

| Pl | Name | Club | Time | Comment |
|------------------------|------------------------|---------|---------|----------------------|
| Sprint (39) | | | | |
| 3.0 km 0 m 18 C | | | | |
| 1 | Jake Chapman | M MAROC | 20:17 | |
| 2 | Janne Heikkinen | M AUOC | 20:50 | |
| 3 | Jon Musgrave | M MAROC | 22:44 | |
| 4 | Gordon Urquhart | M GRAMP | 23:49 | |
| 5 | William Nicholson | M INVOC | 24:19 | |
| 6 | Angel Iliev | M AUOC | 25:22 | |
| 7 | Alex Maclachlan | M GRAMP | 25:26 | |
| 8 | Sam Gomersall | M GRAMP | 26:00 | |
| 9 | Pete Lawrence | M GRAMP | 27:19 | |
| 10 | Alistair Chapman | M MAROC | 27:45 | |
| 11 | Rory O'Hara | M GRAMP | 27:48 | |
| 12 | Bob Daly | M GRAMP | 28:00 | |
| 13 | Josie Gomersall | F GRAMP | 28:29 | |
| 14 | John Lang | M GRAMP | 29:01 | |
| 15 | Neil McLean | M GRAMP | 34:05 | |
| 16 | Lesley Gomersall | F GRAMP | 34:07 | |
| 17 | Marianne Lang | F GRAMP | 34:55 | |
| 18 | Matthew Parkes | M GRAMP | 35:21 | |
| 19 | Rachel Scott | F GRAMP | 37:47 | |
| 20 | Dennis McDonald | M GRAMP | 40:25 | |
| 21 | Iain McIntyre | M INT | 40:27 | |
| 22 | Phil Campbell | M GRAMP | 40:49 | |
| 23 | Norman Liley | M GRAMP | 41:19 | |
| 24 | Michaela Kolistanikova | F AUOC | 41:45 | |
| 25 | Caz Dudley | F MAROC | 44:28 | |
| 26 | Bob Sheridan | M GRAMP | 45:14 | no finish punch! |
| 27 | Kevin Hyland | M NA | 45:34 | |
| 28 | Eddy Coman | M GRAMP | 46:31 | |
| 29 | Nigel Robinson | M GRAMP | 47:04 | |
| 30 | Stuart Anderson | M GRAMP | 51:42 | |
| 31 | Patrick Lang | M GRAMP | 55:45 | |
| 32 | Shona Thompson | F GRAMP | 56:52 | |
| 33 | Kut Karahasan | M NA | 59:01 | |
| 34 | Olivia Coman | F GRAMP | 1:00:43 | |
| | Drew Tivendale | M MAROC | mp | missed 4,5; 6,7twice |
| | Helen Rowlands | F GRAMP | mp | wrong 14 |
| | Anne Hoy | F GRAMP | mp | wrong 14 |
| | David Bryant | M MAROC | dnf | |
| | Aileen Ong | F NA | dnf | |