 | 1:00:43 | 1:01:43 | 1:02:46 | | | | | | | | | |
| | | | | 2:41 | 2:18 | 2:06 | 1:00 | 1:03 | | | | | | | | | |
| 16 | Mathew Parkes | MiniDN | 1:03:12 | 1:27 | 7:32 | 11:07 | 15:01 | 16:29 | 18:32 | 22:37 | 30:23 | 32:59 | 43:58 | 46:37 | 52:10 | 54:59 | |
| | | | | 1:27 | 6:05 | 3:35 | 3:54 | 1:28 | 2:03 | 4:05 | 7:46 | 2:36 | 10:59 | 2:39 | 5:33 | 2:49 | |
| | | | | 57:15 | 59:26 | 1:01:21 | 1:02:26 | 1:03:12 | | | | | | | | | |
| | | | | 2:16 | 2:11 | 1:55 | 1:05 | 0:46 | | | | | | | | | |
| 17 | Rachel Scott | MiniDN | 1:04:07 | 1:46 | 6:44 | 11:25 | 15:59 | 17:55 | 20:36 | 24:17 | 27:14 | 30:39 | 34:36 | 38:25 | 47:45 | 52:19 | |
| | | | | 1:46 | 4:58 | 4:41 | 4:34 | 1:56 | 2:41 | 3:41 | 2:57 | 3:25 | 3:57 | 3:49 | 9:20 | 4:34 | |
| | | | | 56:02 | 59:05 | 1:01:37 | 1:02:57 | 1:04:07 | | | | | | | | | |
| | | | | 3:43 | 3:03 | 2:32 | 1:20 | 1:10 | | | | | | | | | |
| 18 | Keith Roberts | MiniDN | 1:05:43 | 1:03 | 5:49 | 9:10 | 22:10 | 24:12 | 26:08 | 29:27 | 31:34 | 38:12 | 42:02 | 44:21 | 46:58 | 56:34 | |
| | | | | 1:03 | 4:46 | 3:21 | 13:00 | 2:02 | 1:56 | 3:19 | 2:07 | 6:38 | 3:50 | 2:19 | 2:37 | 9:36 | |
| | | | | 59:26 | 1:01:40 | 1:03:21 | 1:04:34 | 1:05:43 | | | | | | | | | |
| | | | | 2:52 | 2:14 | 1:41 | 1:13 | 1:09 | | | | | | | | | |
| 19 | Phil Campbell | MiniDN | 1:15:27 | 1:18 | 5:14 | 11:06 | 15:31 | 17:38 | 19:59 | 24:14 | 31:09 | 36:15 | 41:42 | 44:35 | 49:33 | 1:04:23 | |
| | | | | 1:18 | 3:56 | 5:52 | 4:25 | 2:07 | 2:21 | 4:15 | 6:55 | 5:06 | 5:27 | 2:53 | 4:58 | 14:50 | |
| | | | | 1:06:55 | 1:10:04 | 1:12:56 | 1:14:28 | 1:15:27 | | | | | | | | | |
| | | | | 2:32 | 3:09 | 2:52 | 1:32 | 0:59 | | | | | | | | | |
| 20 | Stefan Stasiuk | MiniDN | 1:20:52 | 1:28 | 6:57 | 11:16 | 21:54 | 24:59 | 28:09 | 32:02 | 37:13 | 40:48 | 44:53 | 48:16 | 54:50 | 1:00:11 | |
| | | | | 1:28 | 5:29 | 4:19 | 10:38 | 3:05 | 3:10 | 3:53 | 5:11 | 3:35 | 4:05 | 3:23 | 6:34 | 5:21 | |
| | | | | 1:04:58 | 1:12:34 | 1:17:42 | 1:19:48 | 1:20:52 | | | | | | | | | |
| | | | | 4:47 | 7:36 | 5:08 | 2:06 | 1:04 | | | | | | | | | |

