

| Pl | Name | Time | 5.8 km 0 m | | | | 16 C | | | | | | | | |
|-------------------|---------------------------|---------|-----------------------|-----------------------|-----------------------|------------------------|-------------------|-------------------|------------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|
| | | | 1(166) 14(165) | 2(138) 15(159) | 3(137) 16(242) | 4(139) Finish | 5(158) | 6(230) | 7(232) | 8(157) | 9(156) | 10(155) | 11(153) | 12(154) | 13(152) |
| Blue (17) | | | | | | | | | | | | | | | |
| 1 | Alistair Chapman MAROC | 45:59 | 2:40 41:40 3:49 | 6:34 42:59 1:19 | 9:02 45:35 2:36 | 11:58 45:59 0:24 | 14:57 2:59 | 16:31 1:34 | 19:20 2:49 | 22:20 3:00 | 26:09 3:49 | 29:12 3:03 | 32:27 3:15 | 34:09 1:42 | 37:51 3:42 |
| 2 | Evgueni Chepelin GRAMP | 48:33 | 2:44 3:22 | 6:50 1:04 | 9:27 2:00 | 12:27 0:28 | 15:12 2:45 | 16:56 1:44 | 19:23 2:27 | 21:57 2:34 | 25:39 3:42 | 31:38 5:59 | 35:11 3:33 | 37:20 2:09 | 41:39 4:19 |
| 3 | Andrew Campbell MOR | 50:55 | 3:28 3:28 | 7:39 4:11 | 10:16 2:37 | 13:12 2:56 | 15:47 2:35 | 17:54 2:07 | 21:29 3:35 | 24:35 3:06 | 28:13 3:38 | 33:06 4:53 | 35:44 2:38 | 37:30 1:46 | 42:15 4:45 |
| 4 | Eilidh Campbell MAROC | 52:14 | 2:48 3:57 | 9:13 0:48 | 11:51 2:28 | 14:47 0:28 | 18:44 17:14 | 20:31 19:35 | 23:40 22:27 | 26:33 26:25 | 30:26 30:41 | 33:46 33:27 | 37:03 36:40 | 39:21 38:19 | 44:33 45:11 |
| 5 | Briony Kincaid ECKO | 53:28 | 3:16 3:16 | 7:31 4:15 | 11:05 3:34 | 14:18 3:13 | 17:14 2:56 | 19:35 2:21 | 22:27 2:52 | 26:25 3:58 | 30:41 4:16 | 33:27 2:46 | 36:40 3:13 | 38:19 1:39 | 45:11 6:52 |
| 6 | Hannah Kingham MOR | 58:16 | 3:56 3:56 | 9:51 5:55 | 12:53 3:02 | 16:23 3:30 | 19:58 3:35 | 22:06 2:08 | 25:23 3:17 | 28:53 3:30 | 32:50 3:57 | 35:56 3:06 | 41:10 5:14 | 43:23 2:13 | 49:13 5:50 |
| 7 | Rupert Hornby MOR | 59:41 | 3:13 3:13 | 7:38 4:25 | 10:21 2:43 | 13:42 3:21 | 18:41 4:59 | 20:50 2:09 | 24:15 3:25 | 27:47 3:32 | 31:46 3:59 | 38:14 6:28 | 42:20 4:06 | 43:54 1:34 | 50:50 6:56 |
| 8 | David Kirk GRAMP | 59:59 | 3:51 3:51 | 8:56 5:05 | 11:51 2:55 | 15:10 3:19 | 18:18 3:08 | 20:39 2:21 | 24:17 3:38 | 27:38 3:21 | 32:13 4:35 | 35:37 3:24 | 40:56 5:19 | 42:41 1:45 | 50:23 7:42 |
| 9 | Catriona Chapman MAROC | 1:02:50 | 3:21 3:21 | 9:36 6:15 | 12:50 3:14 | 17:19 4:29 | 21:15 3:56 | 24:05 2:50 | 27:23 3:18 | 30:55 3:32 | 34:59 4:04 | 38:32 3:33 | 43:20 4:48 | 45:33 2:13 | 51:28 5:55 |
| 10 | Andy Tivendale MAROC | 1:04:54 | 3:27 1:00:07 | 9:24 1:01:44 | 13:45 1:04:26 | 17:06 1:04:54 | 21:33 4:27 | 23:49 2:16 | 27:36 3:47 | 31:20 3:44 | 36:29 5:09 | 39:53 3:24 | 45:59 6:06 | 48:43 2:44 | 55:32 6:49 |
| 11 | Julian Robinson GRAMP | 1:04:57 | 3:46 4:35 | 11:06 1:37 | 14:19 2:42 | 17:54 0:28 | 21:51 3:57 | 24:18 2:27 | 28:05 3:47 | 31:38 3:33 | 37:25 5:47 | 41:57 4:32 | 46:07 4:10 | 48:24 2:17 | 54:44 6:20 |
| 12 | Faith Kenyon MOR | 1:06:11 | 3:10 1:01:15 | 10:37 1:02:39 | 13:34 1:05:45 | 17:02 1:06:11 | 22:07 5:05 | 28:21 6:14 | 31:38 3:17 | 36:28 4:50 | 40:36 4:08 | 43:51 3:15 | 49:01 5:10 | 50:52 1:51 | 56:12 5:20 |
| 13 | Eric Lovie GRAMP | 1:10:21 | 4:52 4:52 | 11:40 6:48 | 15:13 3:33 | 19:08 3:55 | 23:01 3:53 | 25:20 2:19 | 29:19 3:59 | 34:01 4:42 | 39:19 5:18 | 44:29 5:10 | 49:03 4:34 | 51:31 2:28 | 59:28 7:57 |
| 14 | Jonathan Smith GRAMP | 1:12:41 | 4:05 4:05 | 10:41 6:36 | 14:22 3:41 | 18:19 3:57 | 25:26 7:07 | 27:47 2:21 | 31:59 4:12 | 36:26 4:27 | 40:49 4:23 | 44:40 3:51 | 50:45 6:05 | 53:02 2:17 | 1:01:44 8:42 |
| 15 | Elizabeth Kenyon MOR | 1:24:59 | 4:50 4:50 | 12:38 7:48 | 15:58 3:20 | 19:28 3:30 | 26:23 6:55 | 31:57 5:34 | 37:21 5:24 | 42:13 4:52 | 49:47 7:34 | 53:40 3:53 | 1:00:48 7:08 | 1:03:51 3:03 | 1:13:28 9:37 |
| nc | Sam Gomersall GRAMP | 54:04 | 3:07 3:07 | 7:40 4:33 | 10:33 2:53 | 13:37 3:04 | 16:51 3:14 | 18:51 2:00 | 21:51 3:00 | 24:57 3:06 | 28:46 3:49 | 31:57 3:11 | 37:59 6:02 | 40:05 2:06 | 45:23 5:18 |
| nc | Lesley Gomersall GRAMP | 57:23 | 3:12 3:12 | 8:06 4:54 | 11:25 3:19 | 15:35 4:10 | 19:17 3:42 | 21:21 2:04 | 24:42 3:21 | 28:23 3:41 | 32:53 4:30 | 36:35 3:42 | 40:19 3:44 | 42:21 2:02 | 47:55 5:34 |
| Brown (13) | | | | | | | | | | | | | | | |
| | | | 1(231) 14(156) | 2(138) 15(155) | 3(136) 16(153) | 4(135) 17(154) | 5(133) 18(152) | 6(131) 19(242) | 7(134) Finish | 8(136) | 9(137) | 10(139) | 11(230) | 12(232) | 13(157) |
| 1 | Matthew Gooch MAROC | 51:09 | 2:00 2:00 | 5:22 3:22 | 7:04 1:42 | 10:15 3:11 | 13:01 2:46 | 14:15 1:14 | 16:39 2:24 | 21:42 5:03 | 23:08 1:26 | 25:48 2:40 | 28:53 3:05 | 31:06 2:13 | 33:16 2:10 |

| Pl | Name | Time | | | | | | | | | | | | | |
|-------------------|-----------------------------------|----------------|---|---|----------------------------------|---------------------------------------|----------------------------------|---------------------------------------|---------------------------------------|-----------------------------|----------------------|----------------------|-----------------------------|-----------------------------|-----------------------------|
| Brown (13) | | | 7.5 km 0 m | | | | | 19 C | | | | | <i>(cont.)</i> | | |
| | | | 1(231) 14(156) | 2(138) 15(155) | 3(136) 16(153) | 4(135) 17(154) | 5(133) 18(152) | 6(131) 19(242) | 7(134) Finish | 8(136) | 9(137) | 10(139) | 11(230) | 12(232) | 13(157) |
| 2 | Joel Gooch MAROC | 57:29 | 2:13 2:13 41:03 3:09 | 6:36 4:23 44:28 3:25 | 8:55 2:19 47:37 3:09 | 12:29 3:34 48:56 1:19 | 15:36 3:07 54:43 5:47 | 16:56 1:20 57:07 2:24 | 19:30 2:34 57:29 0:22 | 24:30 5:00 | 26:02 1:32 | 28:58 2:56 | 32:14 3:16 | 34:55 2:41 | 37:54 2:59 |
| 3 | Drew Tivendale MAROC | 59:11 | 2:06 2:06 40:58 3:40 | 7:01 4:55 44:46 3:48 | 8:44 1:43 48:16 3:30 | 12:13 3:29 50:09 1:53 | 15:19 3:06 56:35 6:26 | 16:54 1:35 58:47 2:12 | 19:29 2:35 59:11 0:24 | 24:34 5:05 | 26:17 1:43 | 29:03 2:46 | 32:06 3:03 | 34:47 2:41 | 37:18 2:31 |
| 4 | Ewan Musgrave MAROC | 1:00:24 | 2:31 43:26 3:31 3:07 | 4:06 46:33 3:07 3:07 | 1:49 50:58 4:25 1:58 | 4:47 52:56 4:25 1:58 | 3:28 57:15 4:19 1:58 | 1:22 59:53 2:38 0:31 | 2:35 1:00:24 0:31 | 5:36 | 1:39 | 3:05 | 3:24 | 2:47 | 2:46 |
| 5 | Jonathan Musgrave MAROC | 1:00:58 | 4:22 4:22 45:37 3:14 | 9:00 4:38 48:15 2:38 | 11:01 2:01 51:25 3:10 | 14:54 3:53 53:10 1:45 | 18:43 3:49 58:03 4:53 | 20:21 1:38 1:00:33 2:30 | 23:17 2:56 1:00:58 0:25 | 28:46 5:29 | 30:31 1:45 | 33:28 2:57 | 36:55 3:27 | 39:32 2:37 | 42:23 2:51 |
| 6 | Murray Anderson GRAMP | 1:03:56 | 2:39 2:39 47:26 3:52 | 7:24 4:45 50:14 2:48 | 9:25 2:01 54:33 4:19 | 13:31 4:06 56:23 1:50 | 17:03 3:32 1:00:43 4:20 | 18:47 1:44 1:03:27 2:44 | 21:53 3:06 1:03:56 0:29 | 27:19 5:26 | 28:55 1:36 | 32:07 3:12 | 36:05 3:58 | 39:05 3:00 | 43:34 4:29 |
| 7 | Ian Hamilton GRAMP | 1:10:16 | 4:05 4:05 52:17 3:58 | 9:38 5:33 55:20 3:03 | 11:58 2:20 59:24 4:04 | 16:13 4:15 1:01:18 1:54 | 20:11 3:58 1:06:53 5:35 | 21:55 1:44 1:09:43 2:50 | 25:31 3:36 1:10:16 0:33 | 31:16 5:45 | 33:13 1:57 | 37:15 4:02 | 41:32 4:17 | 45:00 3:28 | 48:19 3:19 |
| 8 | Dennis McDonald GRAMP | 1:13:13 | 2:39 2:39 50:49 4:41 | 6:46 4:07 54:42 3:53 | 8:46 2:00 1:01:53 7:11 | 12:41 3:55 1:04:06 2:13 | 16:05 3:24 1:09:57 5:51 | 18:29 2:24 1:12:42 2:45 | 22:14 3:45 1:13:13 0:31 | 28:17 6:03 | 30:29 2:12 | 34:32 4:03 | 39:03 4:31 | 42:44 3:41 | 46:08 3:24 |
| 9 | Sarah Dunn MAROC | 1:13:20 | 3:14 3:14 49:49 4:35 | 7:59 4:45 56:30 6:41 | 10:19 2:20 1:00:04 3:34 | 14:51 4:32 1:01:52 1:48 | 18:44 3:53 1:09:44 7:52 | 20:24 1:40 1:12:48 3:04 | 23:27 3:03 1:13:20 0:32 | 29:55 6:28 | 31:49 1:54 | 35:20 3:31 | 39:06 3:46 | 42:06 3:00 | 45:14 3:08 |
| 10 | Robert Daly GRAMP | 1:18:22 | 3:18 3:18 52:39 4:18 | 8:13 4:55 56:33 3:54 | 10:44 2:31 1:05:21 8:48 | 15:52 5:08 1:07:21 2:00 | 19:45 3:53 1:14:49 7:28 | 21:35 1:50 1:17:48 2:59 | 25:15 3:40 1:18:22 0:34 | 32:28 7:13 | 34:28 2:00 | 37:52 3:24 | 41:38 3:46 | 44:52 3:14 | 48:21 3:29 |
| 11 | Paul Chapman MAROC | 1:19:58 | 3:24 3:24 55:41 4:14 | 9:50 6:26 1:00:12 4:31 | 12:26 2:36 1:07:09 6:57 | 16:48 4:22 1:09:33 2:24 | 20:48 4:00 1:16:33 7:00 | 23:00 2:12 1:19:25 2:52 | 26:42 3:42 1:19:58 0:33 | 33:45 7:03 | 35:59 2:14 | 39:31 3:32 | 44:06 4:35 | 47:48 3:42 | 51:27 3:39 |
| 12 | David Summers INVOC | 1:36:21 | 5:24 5:24 1:12:33 5:39 | 14:33 9:09 1:17:25 4:52 | 17:14 2:41 1:23:05 5:40 | 22:17 5:03 1:25:22 2:17 | 27:18 5:01 1:32:41 7:19 | 31:31 4:13 1:35:50 3:09 | 35:52 4:21 1:36:21 0:31 | 45:22 9:30 | 47:43 2:21 | 52:28 4:45 | 58:15 5:47 | 1:02:02 3:47 | 1:06:54 4:52 |
| | Philip Kenyon MOR | mp | 4:14 4:14 1:05:58 5:28 | 13:08 8:54 1:19:48 13:50 | 15:41 2:33 ----- ----- | 20:27 4:46 ----- ----- | 25:08 4:41 ----- ----- | 27:01 1:53 1:36:38 16:50 | 31:45 4:44 1:37:22 0:44 | 39:02 7:17 | 41:27 2:25 | 45:26 3:59 | 51:21 5:55 | 55:53 4:32 | 1:00:30 4:37 |
| Green (16) | | | 4.4 km 0 m | | | | | 14 C | | | | | | | |
| | | | 1(231) 14(242) | 2(248) Finish | 3(158) | 4(230) | 5(232) | 6(157) | 7(156) | 8(155) | 9(153) | 10(154) | 11(152) | 12(159) | 13(165) |
| 1 | Jon Hollingdale MOR | 43:01 | 3:22 3:22 42:31 1:33 | 7:13 3:51 43:01 0:30 | 8:53 1:40 | 10:34 1:41 | 14:06 3:32 | 19:26 5:20 | 23:30 4:04 | 25:58 2:28 | 30:44 4:46 | 33:07 2:23 | 37:08 4:01 | 39:40 2:32 | 40:58 1:18 |
| 2 | Craig Chapman MAROC | 46:28 | 3:22 3:22 45:55 1:36 | 6:34 3:12 46:28 0:33 | 11:03 4:29 | 13:25 2:22 | 16:47 3:22 | 20:11 3:24 | 23:57 3:46 | 27:12 3:15 | 30:58 3:46 | 34:08 3:10 | 39:09 5:01 | 42:22 3:13 | 44:19 1:57 |
| 3 | Patrick Lang GRAMP | 56:52 | 3:03 3:03 56:30 1:30 | 6:47 3:44 56:52 0:22 | 9:06 2:19 | 11:29 2:23 | 16:28 4:59 | 20:33 4:05 | 26:12 5:39 | 33:47 7:35 | 40:43 6:56 | 43:24 2:41 | 49:32 6:08 | 53:22 3:50 | 55:00 1:38 |
| 4 | Laura Farquharson GRAMP | 58:41 | 4:05 4:05 58:06 1:52 | 9:11 5:06 58:41 0:35 | 12:55 3:44 | 15:46 2:51 | 19:39 3:53 | 23:42 4:03 | 29:23 5:41 | 33:48 4:25 | 39:08 5:20 | 42:09 3:01 | 48:48 6:39 | 54:36 5:48 | 56:14 1:38 |
| 5 | Kevin Reynard GRAMP | 59:51 | 3:40 3:40 59:05 2:19 | 7:14 3:34 59:51 0:46 | 11:53 4:39 | 14:55 3:02 | 18:37 3:42 | 22:06 3:29 | 30:14 8:08 | 33:56 3:42 | 40:41 6:45 | 42:39 1:58 | 49:04 6:25 | 55:14 6:10 | 56:46 1:32 |
| 6 | Helen Rowlands GRAMP | 1:04:42 | 4:27 4:27 1:03:56 2:05 | 8:35 4:08 1:04:42 0:46 | 13:11 4:36 | 15:57 2:46 | 20:18 4:21 | 25:38 5:20 | 30:46 5:08 | 37:58 7:12 | 44:02 6:04 | 46:31 2:29 | 52:21 5:50 | 1:00:05 7:44 | 1:01:51 1:46 |

| Pl | Name | Time | | 4.4 km 0 m | | 14 C | | (cont.) | | | | | | | |
|------------------------|-----------------------------|-------------------|-------------------------|---------------|--------|---------------|--------|---------|---------|---------|---------|---------|---------|---------|--|
| | | 1(231) 14(242) | 2(248) Finish | 3(158) | 4(230) | 5(232) | 6(157) | 7(156) | 8(155) | 9(153) | 10(154) | 11(152) | 12(159) | 13(165) | |
| Green (16) | | | | | | | | | | | | | | | |
| 7 | Morven Farquharson GRAMP | 1:06:51 | 6:25 10:24 | 15:40 | 17:40 | 21:40 | 26:30 | 33:33 | 38:31 | 45:57 | 50:39 | 58:10 | 1:01:36 | 1:03:55 | |
| | | | 6:25 3:59 | 5:16 | 2:00 | 4:00 | 4:50 | 7:03 | 4:58 | 7:26 | 4:42 | 7:31 | 3:26 | 2:19 | |
| | | | 1:06:17 1:06:51 | | | | | | | | | | | | |
| | | | 2:22 0:34 | | | | | | | | | | | | |
| 8 | Alexander Campbell MAROC | 1:12:14 | 8:57 14:23 | 16:45 | 20:05 | 25:09 | 30:12 | 35:27 | 47:39 | 53:18 | 55:45 | 1:04:03 | 1:07:58 | 1:09:39 | |
| | | | 8:57 5:26 | 2:22 | 3:20 | 5:04 | 5:03 | 5:15 | 12:12 | 5:39 | 2:27 | 8:18 | 3:55 | 1:41 | |
| | | | 1:11:45 1:12:14 | | | | | | | | | | | | |
| | | | 2:06 0:29 | | | | | | | | | | | | |
| 9 | Marianne Lang GRAMP | 1:16:06 | 3:55 10:02 | 16:19 | 22:12 | 31:52 | 35:57 | 40:52 | 44:43 | 53:46 | 56:09 | 1:04:22 | 1:11:56 | 1:13:15 | |
| | | | 3:55 6:07 | 6:17 | 5:53 | 9:40 | 4:05 | 4:55 | 3:51 | 9:03 | 2:23 | 8:13 | 7:34 | 1:19 | |
| | | | 1:15:29 1:16:06 | | | | | | | | | | | | |
| | | | 2:14 0:37 | | | | | | | | | | | | |
| 10 | Fiona McDoanld GRAMP | 1:17:47 | 3:40 7:56 | 11:41 | 22:28 | 26:51 | 30:48 | 41:46 | 44:33 | 49:02 | 57:50 | 1:11:02 | 1:14:29 | 1:15:51 | |
| | | | 3:40 4:16 | 3:45 | 10:47 | 4:23 | 3:57 | 10:58 | 2:47 | 4:29 | 8:48 | 13:12 | 3:27 | 1:22 | |
| | | | 1:17:17 1:17:47 | | | | | | | | | | | | |
| | | | 1:26 0:30 | | | | | | | | | | | | |
| 11 | Kirsty Farquharson GRAMP | 1:21:00 | 8:52 14:14 | 22:50 | 25:17 | 29:58 | 35:14 | 43:43 | 53:44 | 58:14 | 1:02:14 | 1:10:17 | 1:15:11 | 1:17:08 | |
| | | | 8:52 5:22 | 8:36 | 2:27 | 4:41 | 5:16 | 8:29 | 10:01 | 4:30 | 4:00 | 8:03 | 4:54 | 1:57 | |
| | | | 1:20:24 1:21:00 | | | | | | | | | | | | |
| | | | 3:16 0:36 | | | | | | | | | | | | |
| 12 | Helen Anderson GRAMP | 1:26:18 | 6:45 12:33 | 15:37 | 18:30 | 24:01 | 29:30 | 37:51 | 45:13 | 1:05:12 | 1:08:05 | 1:15:35 | 1:20:09 | 1:23:00 | |
| | | | 6:45 5:48 | 3:04 | 2:53 | 5:31 | 5:29 | 8:21 | 7:22 | 19:59 | 2:53 | 7:30 | 4:34 | 2:51 | |
| | | | 1:25:39 1:26:18 | | | | | | | | | | | | |
| | | | 2:39 0:39 | | | | | | | | | | | | |
| 13 | Frances Britain MOR | 1:30:47 | 5:42 10:45 | 15:47 | 19:26 | 23:31 | 27:59 | 34:56 | 39:12 | 54:27 | 56:12 | 1:16:11 | 1:26:24 | 1:28:29 | |
| | | | 5:42 5:03 | 5:02 | 3:39 | 4:05 | 4:28 | 6:57 | 4:16 | 15:15 | 1:45 | 19:59 | 10:13 | 2:05 | |
| | | | 1:30:14 1:30:47 | | | 46:33 *154 | | | | | | | | | |
| | | | 1:45 0:33 | | | | | | | | | | | | |
| | Genevieve Jones MAROC | mp | 10:15 19:35 | 23:49 | 31:37 | 41:43 | 49:35 | 57:44 | 1:07:56 | 1:44:44 | 1:48:39 | 2:07:10 | ---- | ---- | |
| | | | 10:15 9:20 | 4:14 | 7:48 | 10:06 | 7:52 | 8:09 | 10:12 | 36:48 | 3:55 | 18:31 | | | |
| | | | ----- | | | | | | | | | | | | |
| | David Esson GRAMP | dnf | 4:27 9:14 | 13:49 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | |
| | | | 4:27 4:47 | 4:35 | | | | | | | | | | | |
| | | | ----- 28:43 14:54 | | | | | | | | | | | | |
| | Lucie Hamplova AUOC | dnf | 4:21 9:50 | 15:16 | 19:53 | 32:12 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | |
| | | | 4:21 5:29 | 5:26 | 4:37 | 12:19 | | | | | | | | | |
| | | | 42:26 10:14 | 43:26 1:00 | | | | | | | | | | | |
| Light Green (9) | | | | | | | | | | | | | | | |
| | | 1(235) | 2(231) | 3(248) | 4(139) | 5(151) | 6(140) | 7(247) | 8(230) | 9(232) | 10(239) | 11(165) | 12(242) | Finish | |
| 1 | Eddy Coman GRAMP | 37:08 | 2:25 | 5:18 | 9:59 | 12:13 | ----- | 17:57 | 20:40 | 23:03 | 26:59 | 30:24 | 35:21 | 36:36 | |
| | | | 2:25 | 2:53 | 4:41 | 2:14 | | 5:44 | 2:43 | 2:23 | 3:56 | 3:25 | 4:57 | 1:15 | |
| | | | 0:32 | | | | | | | | | | | | |
| 2 | Ruth Gooch MAROC | 39:46 | 6:10 | 9:46 | 13:34 | 16:06 | ----- | 21:16 | 23:38 | 25:35 | 29:55 | 32:31 | 37:39 | 39:17 | |
| | | | 6:10 | 3:36 | 3:48 | 2:32 | | 5:10 | 2:22 | 1:57 | 4:20 | 2:36 | 5:08 | 1:38 | |
| | | | 0:29 | | | | | | | | | | | | |
| 3 | Chris Redmond MAROC | 42:32 | 1:23 | 6:25 | 10:40 | 12:56 | ----- | 17:51 | 19:48 | 24:14 | 32:53 | 35:20 | 40:21 | 41:58 | |
| | | | 1:23 | 5:02 | 4:15 | 2:16 | | 4:55 | 1:57 | 4:26 | 8:39 | 2:27 | 5:01 | 1:37 | |
| | | | 0:34 | | | | | | | | | | | | |
| 4 | Ricky McKay MOR | 52:39 | 3:53 | 7:02 | 14:50 | 16:38 | ----- | 23:23 | 25:01 | 26:53 | 33:40 | 35:58 | 50:46 | 52:04 | |
| | | | 3:53 | 3:09 | 7:48 | 1:48 | | 6:45 | 1:38 | 1:52 | 6:47 | 2:18 | 14:48 | 1:18 | |
| | | | 0:35 | | | | | | | | | | | | |
| 5 | Fergus Kenyon MOR | 56:48 | 2:55 | 5:47 | 11:06 | 14:32 | ----- | 25:40 | 29:00 | 31:48 | 37:00 | 41:56 | 53:49 | 56:14 | |
| | | | 2:55 | 2:52 | 5:19 | 3:26 | | 11:08 | 3:20 | 2:48 | 5:12 | 4:56 | 11:53 | 2:25 | |
| | | | 0:34 | | | | | | | | | | | | |
| 6 | Amanda Kingham MOR | 1:01:54 | 3:20 | 7:24 | 15:48 | 19:44 | ----- | 29:23 | 33:24 | 36:24 | 43:52 | 48:13 | 56:56 | 1:01:25 | |
| | | | 3:20 | 4:04 | 8:24 | 3:56 | | 9:39 | 4:01 | 3:00 | 7:28 | 4:21 | 8:43 | 4:29 | |
| | | | 0:29 | | | | | | | | | | | | |
| 7 | Michael Forsyth GRAMP | 1:10:09 | 2:24 | 9:06 | 16:23 | 19:41 | ----- | 31:21 | 40:27 | 50:44 | 55:59 | 59:48 | 1:06:32 | 1:09:29 | |
| | | | 2:24 | 6:42 | 7:17 | 3:18 | | 11:40 | 9:06 | 10:17 | 5:15 | 3:49 | 6:44 | 2:57 | |
| | | | 0:40 | | | | | | | | | | | | |
| 8 | Dougal Mather MAROC | 1:32:41 | 5:16 | 11:55 | 21:48 | 27:38 | ----- | 42:08 | 47:28 | 52:24 | 1:03:25 | 1:09:06 | 1:22:22 | 1:28:44 | |
| | | | 5:16 | 6:39 | 9:53 | 5:50 | | 14:30 | 5:20 | 4:56 | 11:01 | 5:41 | 13:16 | 6:22 | |
| | | | | | | | | | | | | | | | |
| | Olivia Coman GRAMP | mp | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 34:00 | |
| | | | | | | | | | | | | | | 34:00 | |
| Orange (5) | | | | | | | | | | | | | | | |
| | | 1(244) | 2(248) | 3(139) | 4(151) | 5(140) | 6(247) | 7(237) | 8(241) | 9(242) | Finish | | | | |
| 1 | Jacqui Chapman MAROC | 35:04 | 1:31 | 4:18 | 8:54 | ----- | 17:23 | 23:13 | 29:52 | 32:07 | 34:23 | 35:04 | | | |
| | | | 1:31 | 2:47 | 4:36 | | 8:29 | 5:50 | 6:39 | 2:15 | 2:16 | 0:41 | | | |
| | | | | | | | | | | | | | | | |
| 2 | Benjamin Redmond MAROC | 42:58 | 1:43 | 4:49 | 8:44 | ----- | 29:16 | 31:46 | 37:13 | 40:32 | 42:19 | 42:58 | | | |
| | | | 1:43 | 3:06 | 3:55 | | 20:32 | 2:30 | 5:27 | 3:19 | 1:47 | 0:39 | | | |
| | | | | | | | | | | | | | | | |
| 3 | Becki Redmond | 46:25 | 2:21 | 5:56 | 9:37 | ----- | 19:39 | 27:00 | 36:45 | 40:19 | 45:19 | 46:25 | | | |
| | | | 2:21 | 3:35 | 3:41 | | 10:02 | 7:21 | 9:45 | 3:34 | 5:00 | 1:06 | | | |
| | | | | | | | | | | | | | | | |
| 4 | Audrey Wilson Hay GRAMP | 50:04 | 3:03 | 6:45 | 10:55 | ----- | 22:22 | 35:11 | 42:28 | 46:14 | 49:06 | 50:04 | | | |
| | | | 3:03 | 3:42 | 4:10 | | 11:27 | 12:49 | 7:17 | 3:46 | 2:52 | 0:58 | | | |
| | | | | | | | | | | | | | | | |
| | Esther Gooch MAROC | mp | 2:00 | 4:52 | 8:27 | ----- | 22:24 | ----- | ----- | ----- | ----- | 47:41 | | | |
| | | | 2:00 | 2:52 | 3:35 | | 13:57 | | | | | 25:17 | | | |

