

| Pl | Name | Club | Nat | Age Cla | Time | Comment |
|-----------------------------|--------------------|-------|-----|---------------|------------|---------------------|
| Short Technical (11) | | | | 3.1 km | 0 C | |
| 1 | Lesley Gomersall | GRAMP | | | 31:27 | |
| 2 | Pete Lawrence | GRAMP | | | 32:41 | |
| 3 | Helen Rowlands | GRAMP | | | 36:49 | |
| 4 | Bob Sheridan | GRAMP | | | 39:52 | |
| 5 | Josie Gomersall | GRAMP | | Junior | 39:55 | |
| 6 | Andy Tivendale | MAROC | | | 39:57 | |
| 7 | Rachel Scott | GRAMP | | | 49:47 | |
| 8 | Lisa+Ondrej Masek | IND | | | 52:06 | |
| 9 | Colin Larmour | IND | | | 57:14 | |
| | Dennis McDonald | GRAMP | | | mp | Missed no.5 (43:56) |
| | Donald Grassie | MOR | | | mp | Wrong no.3 (47:10) |
| Long Technical (5) | | | | 5.0 km | 0 C | |
| 1 | Tim Griffin | GRAMP | | | 44:13 | |
| 2 | Hazel Wright | MAROC | | | 44:56 | |
| 3 | Roger Coombs | MAROC | | | 50:53 | |
| 4 | Gordon Urquhart | GRAMP | | | 79:46 | |
| | Rob Hickling | GRAMP | | | dnf | |
| Orange (3) | | | | 2.8 km | 0 C | |
| 1 | Bob Sheridan | GRAMP | | | 29:21 | |
| 2 | Jenny Barrand | IND | | | 37:58 | |
| 3 | Anna+Dave Thompson | GRAMP | | | 59:19 | |