

| Pl | tno | Name | Time | | | | | | | | | | | | | | | |
|------------------|-----|-------------------------|--------------|--------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| M14A (7) | | | | | 2.0 km | | | | | | | 19 C | | | | | | |
| | | | 1(49) | 2(46) | 3(56) | 4(31) | 5(58) | 6(54) | 7(44) | 8(57) | 9(70) | 10(53) | 11(63) | 12(43) | 13(35) | 14(69) | | |
| | | | 15(38) | 16(39) | 17(40) | 18(41) | 19(79) | Finish | | | | | | | | | | |
| 1 | | Oliver Freeman | 16:02 | 0:44 | 1:18 | 2:10 | 2:41 | 3:09 | 3:39 | 6:50 | 7:45 | 8:29 | 9:32 | 10:04 | 10:47 | 11:37 | 13:20 | |
| | | BMG S | | 0:44 | 0:34 | 0:52 | 0:31 | 0:28 | 0:30 | 3:11 | 0:55 | 0:44 | 1:03 | 0:32 | 0:43 | 0:50 | 1:43 | |
| | | | | 13:47 | 14:09 | 14:48 | 15:16 | 15:49 | 16:02 | | | | | | | | | |
| | | | | 0:27 | 0:22 | 0:39 | 0:28 | 0:33 | 0:13 | | | | | | | | | |
| 2 | | Charlie White | 16:10 | 0:55 | 1:28 | 2:25 | 3:01 | 3:32 | 5:35 | 6:54 | 8:06 | 8:43 | 9:38 | 10:12 | 10:39 | 11:47 | 13:32 | |
| | | CAM S | | 0:55 | 0:33 | 0:57 | 0:36 | 0:31 | 2:03 | 1:19 | 1:12 | 0:37 | 0:55 | 0:34 | 0:27 | 1:08 | 1:45 | |
| | | | | 14:01 | 14:27 | 15:11 | 15:36 | 16:05 | 16:10 | | | | | | | | | |
| | | | | 0:29 | 0:26 | 0:44 | 0:25 | 0:29 | 0:05 | | | | | | | | | |
| 3 | | Oliver McFarlane | 16:46 | 0:59 | 1:43 | 2:48 | 3:29 | 4:09 | 4:49 | 6:18 | 7:38 | 8:18 | 9:00 | 9:45 | 10:38 | 11:41 | 13:24 | |
| | | MC S | | 0:59 | 0:44 | 1:05 | 0:41 | 0:40 | 0:40 | 1:29 | 1:20 | 0:40 | 0:42 | 0:45 | 0:53 | 1:03 | 1:43 | |
| | | | | 14:08 | 14:39 | 15:33 | 16:02 | 16:40 | 16:46 | | | | | | | | | |
| | | | | 0:44 | 0:31 | 0:54 | 0:29 | 0:38 | 0:06 | | | | | | | | | |
| 4 | | Ben Zids | 17:59 | 0:59 | 2:19 | 3:41 | 4:23 | 5:11 | 6:11 | 7:39 | 8:53 | 9:53 | 10:33 | 11:08 | 12:08 | 13:14 | 15:04 | |
| | | MAS S | | 0:59 | 1:20 | 1:22 | 0:42 | 0:48 | 1:00 | 1:28 | 1:14 | 1:00 | 0:40 | 0:35 | 1:00 | 1:06 | 1:50 | |
| | | | | 15:34 | 16:03 | 16:52 | 17:19 | 17:52 | 17:59 | | | | | | | | | |
| | | | | 0:30 | 0:29 | 0:49 | 0:27 | 0:33 | 0:07 | | | | | | | | | |
| 5 | | Kieran Joseph | 23:01 | 2:14 | 3:01 | 4:30 | 7:32 | 8:20 | 9:08 | 11:16 | 12:54 | 13:43 | 14:30 | 15:44 | 16:45 | 17:53 | 20:00 | |
| | | CBT S | | 2:14 | 0:47 | 1:29 | 3:02 | 0:48 | 0:48 | 2:08 | 1:38 | 0:49 | 0:47 | 1:14 | 1:01 | 1:08 | 2:07 | |
| | | | | 20:37 | 21:05 | 22:00 | 22:30 | 22:57 | 23:01 | | | | | | | | | |
| | | | | 0:37 | 0:28 | 0:55 | 0:30 | 0:27 | 0:04 | | | | | | | | | |
| 6 | | Marko Simic | 23:06 | 1:38 | 2:55 | 4:42 | 5:36 | 7:02 | 8:31 | 10:08 | 11:20 | 12:59 | 14:21 | 15:22 | 16:09 | 17:40 | 19:44 | |
| | | CMD S | | 1:38 | 1:17 | 1:47 | 0:54 | 1:26 | 1:29 | 1:37 | 1:12 | 1:39 | 1:22 | 1:01 | 0:47 | 1:31 | 2:04 | |
| | | | | 20:30 | 20:58 | 21:44 | 22:29 | 22:58 | 23:06 | | | | | | | | | |
| | | | | 0:46 | 0:28 | 0:46 | 0:45 | 0:29 | 0:08 | | | | | | | | | |
| | | Donovan Roberts | dns | | | | | | | | | | | | | | | |
| | | SSCB S | | | | | | | | | | | | | | | | |
| M15+B (1) | | | | | 2.0 km | | | | | | | 19 C | | | | | | |
| | | | 1(49) | 2(46) | 3(56) | 4(31) | 5(58) | 6(54) | 7(44) | 8(57) | 9(70) | 10(53) | 11(63) | 12(43) | 13(35) | 14(69) | | |
| | | | 15(38) | 16(39) | 17(40) | 18(41) | 19(79) | Finish | | | | | | | | | | |
| 1 | | Angus Roche | 18:26 | 1:31 | 2:23 | 3:27 | 4:00 | 4:38 | 5:43 | 7:13 | 8:18 | 9:17 | 10:27 | 11:17 | 12:09 | 13:14 | 15:03 | |
| | | STI S | | 1:31 | 0:52 | 1:04 | 0:33 | 0:38 | 1:05 | 1:30 | 1:05 | 0:59 | 1:10 | 0:50 | 0:52 | 1:05 | 1:49 | |
| | | | | 15:48 | 16:24 | 17:17 | 17:45 | 18:21 | 18:26 | | | | | | | | | |
| | | | | 0:45 | 0:36 | 0:53 | 0:28 | 0:36 | 0:05 | | | | | | | | | |
| M15A (1) | | | | | 3.1 km | | | | | | | 24 C | | | | | | |
| | | | 1(60) | 2(49) | 3(53) | 4(61) | 5(46) | 6(74) | 7(58) | 8(55) | 9(67) | 10(75) | 11(76) | 12(71) | 13(66) | 14(52) | | |
| | | | 15(48) | 16(35) | 17(63) | 18(69) | 19(73) | 20(39) | 21(40) | 22(47) | 23(41) | 24(79) | Finish | | | | | |
| 1 | | Seth Sweeney | 23:15 | 0:45 | 1:25 | 2:43 | 3:28 | 4:09 | 4:42 | 5:38 | 6:11 | 7:57 | 9:26 | 10:34 | 11:01 | 12:14 | 14:38 | |
| | | WCC S | | 0:45 | 0:40 | 1:18 | 0:45 | 0:41 | 0:33 | 0:56 | 0:33 | 1:46 | 1:29 | 1:08 | 0:27 | 1:13 | 2:24 | |
| | | | | 15:56 | 16:59 | 17:28 | 19:39 | 19:57 | 20:51 | 21:34 | 21:58 | 22:32 | 23:06 | 23:15 | | | | |
| | | | | 1:18 | 1:03 | 0:29 | 2:11 | 0:18 | 0:54 | 0:43 | 0:24 | 0:34 | 0:34 | 0:09 | | | | |

| Pl | tno | Name | Time | | | | | | | | | | | | | |
|------------------|-----------------------|--------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| M16A (4) | | | 3.1 km | | | | | | | 24 C | | | | | | |
| | | | 1(60) | 2(49) | 3(53) | 4(61) | 5(46) | 6(74) | 7(58) | 8(55) | 9(67) | 10(75) | 11(76) | 12(71) | 13(66) | 14(52) |
| | | | 15(48) | 16(35) | 17(63) | 18(69) | 19(73) | 20(39) | 21(40) | 22(47) | 23(41) | 24(79) | Finish | | | |
| 1 | Selwyn Sweeney | 18:31 | 0:30 | 1:00 | 1:45 | 2:17 | 2:53 | 3:19 | 4:06 | 4:31 | 6:06 | 7:17 | 8:19 | 8:44 | 9:45 | 10:46 |
| | WCC S | | 0:30 | 0:30 | 0:45 | 0:32 | 0:36 | 0:26 | 0:47 | 0:25 | 1:35 | 1:11 | 1:02 | 0:25 | 1:01 | 1:01 |
| | | | 11:54 | 12:48 | 13:15 | 15:03 | 15:21 | 16:07 | 16:43 | 17:06 | 17:59 | 18:27 | 18:31 | | | |
| | | | 1:08 | 0:54 | 0:27 | 1:48 | 0:18 | 0:46 | 0:36 | 0:23 | 0:53 | 0:28 | 0:04 | | | |
| 2 | Clyde McGhee | 18:34 | 0:35 | 1:05 | 1:54 | 2:23 | 2:59 | 3:20 | 4:08 | 4:38 | 6:04 | 7:18 | 8:20 | 8:50 | 9:59 | 11:08 |
| | NBC S | | 0:35 | 0:30 | 0:49 | 0:29 | 0:36 | 0:21 | 0:48 | 0:30 | 1:26 | 1:14 | 1:02 | 0:30 | 1:09 | 1:09 |
| | | | 12:13 | 13:00 | 13:23 | 15:26 | 15:45 | 16:30 | 17:11 | 17:33 | 17:59 | 18:28 | 18:34 | | | |
| | | | 1:05 | 0:47 | 0:23 | 2:03 | 0:19 | 0:45 | 0:41 | 0:22 | 0:26 | 0:29 | 0:06 | | | |
| 3 | Oskar Mella | 19:29 | 0:34 | 1:08 | 2:20 | 2:53 | 3:27 | 3:49 | 4:38 | 5:05 | 6:43 | 8:08 | 9:10 | 9:36 | 10:49 | 11:58 |
| | DGOG S | | 0:34 | 0:34 | 1:12 | 0:33 | 0:34 | 0:22 | 0:49 | 0:27 | 1:38 | 1:25 | 1:02 | 0:26 | 1:13 | 1:09 |
| | | | 13:03 | 13:59 | 14:21 | 16:11 | 16:27 | 17:11 | 17:53 | 18:24 | 18:53 | 19:24 | 19:29 | | | |
| | | | 1:05 | 0:56 | 0:22 | 1:50 | 0:16 | 0:44 | 0:42 | 0:31 | 0:29 | 0:31 | 0:05 | | | |
| 4 | Cameron Will | 22:29 | 0:41 | 1:38 | 3:55 | 4:36 | 5:12 | 6:36 | 7:26 | 8:11 | 9:49 | 11:06 | 12:04 | 12:35 | 13:40 | 15:13 |
| | CON S | | 0:41 | 0:57 | 2:17 | 0:41 | 0:36 | 1:24 | 0:50 | 0:45 | 1:38 | 1:17 | 0:58 | 0:31 | 1:05 | 1:33 |
| | | | 16:18 | 17:12 | 17:36 | 19:28 | 19:44 | 20:25 | 21:00 | 21:27 | 21:55 | 22:22 | 22:29 | | | |
| | | | 1:05 | 0:54 | 0:24 | 1:52 | 0:16 | 0:41 | 0:35 | 0:27 | 0:28 | 0:27 | 0:07 | | | |
| M17+A (5) | | | 3.1 km | | | | | | | 24 C | | | | | | |
| | | | 1(60) | 2(49) | 3(53) | 4(61) | 5(46) | 6(74) | 7(58) | 8(55) | 9(67) | 10(75) | 11(76) | 12(71) | 13(66) | 14(52) |
| | | | 15(48) | 16(35) | 17(63) | 18(69) | 19(73) | 20(39) | 21(40) | 22(47) | 23(41) | 24(79) | Finish | | | |
| 1 | Alvin Craig | 15:54 | 0:37 | 1:03 | 2:16 | 2:45 | 3:12 | 3:27 | 4:09 | 4:33 | 5:53 | 6:56 | 7:44 | 8:12 | 9:05 | 10:04 |
| | MW S | | 0:37 | 0:26 | 1:13 | 0:29 | 0:27 | 0:15 | 0:42 | 0:24 | 1:20 | 1:03 | 0:48 | 0:28 | 0:53 | 0:59 |
| | | | 10:55 | 11:37 | 11:55 | 13:16 | 13:30 | 14:09 | 14:42 | 15:01 | 15:25 | 15:50 | 15:54 | | | |
| | | | 0:51 | 0:42 | 0:18 | 1:21 | 0:14 | 0:39 | 0:33 | 0:19 | 0:24 | 0:25 | 0:04 | | | |
| 2 | Ewan Shingler | 16:40 | 0:35 | 1:03 | 2:07 | 2:41 | 3:11 | 3:44 | 4:29 | 4:53 | 6:09 | 7:14 | 8:03 | 8:26 | 9:23 | 10:19 |
| | KNOX S | | 0:35 | 0:28 | 1:04 | 0:34 | 0:30 | 0:33 | 0:45 | 0:24 | 1:16 | 1:05 | 0:49 | 0:23 | 0:57 | 0:56 |
| | | | 11:11 | 11:59 | 12:19 | 13:57 | 14:10 | 14:50 | 15:22 | 15:47 | 16:11 | 16:37 | 16:40 | | | |
| | | | 0:52 | 0:48 | 0:20 | 1:38 | 0:13 | 0:40 | 0:32 | 0:25 | 0:24 | 0:26 | 0:03 | | | |
| 3 | Riley Grainger | 17:16 | 0:43 | 1:16 | 2:16 | 2:46 | 3:16 | 3:40 | 4:27 | 4:49 | 6:02 | 7:17 | 8:11 | 8:35 | 9:36 | 10:41 |
| | NSB S | | 0:43 | 0:33 | 1:00 | 0:30 | 0:30 | 0:24 | 0:47 | 0:22 | 1:13 | 1:15 | 0:54 | 0:24 | 1:01 | 1:05 |
| | | | 11:33 | 12:26 | 12:48 | 14:22 | 14:38 | 15:18 | 15:54 | 16:16 | 16:41 | 17:13 | 17:16 | | | |
| | | | 0:52 | 0:53 | 0:22 | 1:34 | 0:16 | 0:40 | 0:36 | 0:22 | 0:25 | 0:32 | 0:03 | | | |
| 4 | Angus Leung | 20:16 | 0:31 | 0:59 | 2:06 | 2:42 | 3:17 | 3:47 | 4:42 | 5:08 | 7:03 | 8:38 | 9:51 | 10:19 | 11:30 | 12:43 |
| | NSB S | | 0:31 | 0:28 | 1:07 | 0:36 | 0:35 | 0:30 | 0:55 | 0:26 | 1:55 | 1:35 | 1:13 | 0:28 | 1:11 | 1:13 |
| | | | 13:47 | 14:40 | 15:06 | 17:03 | 17:22 | 18:09 | 18:54 | 19:17 | 19:43 | 20:13 | 20:16 | | | |
| | | | 1:04 | 0:53 | 0:26 | 1:57 | 0:19 | 0:47 | 0:45 | 0:23 | 0:26 | 0:30 | 0:03 | | | |
| 5 | Liam O'Connor | 28:07 | 1:28 | 2:34 | 5:41 | 6:20 | 6:58 | 8:12 | 9:04 | 9:42 | 11:45 | 13:51 | 14:51 | 15:19 | 16:27 | 18:15 |
| | CHEV S | | 1:28 | 1:06 | 3:07 | 0:39 | 0:38 | 1:14 | 0:52 | 0:38 | 2:03 | 2:06 | 1:00 | 0:28 | 1:08 | 1:48 |
| | | | 19:28 | 20:32 | 22:26 | 24:12 | 24:35 | 25:27 | 26:15 | 26:50 | 27:22 | 27:56 | 28:07 | | | |
| | | | 1:13 | 1:04 | 1:54 | 1:46 | 0:23 | 0:52 | 0:48 | 0:35 | 0:32 | 0:34 | 0:11 | | | |
| M20A (1) | | | 3.1 km | | | | | | | 24 C | | | | | | |
| | | | 1(60) | 2(49) | 3(53) | 4(61) | 5(46) | 6(74) | 7(58) | 8(55) | 9(67) | 10(75) | 11(76) | 12(71) | 13(66) | 14(52) |
| | | | 15(48) | 16(35) | 17(63) | 18(69) | 19(73) | 20(39) | 21(40) | 22(47) | 23(41) | 24(79) | Finish | | | |
| 1 | Tom Kennedy | 21:13 | 0:50 | 1:50 | 3:18 | 3:52 | 4:31 | 5:36 | 6:23 | 6:51 | 8:14 | 9:30 | 10:24 | 10:47 | 11:55 | 14:01 |
| | GO N | | 0:50 | 1:00 | 1:28 | 0:34 | 0:39 | 1:05 | 0:47 | 0:28 | 1:23 | 1:16 | 0:54 | 0:23 | 1:08 | 2:06 |
| | | | 15:01 | 15:54 | 16:15 | 18:06 | 18:21 | 19:07 | 19:45 | 20:09 | 20:39 | 21:08 | 21:13 | | | 4:53 |
| | | | 1:00 | 0:53 | 0:21 | 1:51 | 0:15 | 0:46 | 0:38 | 0:24 | 0:30 | 0:29 | 0:05 | | *54 | *41 |

| Pl | tno | Name | Time | | | | | | | | | | | | | | | |
|------------------|-----|-------------------------|--------------|--------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------|
| M21A (10) | | | | | | | | | | | | | | | | | | |
| | | | | | 3.1 km | | | | | | | 24 C | | | | | | |
| | | | | | 1(60) | 2(49) | 3(53) | 4(61) | 5(46) | 6(74) | 7(58) | 8(55) | 9(67) | 10(75) | 11(76) | 12(71) | 13(66) | 14(52) |
| | | | | | 15(48) | 16(35) | 17(63) | 18(69) | 19(73) | 20(39) | 21(40) | 22(47) | 23(41) | 24(79) | Finish | | | |
| 1 | | Aidan Dawson | 16:38 | 0:29 | 0:52 | 1:51 | 2:18 | 2:46 | 3:02 | 3:42 | 4:03 | 5:15 | 6:19 | 7:05 | 7:28 | 8:26 | 10:23 | |
| | | GO N | | 0:23 | 0:59 | 0:27 | 0:28 | 0:16 | 0:40 | 0:21 | 1:12 | 1:04 | 0:46 | 0:23 | 0:58 | 1:57 | | |
| | | | | 11:13 | 12:02 | 12:24 | 13:47 | 14:02 | 14:36 | 15:11 | 15:44 | 16:13 | 16:38 | | | | | |
| | | | | 0:50 | 0:49 | 0:22 | 1:23 | 0:15 | 0:34 | 0:35 | 0:33 | 0:29 | 0:22 | 0:03 | | | | |
| 2 | | Robert Bennett | 17:17 | 0:30 | 2:07 | 2:54 | 3:21 | 3:52 | 4:26 | 5:09 | 5:32 | 6:58 | 8:03 | 8:55 | 9:23 | 10:20 | 11:14 | |
| | | NC N | | 0:30 | 1:37 | 0:47 | 0:27 | 0:31 | 0:34 | 0:43 | 0:23 | 1:26 | 1:05 | 0:52 | 0:28 | 0:57 | 0:54 | |
| | | | | 12:04 | 12:49 | 13:09 | 14:36 | 14:50 | 15:29 | 16:03 | 16:22 | 16:49 | 17:12 | 17:17 | | 4:13 | | |
| | | | | 0:50 | 0:45 | 0:20 | 1:27 | 0:14 | 0:39 | 0:34 | 0:19 | 0:27 | 0:23 | 0:05 | | *41 | | |
| 3 | | Toby Wilson | 17:24 | 0:46 | 1:12 | 2:05 | 2:33 | 3:06 | 3:21 | 4:01 | 4:24 | 5:43 | 6:56 | 7:54 | 8:16 | 9:20 | 10:19 | |
| | | GO N | | 0:46 | 0:26 | 0:53 | 0:28 | 0:33 | 0:15 | 0:40 | 0:23 | 1:19 | 1:13 | 0:58 | 0:22 | 1:04 | 0:59 | |
| | | | | 11:12 | 12:04 | 12:23 | 14:02 | 14:20 | 14:59 | 16:05 | 16:25 | 16:54 | 17:19 | 17:24 | | | | |
| | | | | 0:53 | 0:52 | 0:19 | 1:39 | 0:18 | 0:39 | 1:06 | 0:20 | 0:29 | 0:25 | 0:05 | | | | |
| 4 | | Andrew Smith | 20:20 | 0:42 | 1:23 | 2:23 | 3:02 | 3:44 | 4:07 | 4:57 | 5:29 | 7:09 | 8:35 | 9:37 | 10:05 | 11:20 | 12:42 | |
| | | GO N | | 0:42 | 0:41 | 1:00 | 0:39 | 0:42 | 0:23 | 0:50 | 0:32 | 1:40 | 1:26 | 1:02 | 0:28 | 1:15 | 1:22 | |
| | | | | 13:51 | 14:51 | 15:17 | 17:13 | 17:30 | 18:16 | 18:56 | 19:17 | 19:48 | 20:15 | 20:20 | | | | |
| | | | | 1:09 | 1:00 | 0:26 | 1:56 | 0:17 | 0:46 | 0:40 | 0:21 | 0:31 | 0:27 | 0:05 | | | | |
| 5 | | Richard Pattison | 23:14 | 0:41 | 1:17 | 2:44 | 3:23 | 4:05 | 4:58 | 5:47 | 6:18 | 8:09 | 9:47 | 11:00 | 11:41 | 13:07 | 14:38 | |
| | | BN N | | 0:41 | 0:36 | 1:27 | 0:39 | 0:42 | 0:53 | 0:49 | 0:31 | 1:51 | 1:38 | 1:13 | 0:41 | 1:26 | 1:31 | |
| | | | | 15:41 | 17:01 | 17:26 | 19:34 | 19:56 | 20:47 | 21:34 | 22:00 | 22:34 | 23:07 | 23:14 | | | | |
| | | | | 1:03 | 1:20 | 0:25 | 2:08 | 0:22 | 0:51 | 0:47 | 0:26 | 0:34 | 0:33 | 0:07 | | | | |
| 6 | | Alex Kennedy | 23:19 | 0:41 | 1:18 | 2:56 | 3:28 | 4:04 | 4:33 | 5:23 | 5:51 | 7:23 | 8:53 | 9:57 | 10:49 | 12:01 | 15:15 | |
| | | GO N | | 0:41 | 0:37 | 1:38 | 0:32 | 0:36 | 0:29 | 0:50 | 0:28 | 1:32 | 1:30 | 1:04 | 0:52 | 1:12 | 3:14 | |
| | | | | 16:31 | 17:28 | 17:53 | 19:46 | 20:06 | 20:55 | 21:41 | 22:07 | 22:42 | 23:11 | 23:19 | | | | |
| | | | | 1:16 | 0:57 | 0:25 | 1:53 | 0:20 | 0:49 | 0:46 | 0:26 | 0:35 | 0:29 | 0:08 | | | | |
| 7 | | Toni Bachvarova | 25:35 | 1:01 | 1:54 | 3:14 | 3:56 | 4:44 | 5:30 | 6:31 | 7:04 | 8:58 | 10:38 | 11:52 | 12:23 | 13:37 | 17:00 | |
| | | GO N | | 1:01 | 0:53 | 1:20 | 0:42 | 0:48 | 0:46 | 1:01 | 0:33 | 1:54 | 1:40 | 1:14 | 0:31 | 1:14 | 3:23 | |
| | | | | 18:16 | 19:18 | 19:42 | 21:49 | 22:08 | 22:59 | 23:52 | 24:19 | 24:52 | 25:26 | 25:35 | | | | |
| | | | | 1:16 | 1:02 | 0:24 | 2:07 | 0:19 | 0:51 | 0:53 | 0:27 | 0:33 | 0:34 | 0:09 | | | | |
| 8 | | Jannie Nel | 30:27 | 0:54 | 1:44 | 3:00 | 3:38 | 4:46 | 5:11 | 6:15 | 6:51 | 8:47 | 10:24 | 11:27 | 11:57 | 13:07 | 17:21 | |
| | | BN N | | 0:54 | 0:50 | 1:16 | 0:38 | 1:08 | 0:25 | 1:04 | 0:36 | 1:56 | 1:37 | 1:03 | 0:30 | 1:10 | 4:14 | |
| | | | | 18:53 | 20:44 | 22:36 | 25:25 | 25:53 | 26:39 | 27:21 | 27:55 | 28:40 | 30:24 | 30:27 | | | | |
| | | | | 1:32 | 1:51 | 1:52 | 2:49 | 0:28 | 0:46 | 0:42 | 0:34 | 0:45 | 1:44 | 0:03 | | | | |
| 9 | | Stephen Craig | 36:23 | 1:07 | 2:07 | 3:52 | 5:00 | 6:15 | 6:53 | 8:12 | 9:04 | 12:16 | 14:56 | 16:57 | 17:52 | 20:06 | 22:08 | |
| | | NC N | | 1:07 | 1:00 | 1:45 | 1:08 | 1:15 | 0:38 | 1:19 | 0:52 | 3:12 | 2:40 | 2:01 | 0:55 | 2:14 | 2:02 | |
| | | | | 23:51 | 25:44 | 26:26 | 29:59 | 30:33 | 32:03 | 33:19 | 34:00 | 34:57 | 35:59 | 36:23 | | | | |
| | | | | 1:43 | 1:53 | 0:42 | 3:33 | 0:34 | 1:30 | 1:16 | 0:41 | 0:57 | 1:02 | 0:24 | | | | |
| | | Ben Rattray | mp | 0:32 | 1:04 | 1:59 | 2:30 | 3:01 | 3:30 | 4:17 | 4:44 | 6:05 | 7:16 | 8:12 | 8:34 | 9:35 | 10:37 | |
| | | RR A | | 0:32 | 0:32 | 0:55 | 0:31 | 0:31 | 0:29 | 0:47 | 0:27 | 1:21 | 1:11 | 0:56 | 0:22 | 1:01 | 1:02 | |
| | | | | 11:33 | 12:29 | 12:48 | ----- | 14:25 | 15:04 | 15:38 | 16:06 | 16:35 | 17:04 | 17:09 | | 14:03 | | |
| | | | | 0:56 | 0:56 | 0:19 | | 1:37 | 0:39 | 0:34 | 0:28 | 0:29 | 0:29 | 0:05 | | *37 | | |
| M35A (3) | | | | | | | | | | | | | | | | | | |
| | | | | | 3.1 km | | | | | | | 24 C | | | | | | |
| | | | | | 1(60) | 2(49) | 3(53) | 4(61) | 5(46) | 6(74) | 7(58) | 8(55) | 9(67) | 10(75) | 11(76) | 12(71) | 13(66) | 14(52) |
| | | | | | 15(48) | 16(35) | 17(63) | 18(69) | 19(73) | 20(39) | 21(40) | 22(47) | 23(41) | 24(79) | Finish | | | |
| 1 | | Istvan Kertesz | 22:07 | 0:37 | 1:26 | 2:27 | 3:03 | 3:44 | 4:05 | 4:58 | 5:31 | 7:05 | 8:36 | 9:44 | 10:23 | 11:39 | 13:15 | |
| | | GO N | | 0:37 | 0:49 | 1:01 | 0:36 | 0:41 | 0:21 | 0:53 | 0:33 | 1:34 | 1:31 | 1:08 | 0:39 | 1:16 | 1:36 | |
| | | | | 14:12 | 15:18 | 15:53 | 17:38 | 18:10 | 19:00 | 20:24 | 20:49 | 21:27 | 22:00 | 22:07 | | | | |
| | | | | 0:57 | 1:06 | 0:35 | 1:45 | 0:32 | 0:50 | 1:24 | 0:25 | 0:38 | 0:33 | 0:07 | | | | |

| PI | tno | Name | Time | | | | | | | | | | | | | | |
|------------------|-----|-----------------------------------|-----------------|---|---|---|---|---|--|--|--|--|--|-----------------------------|-----------------------------|-----------------------------|-------------------------------------|
| M35A (3) | | | | | 3.1 km | | 24 C | | <i>(cont.)</i> | | | | | | | | |
| | | | 1(60) 15(48) | 2(49) 16(35) | 3(53) 17(63) | 4(61) 18(69) | 5(46) 19(73) | 6(74) 20(39) | 7(58) 21(40) | 8(55) 22(47) | 9(67) 23(41) | 10(75) 24(79) | 11(76) Finish | 12(71) | 13(66) | 14(52) | |
| 2 | | Peter Foza GO N | 25:10 | 0:41 0:41 17:50 | 2:27 1:46 18:59 | 3:26 0:59 19:24 | 4:20 0:54 21:29 | 5:03 0:43 21:49 | 5:32 0:29 22:40 | 6:27 0:55 23:24 | 7:00 0:33 23:51 | 9:04 2:04 24:29 | 10:42 1:38 25:00 | 11:56 1:14 25:10 | 12:31 0:35 | 13:55 1:24 | 16:46 2:51 |
| 3 | | Craig Roach SH N | 25:50 | 1:04 1:03 1:03 19:35 1:16 | 2:14 1:09 2:14 20:27 0:52 | 4:14 0:25 4:14 20:49 0:22 | 5:27 2:05 5:27 22:53 2:04 | 6:02 0:20 6:02 23:04 0:11 | 7:08 0:51 7:08 23:42 0:38 | 8:10 0:44 8:10 24:25 0:43 | 8:36 0:27 8:36 24:53 0:28 | 10:32 0:38 10:32 25:20 0:27 | 13:05 0:31 13:05 25:47 0:27 | 14:00 0:10 | 14:24 | 15:25 0:55 | 18:19 0:24 1:01 |
| M35AS (1) | | | | | 2.6 km | | 16 C | | | | | | | | | | |
| | | | 1(70) 15(74) | 2(49) 16(79) | 3(33) Finish | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| 1 | | Shane Jenkins NC N | 23:24 | 1:09 1:09 21:34 1:37 | 2:04 0:55 23:24 1:36 | 3:27 1:23 0:14 | 5:55 2:28 | 6:23 0:28 | 7:02 0:39 | 9:12 2:10 | 10:15 1:03 | 10:57 0:42 | 13:19 2:22 | 15:29 2:10 | 16:53 1:24 | 18:33 1:40 | 19:57 1:24 |
| M40A (4) | | | | | 2.8 km | | 21 C | | | | | | | | | | |
| | | | 1(61) 15(34) | 2(50) 16(73) | 3(59) 17(37) | 4(54) 18(44) | 5(55) 19(57) | 6(68) 20(41) | 7(72) 21(79) | 8(75) Finish | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) | |
| 1 | | Damien Enderby NC N | 16:52 | 1:17 1:17 13:02 1:32 | 1:36 0:19 13:15 0:13 | 2:07 0:31 13:42 0:27 | 2:45 0:38 15:01 1:19 | 3:14 0:29 15:44 0:43 | 4:37 1:23 16:22 0:38 | 5:33 0:56 16:48 0:26 | 5:56 0:23 16:52 0:04 | 6:51 0:55 | 8:07 1:16 | 8:47 0:40 | 9:46 0:59 | 10:42 0:56 | 11:30 0:48 |
| 2 | | Lee Coady WH N | 18:58 | 0:43 0:43 | 1:00 0:17 | 1:30 0:30 | 2:08 0:38 | 2:33 0:25 | 4:05 1:32 | 5:11 1:06 | 5:34 0:23 | 6:42 1:08 | 8:15 1:33 | 9:09 0:54 | 10:18 1:09 | 11:17 0:59 | 12:10 0:53 |
| 3 | | Douglas Jay SH N | 19:41 | 1:56 0:57 0:57 13:28 1:42 | 0:18 1:15 0:28 14:19 0:51 | 0:37 1:43 0:55 15:07 1:55 | 1:41 2:38 0:55 17:02 1:55 | 0:50 3:05 0:27 17:57 0:55 | 0:42 4:26 1:21 18:49 0:52 | 0:36 5:25 0:59 19:27 0:38 | 0:08 5:46 0:21 19:41 0:14 | 6:43 8:05 | 8:48 1:22 | 10:01 0:43 | 11:02 1:13 | 11:46 0:44 | |
| 4 | | Vivien de Remy de WH N | 20:39 | 1:48 1:48 16:23 1:29 | 2:19 0:31 16:42 0:19 | 3:56 1:37 17:14 0:32 | 4:32 0:36 18:42 1:28 | 5:02 0:30 19:26 0:44 | 6:31 1:29 20:06 0:40 | 7:33 1:02 20:33 0:27 | 7:56 0:23 20:39 0:06 | 9:05 1:09 | 10:44 1:39 | 11:29 0:45 | 12:24 0:55 | 13:50 1:26 | 14:54 1:04 |
| M45A (6) | | | | | 2.8 km | | 21 C | | | | | | | | | | |
| | | | 1(61) 15(34) | 2(50) 16(73) | 3(59) 17(37) | 4(54) 18(44) | 5(55) 19(57) | 6(68) 20(41) | 7(72) 21(79) | 8(75) Finish | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) | |
| 1 | | Greg Barbour BF N | 16:30 | 0:46 0:46 12:37 1:34 | 1:03 0:17 12:51 0:14 | 1:31 0:28 13:19 0:28 | 2:09 0:38 14:42 1:23 | 2:33 0:24 15:24 0:42 | 4:00 1:27 15:59 0:35 | 4:59 0:59 16:24 0:25 | 5:19 0:20 16:30 0:06 | 6:24 1:05 | 7:49 1:25 | 8:32 0:43 | 9:46 1:14 | 10:26 0:40 | 11:03 0:37 |
| 2 | | Ant Nolan UR N | 18:24 | 1:43 1:43 14:02 1:35 | 2:01 0:18 14:16 0:14 | 3:11 1:10 14:45 0:29 | 3:51 0:40 16:13 1:28 | 4:19 0:28 17:00 0:47 | 5:43 1:24 17:50 0:50 | 6:41 0:58 18:18 0:28 | 7:01 0:20 18:24 0:06 | 7:57 0:56 | 9:16 1:19 | 9:58 0:42 | 10:52 0:54 | 11:40 0:48 | 12:27 0:47 |

| Pl | tno | Name | Time | | | | | | | | | | | | | | |
|------------------|-----|--|-----------------|-------------------------------|-------------------------------------|-------------------------------|-------------------------------------|------------------------------|--------------------------------|--------------------------------|-------------------------------------|--------------------------------|--------------------------------|--------------------------------|-----------------------------|----------------------|-----------------------------|
| M45A (6) | | | 2.8 km | | 21 C | | <i>(cont.)</i> | | | | | | | | | | |
| | | | 1(61) 15(34) | 2(50) 16(73) | 3(59) 17(37) | 4(54) 18(44) | 5(55) 19(57) | 6(68) 20(41) | 7(72) 21(79) | 8(75) Finish | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) | |
| 3 | | Joshua Braidwood WH N | 20:44 | 0:57 0:57 15:05 | 1:24 0:27 15:19 | 2:02 0:38 15:54 | 2:51 0:49 17:40 | 3:27 0:36 18:35 | 4:51 1:24 20:04 | 5:59 1:08 20:39 | 6:23 0:24 20:44 | 7:30 1:07 | 8:59 1:29 | 9:52 0:53 | 11:08 1:16 | 12:09 1:01 | 13:08 0:59 |
| 4 | | Peter McConaghy GO N | 23:15 | 1:57 0:58 17:57 | 0:14 1:20 18:14 | 0:35 2:02 18:51 | 1:46 2:53 20:56 | 0:55 3:26 21:44 | 1:29 5:22 22:27 | 0:35 6:41 23:05 | 0:05 7:10 23:15 | 8:40 1:30 | 10:35 1:55 | 11:32 0:57 | 12:50 1:18 | 13:54 1:04 | 14:50 0:56 |
| 5 | | John McGann SH N | 25:36 | 3:07 2:12 18:30 | 0:17 2:33 18:50 | 0:37 3:32 19:26 | 2:05 4:32 21:15 | 0:48 5:07 24:06 | 0:43 6:55 24:54 | 0:38 8:06 25:28 | 0:10 8:28 25:36 | 9:40 1:12 | 11:11 1:31 | 12:03 0:52 | 13:07 1:04 | 15:41 2:34 | 16:47 1:06 |
| | | Miles Ellis BF N | dns | | | | | | | | | | | | | | |
| M45AS (4) | | | 2.6 km | | 16 C | | | | | | | | | | | | |
| | | | 1(70) 15(74) | 2(49) 16(79) | 3(33) Finish | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| 1 | | David McGhee BN N | 19:28 | 0:53 0:53 18:20 | 1:38 0:45 19:21 | 2:43 1:05 19:28 | 4:11 1:28 | 4:32 0:21 8:37 | 5:07 0:35 | 6:44 1:37 | 7:46 1:02 | 9:04 1:18 | 11:37 2:33 | 13:30 1:53 | 14:28 0:58 | 15:50 1:22 | 17:06 1:16 |
| 2 | | Paul Sweeney WH N | 21:57 | 1:14 1:00 20:55 | 1:01 0:41 21:51 | 0:07 1:00 21:57 | 3:55 1:14 | 4:30 0:35 | 5:08 0:38 | 6:41 1:33 | 7:42 1:01 | 8:25 0:43 | 10:18 1:53 | 11:50 1:32 | 15:25 3:35 | 16:34 1:09 | 19:50 3:16 |
| 3 | | Stephan Wagner SH N | 22:36 | 1:08 1:08 21:15 | 2:01 0:53 22:27 | 3:19 1:18 22:36 | 5:04 1:45 | 5:34 0:30 | 6:15 0:41 | 8:04 1:49 | 9:11 1:07 | 10:04 0:53 | 12:23 2:19 | 14:18 1:55 | 16:40 2:22 | 18:17 1:37 | 19:36 1:19 |
| 4 | | Mark Brindley GO N | 29:07 | 1:39 1:12 1:12 27:30 | 1:12 4:53 3:41 28:54 | 0:09 6:34 1:41 29:07 | 8:48 9:32 2:14 0:59 | 10:31 12:45 0:59 | 12:45 13:48 2:14 0:59 | 13:48 14:36 1:03 0:48 | 14:36 17:27 2:51 2:30 | 17:27 19:57 2:30 1:31 | 19:57 21:28 1:31 2:02 | 23:30 25:21 2:02 1:51 | 25:21 1:51 | | |
| M50A (7) | | | 2.8 km | | 21 C | | | | | | | | | | | | |
| | | | 1(61) 15(34) | 2(50) 16(73) | 3(59) 17(37) | 4(54) 18(44) | 5(55) 19(57) | 6(68) 20(41) | 7(72) 21(79) | 8(75) Finish | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) | |
| 1 | | Mark Freeman BF N | 17:16 | 0:50 0:50 13:11 | 1:09 0:19 13:25 | 1:40 0:31 13:55 | 2:22 0:42 15:19 | 2:47 0:25 16:05 | 4:16 1:29 16:45 | 5:13 0:57 17:11 | 5:33 0:20 17:16 | 6:35 1:02 | 7:57 1:22 | 8:40 0:43 | 9:38 0:58 | 10:50 1:12 | 11:37 0:47 |
| 2 | | Shane Doyle UR N | 17:23 | 1:34 0:41 13:11 | 0:14 0:58 13:26 | 0:30 1:27 13:59 | 1:24 2:04 15:26 | 0:46 2:29 16:11 | 0:40 3:51 16:49 | 0:26 5:08 1:17 | 0:05 5:29 1:21 | 6:32 1:03 | 7:59 1:27 | 8:44 0:45 | 9:46 1:02 | 10:50 1:04 | 11:30 0:40 |
| | | | 1:41 | 0:15 | 0:33 | 1:27 | 0:45 | 0:38 | 0:27 | 0:07 | | | *75 | | | | |

| Pl | tno | Name | Time | | 2.8 km | | 21 C | | (cont.) | | | | | | | | |
|-----------------|-----|--------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-------------|-------------|-------------|--------------|--------------|--------------|
| | | | 1(61) 15(34) | 2(50) 16(73) | 3(59) 17(37) | 4(54) 18(44) | 5(55) 19(57) | 6(68) 20(41) | 7(72) 21(79) | 8(75) Finish | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) | |
| M50A (7) | | | | | | | | | | | | | | | | | |
| 3 | | Peter Annetts | 17:35 | 0:50 | 1:06 | 1:32 | 2:07 | 2:32 | 3:57 | 4:53 | 5:13 | 6:17 | 7:40 | 8:24 | 9:23 | 10:12 | 11:01 |
| | | GO N | | 0:50 | 0:16 | 0:26 | 0:35 | 0:25 | 1:25 | 0:56 | 0:20 | 1:04 | 1:23 | 0:44 | 0:59 | 0:49 | 0:49 |
| | | | | 12:34 | 13:04 | 13:33 | 15:10 | 15:55 | 17:00 | 17:28 | 17:35 | | 16:14 | | | | |
| | | | | 1:33 | 0:30 | 0:29 | 1:37 | 0:45 | 1:05 | 0:28 | 0:07 | | *74 | | | | |
| 4 | | Hamish Mackie | 18:58 | 1:08 | 1:28 | 2:00 | 2:42 | 3:12 | 4:41 | 5:42 | 6:05 | 7:06 | 8:34 | 9:21 | 10:27 | 11:18 | 12:13 |
| | | BF N | | 1:08 | 0:20 | 0:32 | 0:42 | 0:30 | 1:29 | 1:01 | 0:23 | 1:01 | 1:28 | 0:47 | 1:06 | 0:51 | 0:55 |
| | | | | 14:15 | 14:31 | 15:04 | 16:33 | 17:20 | 18:22 | 18:51 | 18:58 | | 17:49 | | | | |
| | | | | 2:02 | 0:16 | 0:33 | 1:29 | 0:47 | 1:02 | 0:29 | 0:07 | | *74 | | | | |
| 5 | | Paul Marsh | 19:32 | 0:49 | 1:18 | 1:51 | 2:40 | 3:11 | 4:48 | 5:55 | 6:17 | 7:24 | 8:53 | 9:40 | 11:03 | 12:20 | 13:05 |
| | | BF N | | 0:49 | 0:29 | 0:33 | 0:49 | 0:31 | 1:37 | 1:07 | 0:22 | 1:07 | 1:29 | 0:47 | 1:23 | 1:17 | 0:45 |
| | | | | 14:56 | 15:11 | 15:44 | 17:22 | 18:12 | 18:51 | 19:26 | 19:32 | | | | | | |
| | | | | 1:51 | 0:15 | 0:33 | 1:38 | 0:50 | 0:39 | 0:35 | 0:06 | | | | | | |
| 6 | | Dmitry Stukov | 24:02 | 0:55 | 1:16 | 1:51 | 2:37 | 3:09 | 5:17 | 6:36 | 7:02 | 8:28 | 10:23 | 11:25 | 12:40 | 13:45 | 14:48 |
| | | WH N | | 0:55 | 0:21 | 0:35 | 0:46 | 0:32 | 2:08 | 1:19 | 0:26 | 1:26 | 1:55 | 1:02 | 1:15 | 1:05 | 1:03 |
| | | | | 17:15 | 17:47 | 18:26 | 20:32 | 22:30 | 23:13 | 23:51 | 24:02 | | | | | | |
| | | | | 2:27 | 0:32 | 0:39 | 2:06 | 1:58 | 0:43 | 0:38 | 0:11 | | | | | | |
| 7 | | Jamie Kennedy | 29:49 | 1:09 | 1:35 | 2:22 | 3:33 | 4:12 | 7:00 | 8:56 | 9:28 | 11:16 | 13:48 | 15:09 | 16:44 | 18:13 | 19:20 |
| | | GO N | | 1:09 | 0:26 | 0:47 | 1:11 | 0:39 | 2:48 | 1:56 | 0:32 | 1:48 | 2:32 | 1:21 | 1:35 | 1:29 | 1:07 |
| | | | | 22:25 | 22:52 | 23:40 | 26:16 | 27:31 | 28:32 | 29:28 | 29:49 | | | | | | |
| | | | | 3:05 | 0:27 | 0:48 | 2:36 | 1:15 | 1:01 | 0:56 | 0:21 | | | | | | |
| M55A (7) | | | | | | | | | | | | | | | | | |
| | | | | 1(61) 15(34) | 2(50) 16(73) | 3(59) 17(37) | 4(54) 18(44) | 5(55) 19(57) | 6(68) 20(41) | 7(72) 21(79) | 8(75) Finish | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) |
| 1 | | Graeme Dawson | 17:58 | 0:50 | 1:09 | 1:37 | 2:16 | 2:41 | 4:20 | 5:22 | 5:44 | 6:52 | 8:28 | 9:13 | 10:17 | 11:06 | 11:46 |
| | | GO N | | 0:50 | 0:19 | 0:28 | 0:39 | 0:25 | 1:39 | 1:02 | 0:22 | 1:08 | 1:36 | 0:45 | 1:04 | 0:49 | 0:40 |
| | | | | 13:28 | 13:43 | 14:13 | 15:56 | 16:39 | 17:24 | 17:52 | 17:58 | | | | | | |
| | | | | 1:42 | 0:15 | 0:30 | 1:43 | 0:43 | 0:45 | 0:28 | 0:06 | | | | | | |
| 2 | | Mark Shingler | 19:03 | 0:44 | 1:01 | 1:31 | 2:11 | 2:40 | 4:11 | 5:14 | 5:35 | 6:46 | 8:15 | 9:03 | 10:48 | 11:51 | 12:35 |
| | | BF N | | 0:44 | 0:17 | 0:30 | 0:40 | 0:29 | 1:31 | 1:03 | 0:21 | 1:11 | 1:29 | 0:48 | 1:45 | 1:03 | 0:44 |
| | | | | 14:24 | 14:40 | 15:10 | 16:47 | 17:38 | 18:21 | 18:54 | 19:03 | | | | | | |
| | | | | 1:49 | 0:16 | 0:30 | 1:37 | 0:51 | 0:43 | 0:33 | 0:09 | | | | | | |
| 2 | | Andy Simpson | 19:03 | 0:52 | 1:16 | 1:49 | 2:34 | 3:02 | 4:31 | 5:33 | 5:57 | 7:04 | 8:38 | 9:29 | 10:32 | 11:46 | 12:34 |
| | | BF N | | 0:52 | 0:24 | 0:33 | 0:45 | 0:28 | 1:29 | 1:02 | 0:24 | 1:07 | 1:34 | 0:51 | 1:03 | 1:14 | 0:48 |
| | | | | 14:18 | 14:50 | 15:25 | 16:52 | 17:41 | 18:23 | 18:56 | 19:03 | | | | | | |
| | | | | 1:44 | 0:32 | 0:35 | 1:27 | 0:49 | 0:42 | 0:33 | 0:07 | | | | | | |
| 4 | | Glenn Burgess | 21:37 | 0:54 | 1:12 | 2:42 | 3:19 | 3:47 | 5:31 | 6:41 | 7:05 | 8:39 | 10:24 | 11:16 | 12:28 | 13:26 | 14:18 |
| | | NC N | | 0:54 | 0:18 | 1:30 | 0:37 | 0:28 | 1:44 | 1:10 | 0:24 | 1:34 | 1:45 | 0:52 | 1:12 | 0:58 | 0:52 |
| | | | | 16:15 | 16:36 | 17:16 | 19:13 | 20:06 | 20:53 | 21:27 | 21:37 | | | | | | |
| | | | | 1:57 | 0:21 | 0:40 | 1:57 | 0:53 | 0:47 | 0:34 | 0:10 | | | | | | |
| 5 | | Andrew Wisniewski | 21:53 | 0:54 | 1:16 | 1:50 | 2:37 | 3:06 | 4:51 | 6:08 | 6:33 | 7:59 | 9:57 | 10:53 | 12:19 | 13:26 | 14:20 |
| | | BF N | | 0:54 | 0:22 | 0:34 | 0:47 | 0:29 | 1:45 | 1:17 | 0:25 | 1:26 | 1:58 | 0:56 | 1:26 | 1:07 | 0:54 |
| | | | | 16:30 | 16:55 | 17:30 | 19:26 | 20:25 | 21:08 | 21:49 | 21:53 | | | | | | |
| | | | | 2:10 | 0:25 | 0:35 | 1:56 | 0:59 | 0:43 | 0:41 | 0:04 | | | | | | |
| 6 | | Michael Halmy | 22:11 | 0:51 | 1:13 | 1:48 | 2:35 | 3:02 | 4:33 | 5:43 | 6:11 | 7:23 | 8:54 | 9:43 | 11:06 | 12:39 | 14:32 |
| | | BN N | | 0:51 | 0:22 | 0:35 | 0:47 | 0:27 | 1:31 | 1:10 | 0:28 | 1:12 | 1:31 | 0:49 | 1:23 | 1:33 | 1:53 |
| | | | | 16:16 | 17:00 | 17:34 | 19:09 | 20:02 | 21:29 | 22:04 | 22:11 | | 20:31 | | | | |
| | | | | 1:44 | 0:44 | 0:34 | 1:35 | 0:53 | 1:27 | 0:35 | 0:07 | | *74 | | | | |

| Pl | tno | Name | Time | | | | | | | | | | | | | | |
|------------------|-----|--|-----------------|---|---|---|---|---|---|--|---|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| M55A (7) | | | | | 2.8 km | | 21 C | | <i>(cont.)</i> | | | | | | | | |
| | | | 1(61) 15(34) | 2(50) 16(73) | 3(59) 17(37) | 4(54) 18(44) | 5(55) 19(57) | 6(68) 20(41) | 7(72) 21(79) | 8(75) Finish | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) | |
| 7 | | Peter Hopper BN N | 23:30 | 1:47 1:47 17:05 2:09 | 2:06 0:19 17:29 0:24 | 2:54 0:48 18:57 1:28 | 3:40 0:46 20:56 1:59 | 4:12 0:32 21:54 0:58 | 5:41 1:29 22:55 1:01 | 7:00 1:19 23:25 0:30 | 7:22 0:22 23:30 0:05 | 8:44 1:22 | 10:25 1:41 | 11:12 0:47 | 12:31 1:19 | 13:52 1:21 | 14:56 1:04 |
| M55AS (4) | | | | | 2.6 km | | 16 C | | | | | | | | | | |
| | | | 1(70) 15(74) | 2(49) 16(79) | 3(33) Finish | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| 1 | | Andrew Mac Donald BF N | 20:36 | 1:30 1:30 19:32 1:30 | 2:23 0:53 20:29 0:57 | 3:53 1:30 20:36 0:07 | 5:31 1:38 0:30 | 6:01 0:40 | 6:41 1:57 | 8:38 0:58 | 9:36 0:40 | 10:16 2:12 | 12:28 1:51 | 14:19 1:11 | 15:30 1:11 | 16:51 1:21 | 18:02 1:11 |
| 2 | | Cameron Osborne BF N | 23:42 | 1:17 1:17 22:23 1:34 | 2:32 1:15 23:27 1:04 | 4:01 1:29 23:42 0:15 | 5:56 1:55 | 6:24 0:28 | 7:04 0:40 | 9:07 2:03 | 10:13 1:06 | 10:55 0:42 | 13:27 2:32 | 15:30 2:03 | 17:59 2:29 | 19:31 1:32 | 20:49 1:18 |
| 3 | | Kevin Roberts GO N | 25:15 | 1:12 1:12 23:47 2:06 | 4:08 2:56 25:04 1:17 | 5:29 1:21 25:15 0:11 | 7:19 1:50 | 7:50 0:31 | 8:34 0:44 | 10:36 2:02 | 11:40 1:04 | 12:27 0:47 | 14:56 2:29 | 17:04 2:08 | 18:22 1:18 | 20:04 1:42 | 21:41 1:37 |
| | | Colin Bailey NC N | dns | | | | | | | | | | | | | | |
| M60A (6) | | | | | 2.8 km | | 21 C | | | | | | | | | | |
| | | | 1(61) 15(34) | 2(50) 16(73) | 3(59) 17(37) | 4(54) 18(44) | 5(55) 19(57) | 6(68) 20(41) | 7(72) 21(79) | 8(75) Finish | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) | |
| 1 | | Eoin Rothery BF N | 17:21 | 0:46 0:46 13:01 1:43 | 1:07 0:21 13:17 0:16 | 1:36 0:29 13:48 0:31 | 2:14 0:38 15:17 1:29 | 2:40 0:26 16:05 0:48 | 4:04 1:24 17:14 0:43 | 5:06 1:02 17:14 0:26 | 5:26 0:20 17:21 0:07 | 6:26 1:00 | 7:48 1:22 | 8:35 0:47 | 9:45 1:10 | 10:40 0:55 | 11:18 0:38 |
| 2 | | Geoff Todkill NC N | 19:46 | 0:50 0:50 14:27 1:51 | 1:12 0:22 15:02 0:35 | 1:49 0:37 15:35 0:33 | 2:45 0:56 17:16 1:41 | 3:15 0:30 18:10 0:54 | 4:46 1:31 19:06 0:56 | 5:46 1:00 19:39 0:33 | 6:09 0:23 | 7:17 1:08 | 8:45 1:28 | 9:37 0:52 | 10:41 1:04 | 11:50 1:09 | 12:36 0:46 |
| 3 | | Alex Davey WR N | 21:48 | 1:45 1:45 16:34 1:54 | 2:09 0:24 16:52 0:18 | 2:47 0:38 17:26 0:34 | 3:35 0:48 19:30 2:04 | 4:11 0:36 20:30 1:00 | 6:00 1:49 21:06 0:36 | 7:11 1:11 21:38 0:32 | 7:36 0:25 | 8:52 1:16 | 10:35 1:43 | 11:27 0:52 | 12:36 1:09 | 13:51 1:15 | 14:40 0:49 |
| 4 | | Geoff Peel NC N | 24:57 | 0:59 0:59 18:42 2:30 | 1:22 0:23 19:08 0:26 | 2:03 0:41 19:49 0:41 | 2:55 0:52 22:11 2:22 | 3:29 0:34 23:11 1:00 | 5:36 2:07 24:07 0:56 | 7:12 1:36 24:57 0:43 | 7:38 0:26 | 9:14 1:36 | 11:19 2:05 | 12:29 1:10 | 13:57 1:28 | 15:23 1:26 | 16:12 0:49 |
| | | Russell Blatchford IK N | dns | | | | | | | | | | | | | | |
| | | Malcolm Roberts NC N | dns | | | | | | | | | | | | | | |

| PI | tno | Name | Time | | 2.6 km | | 16 C | | (cont.) | | | | | | | | |
|-----------------|-----|--|-----------------|---|---|---|---|---|----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| | | | 1(70) 15(74) | 2(49) 16(79) | 3(33) Finish | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| M70A (5) | | | | | | | | | | | | | | | | | |
| 5 | | Terry Murphy UR N | 28:15 | 1:16 5:14 26:36 1:49 | 5:14 3:58 28:05 1:29 | 6:58 1:44 28:15 0:10 | 9:01 2:03 | 9:35 0:34 6:42 *35 | 10:21 0:46 | 13:07 2:46 | 14:21 1:14 | 15:09 0:48 | 17:43 2:34 | 20:02 2:19 | 21:32 1:30 | 23:16 1:44 | 24:47 1:31 |
| M75A (4) | | | | | | | | | | | | | | | | | |
| 1 | | John Le Carpentier SH N | 21:57 | 1:07 1:07 20:41 1:53 | 2:40 1:33 21:49 1:08 | 4:00 1:20 21:57 0:08 | 5:51 1:51 0:27 | 6:18 0:27 | 6:57 0:39 | 8:55 1:58 | 9:53 0:58 | 10:31 0:38 | 12:42 2:11 | 14:40 1:58 | 15:53 1:13 | 17:24 1:31 | 18:48 1:24 |
| 2 | | Ron Junghans GO N | 25:47 | 1:23 1:23 24:14 2:04 | 2:30 1:07 25:34 1:20 | 4:29 1:59 25:47 0:13 | 6:40 2:11 | 7:12 0:32 | 7:56 0:44 | 10:26 2:30 | 11:25 0:59 | 12:04 0:39 | 14:43 2:39 | 17:02 2:19 | 18:32 1:30 | 20:14 1:42 | 22:10 1:56 |
| 3 | | Ted Mulherin WH N | 27:29 | 1:22 1:22 25:43 2:24 | 2:30 1:08 27:14 1:31 | 4:08 1:38 27:29 0:15 | 6:24 2:16 | 6:55 0:31 | 7:49 0:54 | 10:11 2:22 | 11:26 1:15 | 12:13 0:47 | 14:51 2:38 | 17:30 2:39 | 19:22 1:52 | 21:15 1:53 | 23:19 2:04 |
| 4 | | Dick Ogilvie UR N | 27:54 | 1:14 1:14 26:09 2:58 | 2:41 1:27 27:37 1:28 | 4:14 1:33 27:54 0:17 | 6:28 2:14 | 7:01 0:33 | 7:46 0:45 | 10:07 2:21 | 11:11 1:04 | 11:56 0:45 | 14:26 2:30 | 16:47 2:21 | 19:37 2:50 | 21:33 1:56 | 23:11 1:38 |
| M80A (2) | | | | | | | | | | | | | | | | | |
| 1 | | Lloyd Gledhill GO N | 24:55 | 2:00 2:00 22:05 1:37 | 2:59 0:59 23:03 0:58 | 4:29 1:30 23:57 0:54 | 5:23 0:54 24:43 0:46 | 6:59 1:36 24:55 0:12 | 7:59 1:00 | 10:01 2:02 | 11:56 1:55 | 13:06 1:10 | 14:09 1:03 | 15:18 1:09 | 18:31 3:13 | 19:26 0:55 | 20:28 1:02 |
| 2 | | John Hodsdon SH N | 40:44 | 1:20 1:20 34:38 2:08 | 3:04 1:44 36:16 1:38 | 5:27 2:23 38:06 1:50 | 7:12 1:45 | 9:13 2:01 | 10:56 1:43 | 14:28 3:32 | 17:38 3:10 | 19:35 1:57 | 21:13 1:38 | 23:13 2:00 | 28:45 5:32 | 30:27 1:42 | 32:30 2:03 |
| M9A (6) | | | | | | | | | | | | | | | | | |
| 1 | | Rory Shedden OXC P | 7:52 | 0:21 0:21 6:32 0:15 | 0:45 0:24 7:02 0:30 | 1:06 0:21 7:44 0:42 | 1:44 0:38 7:52 0:08 | 1:58 0:14 | 3:23 1:25 | 3:45 0:22 | 4:07 0:22 | 4:31 0:24 | 4:43 0:12 | 5:00 0:17 | 5:33 0:33 | 5:59 0:26 | 6:17 0:18 |
| | | Daniel Zids CSth P | mp | 0:31 0:31 13:59 0:29 | 1:28 0:57 14:36 0:37 | 2:08 0:40 15:55 1:19 | 5:20 3:12 16:08 0:13 | 6:22 1:02 | 7:46 1:24 | 8:18 0:32 | 8:49 0:31 | 9:38 0:49 | ----- 1:24 | 11:02 0:55 | 11:57 0:50 | 12:47 0:50 | 13:30 0:43 |

| Pl | tno | Name | Time | | | | | | | | | | | | | | |
|------------------------|-----|-----------------------------------|-----------------|---|---|---|---|---|---|----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| Open Novice (6) | | | 1.0 km | | 17 C | | | <i>(cont.)</i> | | | | | | | | | |
| | | | 1(64) 15(38) | 2(63) 16(37) | 3(70) 17(79) | 4(60) Finish | 5(78) | 6(57) | 7(50) | 8(47) | 9(45) | 10(46) | 11(42) | 12(39) | 13(51) | 14(34) | |
| 6 | | Tane Brindley GO N | 19:45 | 1:02 1:02 16:52 0:29 | 1:48 0:46 18:01 1:09 | 2:23 0:35 19:31 1:30 | 4:13 1:50 19:45 0:14 | 5:10 0:57 | 5:49 0:39 15:27 *38 | 6:22 0:33 | 7:11 0:49 | 7:48 0:37 | 8:54 1:06 | 10:16 1:22 | 13:07 2:51 | 14:28 1:21 | 16:23 1:55 |
| W Open B (3) | | | 2.0 km | | 19 C | | | | | | | | | | | | |
| | | | 1(49) 15(38) | 2(46) 16(39) | 3(56) 17(40) | 4(31) 18(41) | 5(58) 19(79) | 6(54) Finish | 7(44) | 8(57) | 9(70) | 10(53) | 11(63) | 12(43) | 13(35) | 14(69) | |
| 1 | | Elizabeth Lewis SH N | 22:10 | 1:21 1:21 19:07 0:41 | 2:16 0:55 19:38 0:31 | 3:49 1:33 20:35 0:57 | 4:39 0:50 21:16 0:41 | 5:29 0:50 22:00 0:44 | 6:18 0:49 22:10 0:10 | 9:08 2:50 | 10:31 1:23 | 11:33 1:02 | 12:30 0:57 | 13:25 0:55 | 14:29 1:04 | 16:10 1:41 | 18:26 2:16 |
| | | Louise Brooks SH N | mp | 16:19 16:19 56:02 0:55 | 17:54 1:35 56:46 0:44 | 26:55 9:01 58:21 1:35 | 28:10 1:15 1:04:31 6:10 | 29:27 1:17 ----- 1:05:14 | 34:05 4:38 1:05:14 0:43 | 37:38 3:33 | 39:33 1:55 | 44:17 4:44 | 45:41 1:24 | 47:02 1:21 | 48:59 1:57 | 51:19 2:20 | 55:07 3:48 |
| | | Justine Brindley GO N | dns | | | | | | | | | | | | | | |
| W10A (5) | | | 1.0 km | | 17 C | | | | | | | | | | | | |
| | | | 1(64) 15(38) | 2(63) 16(37) | 3(70) 17(79) | 4(60) Finish | 5(78) | 6(57) | 7(50) | 8(47) | 9(45) | 10(46) | 11(42) | 12(39) | 13(51) | 14(34) | |
| 1 | | Ruby Dowdell BLH P | 15:34 | 1:24 1:24 12:52 | 2:28 1:04 13:30 | 3:06 0:38 15:10 | 3:55 0:49 15:34 | 4:45 0:50 | 6:19 1:34 | 6:50 0:31 | 7:43 0:53 | 8:25 0:42 | 8:51 0:26 | 9:42 0:51 | 11:01 1:19 | 11:43 0:42 | 12:27 0:44 |
| 2 | | Annika Hazeltine BIL P | 42:07 | 0:25 0:35 40:14 0:22 | 0:38 4:16 40:50 0:36 | 1:40 5:08 41:57 1:07 | 0:24 5:38 42:07 0:10 | 6:00 7:53 | 7:53 1:53 | 8:16 0:23 | 22:44 14:28 | 24:20 1:36 | 26:50 2:30 | 27:03 0:13 | 38:01 10:58 | 39:27 1:26 | 39:52 0:25 |
| | | Jemima Ferguson TAH P | mp | 0:34 0:34 12:45 0:44 | 1:16 0:42 14:12 1:27 | 2:04 0:48 15:47 1:35 | 3:05 1:01 15:58 0:11 | 3:45 0:40 | ----- 4:30 0:45 | 6:14 1:44 | 7:01 0:47 | 8:09 1:08 | 8:48 0:39 | 10:11 1:23 | 11:17 1:06 | 12:01 0:44 | |
| | | Mia Baird BIL P | mp | 0:59 0:59 16:31 | 2:29 1:30 17:06 | 3:09 0:40 23:30 | 3:57 0:48 23:36 | 6:02 2:05 | 7:51 1:49 | 8:54 1:03 | 9:37 0:43 | 10:44 1:07 | ----- 0:33 | 11:17 1:06 | 12:23 1:06 | 13:30 1:07 | 15:11 1:41 |
| | | Jessica Lambert NOR P | mp | 1:20 1:20 23:29 0:30 | 0:35 2:43 24:18 0:49 | 6:24 3:31 25:57 1:39 | 0:06 4:04 26:11 0:14 | 4:45 0:41 | 5:44 0:59 | 12:13 6:29 | 13:16 1:03 | 14:19 1:03 | ----- 0:44 | 15:03 1:40 | 16:43 5:47 | 22:30 0:29 | 22:59 0:29 |

| Pl | tno | Name | Time | | | | | | | | | | | | | | |
|------------------|-----|------------------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| W15+B (2) | | | 2.0 km | | | | | | | 19 C | | | | | | | |
| | | | 1(49) | 2(46) | 3(56) | 4(31) | 5(58) | 6(54) | 7(44) | 8(57) | 9(70) | 10(53) | 11(63) | 12(43) | 13(35) | 14(69) | |
| | | | 15(38) | 16(39) | 17(40) | 18(41) | 19(79) | Finish | | | | | | | | | |
| 1 | | India Dalton | 25:03 | 4:20 | 4:58 | 6:34 | 7:37 | 8:20 | 9:23 | 11:46 | 13:05 | 14:38 | 15:27 | 16:18 | 17:26 | 19:04 | 21:27 |
| | | GAL S | | 4:20 | 0:38 | 1:36 | 1:03 | 0:43 | 1:03 | 2:23 | 1:19 | 1:33 | 0:49 | 0:51 | 1:08 | 1:38 | 2:23 |
| | | | | 22:12 | 22:46 | 23:53 | 24:23 | 24:58 | 25:03 | | | | | | | | |
| | | | | 0:45 | 0:34 | 1:07 | 0:30 | 0:35 | 0:05 | | | | | | | | |
| | | Tatiana Simic | dns | | | | | | | | | | | | | | |
| | | CMD S | | | | | | | | | | | | | | | |
| W15A (1) | | | 2.6 km | | | | | | | 16 C | | | | | | | |
| | | | 1(70) | 2(49) | 3(33) | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| | | | 15(74) | 16(79) | Finish | | | | | | | | | | | | |
| 1 | | Mikayla Enderby | 19:20 | 0:53 | 1:37 | 2:44 | 4:10 | 4:45 | 5:19 | 7:04 | 7:47 | 8:17 | 10:09 | 11:59 | 13:57 | 15:25 | 16:40 |
| | | WBAY S | | 0:53 | 0:44 | 1:07 | 1:26 | 0:35 | 0:34 | 1:45 | 0:43 | 0:30 | 1:52 | 1:50 | 1:58 | 1:28 | 1:15 |
| | | | | 18:05 | 19:11 | 19:20 | | | | | | | | | | | |
| | | | | 1:25 | 1:06 | 0:09 | | | | | | | | | | | |
| W16A (4) | | | 2.6 km | | | | | | | 16 C | | | | | | | |
| | | | 1(70) | 2(49) | 3(33) | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| | | | 15(74) | 16(79) | Finish | | | | | | | | | | | | |
| 1 | | Niamh Cassar | 17:17 | 0:54 | 1:49 | 2:49 | 4:11 | 4:33 | 5:03 | 6:51 | 7:34 | 8:05 | 9:57 | 11:36 | 12:34 | 13:53 | 15:02 |
| | | NHG S | | 0:54 | 0:55 | 1:00 | 1:22 | 0:22 | 0:30 | 1:48 | 0:43 | 0:31 | 1:52 | 1:39 | 0:58 | 1:19 | 1:09 |
| | | | | 16:13 | 17:10 | 17:17 | | | | | | | | | | | |
| | | | | 1:11 | 0:57 | 0:07 | | | | | | | | | | | |
| 2 | | Andra Leung | 20:17 | 0:54 | 1:42 | 2:45 | 4:35 | 4:59 | 5:36 | 7:31 | 8:25 | 8:59 | 10:58 | 12:53 | 14:48 | 16:19 | 17:27 |
| | | CHW S | | 0:54 | 0:48 | 1:03 | 1:50 | 0:24 | 0:37 | 1:55 | 0:54 | 0:34 | 1:59 | 1:55 | 1:55 | 1:31 | 1:08 |
| | | | | 18:56 | 20:10 | 20:17 | | | | | | | | | | | |
| | | | | 1:29 | 1:14 | 0:07 | | | | | | | | | | | |
| 3 | | Luca Squires | 29:56 | 1:01 | 3:44 | 5:14 | 6:46 | 7:42 | 8:18 | 10:05 | 11:08 | 12:00 | 14:22 | 16:09 | 19:08 | 20:27 | 23:19 |
| | | HAG S | | 1:01 | 2:43 | 1:30 | 1:32 | 0:56 | 0:36 | 1:47 | 1:03 | 0:52 | 2:22 | 1:47 | 2:59 | 1:19 | 2:52 |
| | | | | 28:38 | 29:46 | 29:56 | | | | | | | | | | | |
| | | | | 5:19 | 1:08 | 0:10 | | | | | | | | | | | |
| 4 | | Aurelie Valais | 51:46 | 1:07 | 1:54 | 3:10 | 6:11 | 6:57 | 8:08 | 12:36 | 15:05 | 16:46 | 24:51 | 32:32 | 37:20 | 41:35 | 44:31 |
| | | ACS S | | 1:07 | 0:47 | 1:16 | 3:01 | 0:46 | 1:11 | 4:28 | 2:29 | 1:41 | 8:05 | 7:41 | 4:48 | 4:15 | 2:56 |
| | | | | 48:52 | 51:35 | 51:46 | | | | | | | | | | | |
| | | | | 4:21 | 2:43 | 0:11 | | | | | | | | | | | |
| W17+A (4) | | | 2.8 km | | | | | | | 21 C | | | | | | | |
| | | | 1(61) | 2(50) | 3(59) | 4(54) | 5(55) | 6(68) | 7(72) | 8(75) | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) | |
| | | | 15(34) | 16(73) | 17(37) | 18(44) | 19(57) | 20(41) | 21(79) | Finish | | | | | | | |
| 1 | | Serena Doyle | 20:05 | 0:50 | 1:08 | 1:37 | 2:16 | 2:41 | 4:18 | 5:50 | 7:02 | 8:42 | 9:36 | 10:42 | 11:45 | 12:38 | |
| | | PLCS S | | 0:50 | 0:18 | 0:29 | 0:39 | 0:25 | 1:37 | 1:10 | 0:22 | 0:54 | 1:06 | 1:03 | 0:53 | | |
| | | | | 15:07 | 15:27 | 16:02 | 17:46 | 18:36 | 19:29 | 20:00 | 20:05 | | | | | | |
| | | | | 2:29 | 0:20 | 0:35 | 1:44 | 0:50 | 0:53 | 0:31 | 0:05 | | | | | | |
| 2 | | Tshintia Hopper | 21:57 | 0:47 | 1:06 | 2:12 | 2:58 | 3:27 | 5:04 | 6:20 | 6:44 | 7:58 | 9:38 | 10:29 | 12:08 | 13:25 | 14:46 |
| | | NBSC S | | 0:47 | 0:19 | 1:06 | 0:46 | 0:29 | 1:37 | 1:16 | 0:24 | 1:14 | 1:40 | 0:51 | 1:39 | 1:17 | 1:21 |
| | | | | 16:48 | 17:09 | 17:51 | 19:41 | 20:35 | 21:17 | 21:50 | 21:57 | | | | | | |
| | | | | 2:02 | 0:21 | 0:42 | 1:50 | 0:54 | 0:42 | 0:33 | 0:07 | | | | | | |

| Pl | tno | Name | Time | | | | | | | | | | | | | | |
|------------------|-----|----------------------------------|-----------------|---|---|---|---|---|---|---|---|----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| W17+A (4) | | | 2.8 km | | 21 C | | <i>(cont.)</i> | | | | | | | | | | |
| | | | 1(61) 15(34) | 2(50) 16(73) | 3(59) 17(37) | 4(54) 18(44) | 5(55) 19(57) | 6(68) 20(41) | 7(72) 21(79) | 8(75) Finish | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) | |
| 3 | | Holly Roberts SSCB S | 22:56 | 1:24 1:24 17:42 2:52 | 1:45 0:21 18:00 0:18 | 2:30 0:45 18:34 0:34 | 3:20 0:50 20:25 1:51 | 3:49 0:29 21:28 1:03 | 5:33 1:44 22:17 0:49 | 6:47 1:14 22:50 0:33 | 7:10 0:23 22:56 0:06 | 8:34 1:24 | 10:23 1:49 | 11:15 0:52 | 12:26 1:11 | 14:02 1:36 | 14:50 0:48 |
| | | Ellen Currie SSC S | dns | | | | | | | | | | | | | | |
| W20A (1) | | | 2.8 km | | 21 C | | | | | | | | | | | | |
| | | | 1(61) 15(34) | 2(50) 16(73) | 3(59) 17(37) | 4(54) 18(44) | 5(55) 19(57) | 6(68) 20(41) | 7(72) 21(79) | 8(75) Finish | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) | |
| 1 | | Claire Burgess NC N | 25:42 | 0:46 0:46 19:24 2:24 | 1:08 0:22 20:02 0:38 | 1:58 0:50 20:43 0:41 | 2:54 0:56 23:05 2:22 | 3:26 0:32 24:07 1:02 | 5:31 2:05 24:58 0:51 | 7:21 1:50 25:33 0:35 | 7:50 0:29 25:42 0:09 | 9:30 1:40 | 11:52 2:22 | 13:07 1:15 | 14:50 1:43 | 16:04 1:14 | 17:00 0:56 |
| W21A (8) | | | 2.8 km | | 21 C | | | | | | | | | | | | |
| | | | 1(61) 15(34) | 2(50) 16(73) | 3(59) 17(37) | 4(54) 18(44) | 5(55) 19(57) | 6(68) 20(41) | 7(72) 21(79) | 8(75) Finish | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) | |
| 1 | | Melissa Thomas BN N | 17:43 | 0:45 0:45 13:10 | 1:04 0:19 13:36 | 1:34 0:30 14:08 | 2:14 0:40 15:41 | 2:41 0:27 16:27 | 4:10 1:29 17:06 | 5:14 1:04 17:36 | 5:34 0:20 17:43 | 6:37 1:03 | 8:03 1:26 | 8:49 0:46 | 10:02 1:13 | 10:50 0:48 | 11:31 0:41 |
| 2 | | Briohny Seaman WR N | 17:59 | 1:39 1:08 1:08 13:36 | 0:26 1:25 0:17 13:55 | 0:32 1:58 0:33 14:24 | 1:33 2:34 0:36 15:51 | 0:46 2:58 0:24 16:35 | 0:39 4:24 1:26 17:23 | 0:30 5:28 1:04 17:53 | 0:07 5:48 0:20 17:59 | 6:49 | 8:12 | 8:57 | 9:55 0:58 | 10:51 0:56 | 11:35 0:44 |
| 3 | | Martina Craig NC N | 18:08 | 2:01 0:47 0:47 13:25 | 0:19 1:16 0:29 13:43 | 0:29 1:49 0:33 14:13 | 1:27 2:26 0:37 15:44 | 0:44 2:54 0:28 16:32 | 0:48 4:19 1:25 17:33 | 0:30 5:21 1:02 18:02 | 0:06 5:43 0:22 18:08 | 6:56 1:13 | 8:20 1:24 | 9:07 0:47 | 10:13 1:06 | 11:01 0:48 | 11:51 0:50 |
| 4 | | Jennifer Enderby NC N | 18:27 | 0:55 0:55 13:56 1:37 | 1:13 0:18 14:30 0:34 | 2:02 0:49 15:00 0:30 | 2:39 0:37 16:30 1:30 | 3:06 0:27 17:16 0:46 | 4:34 1:28 17:56 0:40 | 5:36 1:02 18:22 0:26 | 5:58 0:22 18:27 0:05 | 7:04 1:06 | 8:38 1:34 | 9:25 0:47 | 10:31 1:06 | 11:35 1:04 | 12:19 0:44 |
| 5 | | Mace Neve RR A | 18:38 | 0:53 0:53 14:09 1:44 | 1:12 0:19 14:27 0:18 | 1:44 0:32 15:03 0:36 | 2:22 0:38 16:32 1:29 | 2:49 0:27 17:20 0:48 | 4:24 1:35 17:57 0:37 | 5:31 1:07 18:30 0:33 | 6:09 0:38 18:38 0:08 | 7:13 1:04 | 8:55 1:42 | 9:42 0:47 | 10:43 1:01 | 11:41 0:58 | 12:25 0:44 |
| 6 | | Rebecca George BF N | 21:00 | 1:08 1:08 15:54 2:01 | 1:38 0:30 16:13 0:19 | 2:08 0:30 16:55 0:42 | 2:51 0:43 18:36 1:41 | 3:19 0:28 19:32 0:56 | 5:28 2:09 20:15 0:43 | 6:40 1:12 20:50 0:35 | 7:04 0:24 21:00 0:10 | 8:16 1:12 | 10:04 1:48 | 10:58 0:54 | 12:08 1:10 | 13:08 1:00 | 13:53 0:45 |
| 7 | | Melissa Annetts GO N | 22:53 | 1:10 1:10 17:19 2:14 | 1:30 0:20 17:38 0:19 | 2:02 0:32 18:15 0:37 | 2:51 0:49 20:16 2:01 | 3:15 0:24 21:16 1:00 | 5:08 1:53 22:06 0:50 | 6:24 1:16 22:44 0:38 | 6:49 0:25 22:53 0:09 | 8:23 1:34 | 10:20 1:57 | 11:26 1:06 | 12:43 1:17 | 14:10 1:27 | 15:05 0:55 |
| | | Maree Doyle UR N | dns | | | | | | | | | | | | | | |

| Pl | tno | Name | Time | 2.8 km | | 21 C | | | | | | | | | | | |
|-----------------|--------------------|------|-------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|----------------|------------------------------|----------------|----------------|----------------|---------------|
| | | | | 1(61) 15(34) | 2(50) 16(73) | 3(59) 17(37) | 4(54) 18(44) | 5(55) 19(57) | 6(68) 20(41) | 7(72) 21(79) | 8(75) Finish | 9(76) | 10(67) | 11(66) | 12(53) | 13(43) | 14(56) |
| W35A (2) | | | | | | | | | | | | | | | | | |
| 1 | Aniko Fozo-Kertesz | GO N | 19:31 | 0:44 0:44 | 1:00 0:16 | 1:31 0:31 | 2:13 0:42 | 2:38 0:25 | 4:19 1:41 | 5:27 1:08 | 5:51 0:24 | 7:03 1:12 | 8:41 1:38 | 9:34 0:53 | 10:38 1:04 | 11:38 1:00 | 12:23 0:45 |
| 2 | Nikolett Halmai | GO N | 21:48 | 14:17 1:54 | 14:37 0:20 | 15:10 0:33 | 16:53 1:43 | 17:57 1:04 | 18:47 0:50 | 19:22 0:35 | 19:31 0:09 | | | | | | |
| | | | | 0:53 16:03 2:08 | 1:12 16:23 0:20 | 1:44 17:01 0:38 | 2:25 19:03 2:02 | 2:52 19:56 0:53 | 4:39 21:00 1:04 | 6:00 21:37 0:37 | 6:25 21:48 0:11 | 7:52 2:27 | 9:44 1:52 | 10:42 0:58 | 11:52 1:10 | 13:08 1:16 | 13:55 0:47 |
| W40A (4) | | | | | | | | | | | | | | | | | |
| 1 | Tracy Bluett | BN N | 18:38 | 0:47 0:47 | 1:05 0:18 | 1:35 0:30 | 2:16 0:41 | 2:42 0:26 | 4:17 1:35 | 5:28 1:11 | 5:53 0:25 | 7:07 1:14 | 8:40 1:33 | 9:32 0:52 | 10:34 1:02 | 11:28 0:54 | 12:10 0:42 |
| 2 | Saacha Donaldson | BF N | 24:21 | 1:52 1:09 | 0:21 1:33 | 0:38 2:33 | 1:38 3:41 | 0:45 4:13 | 0:40 6:05 | 0:28 7:34 | 0:06 7:58 | 9:36 11:47 | 11:47 12:47 | 12:47 14:29 | 14:29 15:33 | 15:33 16:23 | 16:23 0:50 |
| 3 | Emmanuelle Conver | WH N | 25:25 | 2:17 1:51 | 0:21 2:15 | 0:37 3:15 | 1:59 4:12 | 0:59 4:39 | 0:57 6:40 | 0:39 8:11 | 0:09 8:43 | 10:18 12:19 | 12:19 13:16 | 13:16 14:41 | 14:41 15:57 | 15:57 16:50 | 16:50 0:53 |
| | Samantha Howe | NC N | mp | 0:52 0:52 16:02 2:09 | 1:13 0:21 16:21 0:19 | 1:46 0:33 16:55 0:34 | 2:30 0:44 18:49 1:54 | 2:57 0:27 19:42 0:53 | 4:43 1:46 ----- 0:53 | 6:04 1:21 21:05 1:23 | 6:30 0:26 21:13 0:08 | 7:54 1:24 | 9:44 1:50 20:01 *74 | 10:44 1:00 | 11:50 1:06 | 13:02 1:12 | 13:53 0:51 |
| W45A (3) | | | | | | | | | | | | | | | | | |
| 1 | Shiona Will | IK N | 22:05 | 0:57 0:57 | 1:16 0:19 | 1:53 0:37 | 2:45 0:52 | 3:14 0:29 | 5:07 1:53 | 6:23 1:16 | 6:52 0:29 | 8:36 1:44 | 10:28 1:52 | 11:25 0:57 | 12:38 1:13 | 13:50 1:12 | 14:43 0:53 |
| 2 | Melissa Joseph | GO N | 22:57 | 2:11 1:31 | 0:19 0:29 | 0:35 0:37 | 1:48 0:56 | 0:56 0:32 | 0:45 1:50 | 0:39 1:15 | 0:09 0:26 | 8:56 1:20 | 10:40 1:44 | 11:36 0:56 | 12:47 1:11 | 13:57 1:10 | 14:56 0:59 |
| 3 | Melanie Christie | UR N | 25:01 | 17:05 2:09 | 17:25 0:20 | 18:03 0:38 | 20:03 2:00 | 21:04 1:01 | 22:06 1:02 | 22:46 0:40 | 22:57 0:11 | 9:13 1:28 | 11:12 1:59 | 12:18 1:06 | 13:34 1:16 | 14:44 1:10 | 15:36 0:52 |
| | | | | 1:05 18:05 2:29 | 0:23 18:28 0:23 | 0:44 19:05 0:37 | 1:03 21:49 2:44 | 0:35 22:48 0:59 | 2:00 24:06 1:18 | 2:00 24:49 0:43 | 1:25 25:01 0:12 | 0:30 25:01 | 1:28 1:59 | 1:06 1:06 | 1:16 1:16 | 1:10 1:10 | 0:52 0:52 |

| PI | tno | Name | Time | | | | | | | | | | | | | | |
|------------------|-----|-----------------------------------|-----------------|-----------------|-----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|----------------|----------------|
| W45AS (3) | | | | | 2.6 km | | 16 C | | | | | | | | | | |
| | | | 1(70) 15(74) | 2(49) 16(79) | 3(33) Finish | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| 1 | | Vanessa Freeman BF N | 28:58 | 1:14 1:14 | 7:12 5:58 | 9:26 2:14 | 11:03 1:37 | 11:32 0:29 | 12:08 0:36 | 15:04 2:56 | 16:04 1:00 | 16:53 0:49 | 19:00 2:07 | 20:56 1:56 | 22:51 1:55 | 24:18 1:27 | 25:36 1:18 |
| | | Sharon Burgess NC N | mp | 10:55 10:55 | ----- 20:33 | 12:56 2:01 | ----- 0:53 | ----- 1:54 | ----- 3:32 | 18:55 5:59 | ----- 4:33 | ----- 5:38 | ----- 6:47 | ----- 8:21 | ----- 10:00 | ----- 11:54 | ----- 15:35 |
| | | Saffron Sweeney WH N | dns | 16:16 *34 | 17:07 *39 | 18:14 *40 | 19:48 *41 | | | | | | | | | | |
| W50A (4) | | | | | 2.6 km | | 16 C | | | | | | | | | | |
| | | | 1(70) 15(74) | 2(49) 16(79) | 3(33) Finish | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| 1 | | Linda Sesta UR N | 19:21 | 0:58 0:58 | 1:56 0:58 | 3:02 1:06 | 4:24 1:22 | 4:46 0:22 | 5:28 0:42 | 7:02 1:34 | 7:51 0:49 | 8:24 0:33 | 10:21 1:57 | 12:04 1:43 | 13:58 1:54 | 15:14 1:16 | 16:21 1:07 |
| 2 | | Sharon Lambert BN N | 24:26 | 1:51 1:17 | 1:01 3:53 | 0:08 1:32 | 8:16 1:34 | 8:39 0:23 | 9:17 0:38 | 11:04 1:47 | 12:03 0:59 | 12:50 0:47 | 15:02 2:12 | 17:01 1:59 | 18:30 1:29 | 19:56 1:26 | 21:11 1:15 |
| 3 | | Natalia Beliakova BF N | 26:20 | 1:57 1:57 | 3:07 1:10 | 4:46 1:39 | 6:43 1:57 | 7:16 0:33 | 7:56 0:40 | 10:23 2:27 | 11:19 0:56 | 11:57 0:38 | 14:20 2:23 | 16:56 2:36 | 18:25 1:29 | 20:00 1:35 | 21:30 1:30 |
| 4 | | Margaret Peel NC N | 27:25 | 3:15 1:22 | 1:26 3:41 | 0:09 5:19 | 7:23 2:04 | 7:53 0:30 | 8:48 0:55 | 10:47 1:59 | 12:50 2:03 | 13:55 1:05 | 16:19 2:24 | 18:44 2:25 | 20:12 1:28 | 21:51 1:39 | 23:22 1:31 |
| W55A (6) | | | | | 2.6 km | | 16 C | | | | | | | | | | |
| | | | 1(70) 15(74) | 2(49) 16(79) | 3(33) Finish | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| 1 | | Paula Shingler BF N | 17:11 | 0:54 0:54 | 1:49 1:00 | 2:49 1:00 | 4:14 1:25 | 4:32 0:18 | 5:03 0:31 | 6:40 1:37 | 7:21 0:41 | 7:50 0:29 | 10:06 2:16 | 11:33 1:27 | 12:29 0:56 | 13:49 1:20 | 14:55 1:06 |
| 2 | | Jo Parr BF N | 21:57 | 1:01 1:01 | 1:50 0:49 | 3:19 1:29 | 4:54 1:35 | 5:18 0:24 | 5:55 0:37 | 7:35 1:40 | 8:26 0:51 | 9:02 0:36 | 11:02 2:00 | 12:51 1:49 | 15:26 2:35 | 16:50 1:24 | 18:07 1:17 |
| 3 | | Amanda Mackie BF N | 22:44 | 2:19 1:19 | 2:21 1:02 | 3:44 1:23 | 5:21 1:37 | 5:49 0:28 | 6:46 0:57 | 8:29 1:43 | 9:25 0:56 | 10:22 0:57 | 13:49 3:27 | 15:47 1:58 | 16:53 1:06 | 18:24 1:31 | 19:40 1:16 |

| Pl | tno | Name | Time | | | | | | | | | | | | | | |
|------------------|-----|----------------------------------|-----------------|-------------------------------|-------------------------------|-------------------------------|--------------|--------------|----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| W55A (6) | | | | | 2.6 km | | 16 C | | <i>(cont.)</i> | | | | | | | | |
| | | | 1(70) 15(74) | 2(49) 16(79) | 3(33) Finish | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| 4 | | Airdrie Long GO N | 23:27 | 1:09 2:07 21:54 1:40 | 2:07 0:58 23:15 1:21 | 3:30 1:23 23:27 0:12 | 5:28 1:58 | 5:56 0:28 | 6:40 0:44 | 8:51 2:11 | 9:46 0:55 | 10:36 0:50 | 13:18 2:42 | 15:31 2:13 | 16:45 1:14 | 18:35 1:50 | 20:14 1:39 |
| | | Carol Osborne BF N | mp | 1:02 1:02 19:28 1:25 | 1:58 0:56 20:52 1:24 | ----- 21:01 0:09 | 4:53 2:55 | 5:19 0:26 | 5:57 0:38 | 7:53 1:56 | 8:48 0:55 | 9:24 0:36 | 11:37 2:13 | 13:39 2:02 | 14:56 1:17 | 16:38 1:42 | 18:03 1:25 |
| | | Carolyn Matthews NC N | dns | | | | | | | | | | | | | | |
| W55AS (3) | | | | | 2.6 km | | 16 C | | | | | | | | | | |
| | | | 1(70) 15(74) | 2(49) 16(79) | 3(33) Finish | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| 1 | | Barbara Dawson GO N | 25:25 | 1:24 1:24 23:43 1:54 | 2:24 1:00 25:12 1:29 | 3:46 1:22 25:25 0:13 | 5:55 2:09 | 6:25 0:30 | 7:16 0:51 | 9:59 2:43 | 11:13 1:14 | 11:57 0:44 | 14:40 2:43 | 16:59 2:19 | 18:29 1:30 | 20:16 1:47 | 21:49 1:33 |
| 2 | | Sandra Stewart SH N | 28:58 | 1:36 1:36 27:21 3:10 | 2:52 1:16 28:43 1:22 | 4:33 1:41 28:58 0:15 | 6:43 2:10 | 7:16 0:33 | 8:01 0:45 | 10:27 2:26 | 11:54 1:27 | 12:41 0:47 | 15:51 3:10 | 18:31 2:40 | 20:30 1:59 | 22:21 1:51 | 24:11 1:50 |
| 3 | | Gayle Shepherd UR N | 37:17 | 1:33 1:33 35:29 2:57 | 2:37 1:04 37:02 1:33 | 4:22 1:45 37:17 0:15 | 6:41 2:19 | 7:15 0:34 | 8:00 0:45 | 11:48 3:48 | 12:54 1:06 | 15:07 2:13 | 24:18 9:11 | 26:53 2:35 | 28:48 1:55 | 30:44 1:56 | 32:32 1:48 |
| W60A (2) | | | | | 2.6 km | | 16 C | | | | | | | | | | |
| | | | 1(70) 15(74) | 2(49) 16(79) | 3(33) Finish | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| 1 | | Debbie Davey WR N | 19:34 | 0:59 0:59 18:21 1:23 | 1:42 0:43 19:24 1:03 | 2:52 1:10 19:34 0:10 | 4:27 1:35 | 4:52 0:25 | 5:48 0:56 | 7:27 1:39 | 8:12 0:45 | 8:46 0:34 | 10:44 1:58 | 12:29 1:45 | 14:19 1:50 | 15:45 1:26 | 16:58 1:13 |
| 2 | | Hilary Wood CC N | 23:58 | 1:19 1:19 22:38 1:56 | 2:11 0:52 23:46 1:08 | 3:21 1:10 23:58 0:12 | 5:04 1:43 | 5:32 0:28 | 6:11 0:39 | 7:55 1:44 | 8:40 0:45 | 12:16 3:36 | 14:54 2:38 | 16:42 1:48 | 17:54 1:12 | 19:19 1:25 | 20:42 1:23 |
| W65A (1) | | | | | 2.6 km | | 16 C | | | | | | | | | | |
| | | | 1(70) 15(74) | 2(49) 16(79) | 3(33) Finish | 4(38) | 5(73) | 6(37) | 7(48) | 8(58) | 9(55) | 10(67) | 11(75) | 12(71) | 13(66) | 14(53) | |
| 1 | | Helen Murphy UR N | 28:19 | 1:56 1:56 26:51 2:43 | 3:04 1:08 28:07 1:16 | 5:06 2:02 28:19 0:12 | 6:58 1:52 | 7:27 0:29 | 8:10 0:43 | 10:15 2:05 | 12:22 2:07 | 13:12 0:50 | 15:56 2:44 | 18:08 2:12 | 20:46 2:38 | 22:26 1:40 | 24:08 1:42 |

