

| Pos | Name | Age | Time | | | | | | | | | | | | | |
|--------------------|---|------|--------------|-----------------------|-----------------------|-----------------------|-----------------------|------------------------|------------------------|------------------------|------------------------|---------------|---------------|---------------|---------------|---------------|
| Sprint (28) | | | | 3.4 km 0 m | | | 20 C | | | | | | | | | |
| | | | | 1(131) | 2(132) | 3(133) | 4(134) | 5(136) | 6(137) | 7(138) | 8(158) | 9(152) | 10(139) | 11(247) | 12(240) | 13(157) |
| | | | | 14(245) | 15(140) | 16(135) | 17(244) | 18(241) | 19(242) | 20(155) | Finish | | | | | |
| 1 | James Hoad DRONGO | M21 | 20:00 | 0:55 14:16 1:20 | 2:13 15:41 1:25 | 2:52 15:57 0:16 | 4:12 16:10 0:13 | 5:01 17:16 1:06 | 5:53 18:14 0:58 | 6:29 19:10 0:56 | 8:14 20:00 0:50 | 9:34 2:20 | 10:48 1:14 | 11:24 0:36 | 11:55 0:31 | 12:56 1:01 |
| 2 | William Nicolson INVOC | M40 | 20:11 | 0:45 14:17 1:13 | 1:52 15:54 1:37 | 2:39 16:13 0:19 | 3:58 16:31 0:18 | 5:04 17:23 0:52 | 5:59 18:23 1:00 | 6:33 19:18 0:55 | 8:22 20:11 0:53 | 9:47 1:25 | 10:57 1:10 | 11:33 0:36 | 12:08 0:35 | 13:04 0:56 |
| 3 | Gordon Urquhart GRAMP | M40 | 21:08 | 0:52 14:51 1:06 | 1:59 16:31 1:40 | 2:45 16:51 0:20 | 4:04 17:08 0:17 | 5:10 18:10 1:02 | 6:03 19:15 1:05 | 6:36 20:16 1:01 | 8:49 21:08 0:52 | 10:17 1:28 | 11:30 1:13 | 12:10 0:40 | 12:41 0:31 | 13:45 1:04 |
| 4 | Mark Stockton GRAMP | M35 | 21:35 | 0:53 15:02 1:17 | 1:24 16:43 1:41 | 0:42 17:00 0:17 | 1:32 17:15 0:15 | 0:52 18:26 1:11 | 0:54 19:26 1:00 | 0:39 20:33 1:07 | 2:04 21:35 1:02 | 1:13 | 11:30 1:17 | 12:10 0:40 | 12:44 0:34 | 13:45 1:01 |
| 5 | Alex MacLachlan GRAMP | M21 | 22:56 | 1:09 16:13 1:20 | 2:21 17:52 1:39 | 3:17 18:14 0:22 | 4:52 18:29 0:15 | 5:51 19:48 1:19 | 6:50 20:54 1:06 | 7:23 22:01 1:07 | 9:29 22:56 0:55 | 10:55 1:26 | 12:32 1:37 | 13:11 0:39 | 13:43 0:32 | 14:53 1:10 |
| 6 | Evgueni Chepelin GRAMP | M55 | 23:42 | 1:08 17:22 1:21 | 3:16 19:04 1:42 | 4:01 19:22 0:18 | 5:38 19:38 0:16 | 6:45 20:33 0:55 | 7:44 21:46 1:13 | 8:16 22:45 0:59 | 10:35 23:42 0:57 | 12:13 1:38 | 13:36 1:23 | 14:17 0:41 | 14:51 0:34 | 16:01 1:10 |
| 7 | Dominykas Kardokas GRAMP | M21 | 25:03 | 1:26 17:45 1:29 | 2:56 19:34 1:49 | 3:46 20:03 0:29 | 5:23 20:20 0:17 | 6:29 21:43 1:23 | 7:34 22:50 1:07 | 8:14 24:01 1:11 | 10:36 25:03 1:02 | 12:02 1:26 | 13:42 1:40 | 14:24 0:42 | 15:02 0:38 | 16:16 1:14 |
| 8 | Sam Gomersall GRAMP | M55 | 26:59 | 1:07 18:41 1:29 | 2:41 20:44 2:03 | 3:50 22:06 1:22 | 5:40 22:22 0:16 | 6:58 23:42 1:20 | 8:09 24:52 1:10 | 8:57 26:03 1:06 | 11:36 26:59 1:01 | 13:11 1:35 | 14:41 1:30 | 15:25 0:44 | 16:05 0:40 | 17:12 1:07 |
| 9 | Josie Gomersall GRAMP | W18 | 27:30 | 1:05 19:43 1:40 | 3:00 21:39 1:56 | 3:50 22:06 0:27 | 5:42 22:27 0:21 | 7:00 24:07 1:40 | 8:10 25:14 1:07 | 9:03 26:20 1:06 | 11:54 27:30 1:10 | 13:42 1:48 | 15:19 1:37 | 16:05 0:46 | 16:47 0:42 | 18:03 1:16 |
| 10 | Jeremy Huthwaite GRAMP | M50 | 28:14 | 1:21 20:07 1:48 | 3:05 22:16 2:09 | 4:05 22:44 0:28 | 6:08 23:03 0:19 | 7:36 24:31 1:28 | 8:45 25:40 1:09 | 9:30 27:03 1:23 | 12:07 28:14 1:11 | 13:36 1:29 | 15:20 1:44 | 16:07 0:47 | 16:54 0:47 | 18:19 1:25 |
| 11 | Phil Campbell GRAMP | M21 | 28:36 | 1:23 20:40 1:39 | 2:52 22:39 1:59 | 3:59 23:12 0:33 | 5:46 23:30 0:18 | 6:53 24:57 1:27 | 8:02 26:06 1:09 | 8:44 27:25 1:19 | 11:49 28:36 1:11 | 14:37 2:48 | 16:13 1:36 | 16:58 0:45 | 17:45 0:47 | 19:01 1:16 |
| 12 | Marianne Lang GRAMP | W50 | 28:48 | 1:09 20:55 1:29 | 2:52 23:07 2:12 | 4:22 23:33 0:26 | 6:12 23:59 0:26 | 7:25 25:18 1:19 | 8:34 26:30 1:12 | 9:19 27:32 1:02 | 12:03 28:48 1:16 | 14:53 2:50 | 16:29 1:36 | 17:14 0:45 | 17:59 0:45 | 19:26 1:27 |
| 13 | John Lang GRAMP | M50 | 29:29 | 0:58 21:18 1:34 | 3:10 23:29 2:11 | 4:24 23:55 0:26 | 6:24 24:16 0:21 | 7:37 25:44 1:28 | 8:49 27:02 1:18 | 9:36 28:14 1:12 | 12:40 29:29 1:15 | 14:45 2:05 | 16:43 1:58 | 17:32 0:49 | 18:18 0:46 | 19:44 1:26 |
| 14 | Lesley Gomersall GRAMP | W55 | 30:27 | 1:23 21:08 1:55 | 3:05 23:52 2:44 | 4:08 24:18 0:26 | 6:12 24:43 0:25 | 7:27 26:28 1:45 | 8:46 27:52 1:24 | 9:30 29:09 1:17 | 12:45 30:27 1:18 | 14:30 1:45 | 16:14 1:44 | 17:05 0:51 | 17:51 0:46 | 19:13 1:22 |
| 15 | Ian Hamilton GRAMP | M55 | 31:03 | 1:23 23:20 1:40 | 3:29 25:14 1:54 | 4:48 25:39 0:25 | 6:55 25:58 0:19 | 8:15 27:20 1:22 | 9:27 28:29 1:09 | 10:15 29:47 1:18 | 14:50 31:03 1:16 | 17:04 2:14 | 18:48 1:44 | 19:34 0:46 | 20:16 0:42 | 21:40 1:24 |
| 16 | Daniel Reid IND | M21? | 31:10 | 1:13 22:15 1:48 | 3:47 24:27 2:12 | 4:57 24:55 0:28 | 7:05 25:25 0:30 | 8:22 27:14 1:49 | 9:36 28:26 1:12 | 10:23 29:59 1:33 | 13:11 31:10 1:11 | 15:18 2:07 | 16:49 1:31 | 17:43 0:54 | 18:31 0:48 | 20:27 1:56 |
| 17 | Rachel Scott GRAMP | W50 | 31:42 | 1:09 22:18 1:09 | 2:48 24:49 1:39 | 4:10 25:12 1:22 | 6:16 25:34 2:06 | 7:39 27:13 1:23 | 9:09 28:34 1:30 | 9:57 30:10 0:48 | 12:40 31:42 2:43 | 15:14 2:34 | 17:07 1:53 | 18:02 0:55 | 18:52 0:50 | 20:19 1:27 |
| 18 | Patrick Lang GRAMP | M14 | 34:11 | 2:17 25:02 1:33 | 5:08 27:47 2:45 | 6:18 28:07 0:20 | 8:26 28:26 0:19 | 9:55 30:07 1:41 | 11:21 31:28 1:21 | 12:19 32:55 1:27 | 14:57 34:11 1:16 | 17:00 2:03 | 18:45 1:45 | 19:42 0:57 | 20:58 1:16 | 23:29 2:31 |
| 19 | Dennis McDonald GRAMP | M50 | 34:56 | 1:13 26:12 1:23 | 3:23 28:23 2:11 | 4:20 29:37 1:14 | 6:20 29:54 0:17 | 7:29 31:16 1:22 | 8:35 32:27 1:11 | 9:13 33:31 1:04 | 12:42 34:56 1:25 | 20:29 7:47 | 22:02 1:33 | 22:43 0:41 | 23:29 0:46 | 24:49 1:20 |
| 20 | Eddy Coman GRAMP | M50 | 35:53 | 3:11 27:03 1:59 | 5:47 29:06 2:03 | 6:59 29:39 0:33 | 9:27 30:09 0:30 | 10:46 32:01 1:52 | 12:11 33:28 1:27 | 13:02 34:51 1:23 | 16:50 35:53 1:02 | 19:06 2:16 | 21:51 2:45 | 22:55 1:04 | 23:37 0:42 | 25:04 1:27 |

| Pos | Name | Age | Time | | | | | | | | | | | | | |
|---------------------|--------------------------|-----|-------|-------------------|---------|---------|-------------|---------|---------|----------------|--------|--------|---------|---------|---------|---------|
| Sprint (28) | | | | 3.4 km 0 m | | | 20 C | | | <i>(cont.)</i> | | | | | | |
| | | | | 1(131) | 2(132) | 3(133) | 4(134) | 5(136) | 6(137) | 7(138) | 8(158) | 9(152) | 10(139) | 11(247) | 12(240) | 13(157) |
| | | | | 14(245) | 15(140) | 16(135) | 17(244) | 18(241) | 19(242) | 20(155) | Finish | | | | | |
| 21 | Olivia Coman GRAMP | W16 | 36:10 | 1:19 | 3:30 | 4:55 | 7:40 | 9:14 | 10:44 | 11:46 | 15:16 | 17:40 | 19:45 | 20:41 | 21:35 | 23:01 |
| | | | | 1:19 | 2:11 | 1:25 | 2:45 | 1:34 | 1:30 | 1:02 | 3:30 | 2:24 | 2:05 | 0:56 | 0:54 | 1:26 |
| | | | | 25:07 | 27:34 | 29:05 | 29:21 | 31:28 | 32:51 | 34:58 | 36:10 | 28:11 | | | | |
| 22 | David Esson GRAMP | M35 | 38:18 | 2:06 | 2:27 | 1:31 | 0:16 | 2:07 | 1:23 | 2:07 | 1:12 | *244 | | | | |
| | | | | 1:27 | 3:45 | 4:51 | 7:36 | 9:21 | 11:03 | 11:57 | 15:48 | 18:48 | 21:01 | 22:11 | 23:14 | 24:59 |
| | | | | 1:27 | 2:18 | 1:06 | 2:45 | 1:45 | 1:42 | 0:54 | 3:51 | 3:00 | 2:13 | 1:10 | 1:03 | 1:45 |
| 23 | Helen Anderson GRAMP | W55 | 38:27 | 27:23 | 30:16 | 30:44 | 31:09 | 33:13 | 34:58 | 36:41 | 38:18 | | | | | |
| | | | | 2:24 | 2:53 | 0:28 | 0:25 | 2:04 | 1:45 | 1:43 | 1:37 | | | | | |
| | | | | 1:57 | 4:58 | 6:26 | 9:00 | 10:40 | 12:24 | 13:16 | 16:40 | 19:12 | 21:27 | 22:27 | 23:26 | 25:14 |
| 24 | Stuart Anderson GRAMP | M55 | 40:31 | 1:57 | 3:01 | 1:28 | 2:34 | 1:40 | 1:44 | 0:52 | 3:24 | 2:32 | 2:15 | 1:00 | 0:59 | 1:48 |
| | | | | 27:21 | 30:03 | 30:37 | 31:04 | 33:22 | 35:05 | 36:55 | 38:27 | | | | | |
| | | | | 2:07 | 2:42 | 0:34 | 0:27 | 2:18 | 1:43 | 1:50 | 1:32 | | | | | |
| 25 | Rory Halliday GRAMP | M14 | 48:49 | 1:41 | 3:52 | 5:12 | 7:41 | 9:22 | 10:53 | 11:42 | 15:04 | 20:38 | 22:55 | 24:02 | 25:11 | 27:16 |
| | | | | 1:41 | 2:11 | 1:20 | 2:29 | 1:41 | 1:31 | 0:49 | 3:22 | 5:34 | 2:17 | 1:07 | 1:09 | 2:05 |
| | | | | 29:22 | 32:42 | 33:16 | 33:41 | 35:26 | 37:11 | 38:49 | 40:31 | | | | | |
| 26 | Angela Conroy GRAMP | W55 | 61:26 | 2:06 | 3:20 | 0:34 | 0:25 | 1:45 | 1:45 | 1:38 | 1:42 | | | | | |
| | | | | 1:25 | 4:13 | 6:48 | 10:38 | 12:45 | 14:30 | 15:35 | 21:32 | 26:22 | 28:23 | 29:20 | 30:37 | 33:18 |
| | | | | 1:25 | 2:48 | 2:35 | 3:50 | 2:07 | 1:45 | 1:05 | 5:57 | 4:50 | 2:01 | 0:57 | 1:17 | 2:41 |
| 27 | Hannah Will GRAMP | W12 | 73:57 | 36:13 | 38:53 | 39:20 | 39:39 | 42:09 | 45:14 | 47:11 | 48:49 | | | | | |
| | | | | 2:55 | 2:40 | 0:27 | 0:19 | 2:30 | 3:05 | 1:57 | 1:38 | | | | | |
| | | | | 1:59 | 8:54 | 10:03 | 12:19 | 15:05 | 16:39 | 17:29 | 26:18 | 30:55 | 33:33 | 34:32 | 35:41 | 37:50 |
| 27 | Hannah Will GRAMP | W12 | 73:57 | 1:59 | 6:55 | 1:09 | 2:16 | 2:46 | 1:34 | 0:50 | 8:49 | 4:37 | 2:38 | 0:59 | 1:09 | 2:09 |
| | | | | 39:44 | 50:51 | 53:06 | 54:20 | 56:06 | 58:04 | 59:42 | 61:26 | 48:08 | | | | |
| | | | | 1:54 | 11:07 | 2:15 | 1:14 | 1:46 | 1:58 | 1:38 | 1:44 | *244 | | | | |
| Emily Arthur IND | W50? | dnf | 3:17 | 3:44 | 2:28 | 5:26 | 3:02 | 4:21 | 2:39 | 6:46 | 4:38 | 4:00 | 2:28 | 2:07 | 3:38 | |
| | | | 53:26 | 59:15 | 60:25 | 61:06 | 64:33 | 68:18 | 71:17 | 73:57 | | | | | | |
| | | | 4:52 | 5:49 | 1:10 | 0:41 | 3:27 | 3:45 | 2:59 | 2:40 | | | | | | |
| Emily Arthur IND | W50? | dnf | 3:15 | 7:31 | 21:41 | 26:36 | 29:46 | 32:50 | 35:28 | 45:57 | 52:46 | 57:46 | 59:33 | 61:43 | 66:11 | |
| | | | 3:15 | 4:16 | 14:10 | 4:55 | 3:10 | 3:04 | 2:38 | 10:29 | 6:49 | 5:00 | 1:47 | 2:10 | 4:28 | |
| | | | 70:07 | 3:56 | ----- | ----- | ----- | ----- | ----- | ----- | 88:24 | 18:17 | | | | |