

| Pl | Name | Club | Age Cl. | Cl. | Time | Diff. | Check |
|------------------|---------------------|--------|---------|-------|----------------|--------------|-------------|
| Black (7) | | | | | 10.7 km | 278 m | 23 C |
| 1 | McLeod, Alasdair | EUOC | M21 | Black | 1:05:36 | 0:00 | |
| 2 | Spaeth, Felix | GRAMP | M21 | Black | 1:22:19 | 16:43 | |
| 3 | Harwood, Eddie | MOR | M60 | Black | 1:44:13 | 38:37 | |
| 4 | Kerridge, Donald | MAROC | M45 | Black | 1:51:58 | 46:22 | |
| 5 | Morrison, Tyler | ESOC | M21 | Black | 1:54:36 | 49:00 | |
| 6 | Masek, Ondrej | | | Black | 2:27:33 | 1:21:57 | |
| | Summers, David | INVOC | M50 | Black | dns | | |
| Blue (44) | | | | | 6.0 km | 153 m | 15 C |
| 1 | Chepelin, Alexander | GRAMP | M16 | Blue | 46:12 | 0:00 | |
| 2 | White, Callum | INVOC | M16 | Blue | 46:15 | 0:03 | |
| 3 | Dean, Martin | FVO | M55 | Blue | 47:38 | 1:26 | |
| 4 | Galloway, Matthew | INT | M16 | Blue | 48:28 | 2:16 | |
| 5 | Coombs, Calum | MAROC | M21 | Blue | 48:36 | 2:24 | |
| 6 | Wilson, Thomas | CLYDE | M16 | Blue | 48:49 | 2:37 | |
| 7 | Barr, Andrew | MOR | M16 | Blue | 49:19 | 3:07 | |
| 8 | Petrie, Donald | CLYDE | M55 | Blue | 49:50 | 3:38 | |
| 9 | Hickling, Robert | GRAMP | M55 | Blue | 53:11 | 6:59 | |
| 10 | Coombs, Roger | MAROC | M55 | Blue | 55:05 | 8:53 | |
| 11 | Stansfield, Daniel | FVO | M16 | Blue | 58:15 | 12:03 | |
| 12 | Smithard, Phil | KFO | M65 | Blue | 58:19 | 12:07 | |
| 13 | McMillan, Rhona | MAROC | W18 | Blue | 59:51 | 13:39 | |
| 14 | Duley, Paul | GRAMP | M55 | Blue | 1:00:15 | 14:03 | |
| 15 | Holliday, Mark | FVO | M55 | Blue | 1:00:23 | 14:11 | |
| 16 | McLeod, Marsela | INVOC | W45 | Blue | 1:01:04 | 14:52 | |
| 17 | Mason, Jessica | MAROC | W18 | Blue | 1:02:02 | 15:50 | |
| 18 | Turner, Ian | SOLWAY | M65 | Blue | 1:02:13 | 16:01 | |
| 19 | Spencer, Stephen | MAROC | M55 | Blue | 1:02:49 | 16:37 | |
| 20 | Parkes, Matthew | GRAMP | M35 | Blue | 1:04:10 | 17:58 | |
| 21 | Armitage, Dave | GRAMP | M60 | Blue | 1:04:11 | 17:59 | |
| 22 | Hartman, Heather | INT | W40 | Blue | 1:04:25 | 18:13 | |
| 23 | Wright, Frances | MAROC | W18 | Blue | 1:06:03 | 19:51 | |
| 24 | Daly, Robert | GRAMP | M55 | Blue | 1:06:36 | 20:24 | |
| 25 | Ross, Finlay | ESOC | M45 | Blue | 1:08:19 | 22:07 | |
| 26 | Leonard, Jen | FVO | W40 | Blue | 1:08:49 | 22:37 | |
| 27 | Walker, Alistair | MAROC | M16 | Blue | 1:09:50 | 23:38 | |
| 28 | Thomson, Heather | ESOC | W35 | Blue | 1:14:53 | 28:41 | |
| 29 | Matheson, Colin | FVO | M55 | Blue | 1:16:26 | 30:14 | |
| 30 | Strain, Robin | ELO | M60 | Blue | 1:17:14 | 31:02 | |
| 31 | McLeod, Carolyn | GRAMP | W45 | Blue | 1:20:18 | 34:06 | |
| 32 | Thompson, Phill | MOR | M60 | Blue | 1:25:50 | 39:38 | |
| 33 | Aldridge, Malcolm | MOR | M55 | Blue | 1:27:53 | 41:41 | |
| 34 | Lenton, Jane | MAROC | W18 | Blue | 1:33:44 | 47:32 | |

| Pl | Name | Club | Age Cl. | Cl. | Time | Diff. | Check | |
|------------------|------------------|-------|---------|------|---------------|--------------|-------------|-----|
| Blue (44) | | | | | 6.0 km | 153 m | 15 C | (co |
| 35 | Firth, Simon | ESOC | M35 | Blue | 1:35:40 | 49:28 | | |
| 36 | Wilkinson, Rob | GRAMP | M16 | Blue | 1:36:42 | 50:30 | | |
| 37 | Smith, Donald | TAY | M60 | Blue | 1:38:24 | 52:12 | | |
| 38 | Lamb, Peter | BASOC | M60 | Blue | 1:41:02 | 54:50 | | |
| 39 | Aust, Chris | GRAMP | M60 | Blue | 1:41:03 | 54:51 | | |
| 40 | Stevenson, Bill | ESOC | M60 | Blue | 1:51:57 | 1:05:45 | | |
| 41 | Esson, George | GRAMP | M60 | Blue | 2:00:18 | 1:14:06 | | |
| | Campbell, Iain | MAROC | M16 | Blue | mp | | | |
| | Carstairs, Grant | TAY | M55 | Blue | dns | | | |
| | Tivendale, Andy | MAROC | M65 | Blue | dns | | | |

| | | | | | | | |
|-------------------|------------------|-------|-----|-------|---------------|--------------|-------------|
| Brown (20) | | | | | 9.0 km | 207 m | 18 C |
| 1 | Gooch, Daniel | MAROC | M40 | Brown | 1:08:08 | 0:00 | |
| 2 | Nolan, Craig | ESOC | M18 | Brown | 1:10:30 | 2:22 | |
| 3 | Robertson, Dave | CLYDE | M45 | Brown | 1:11:19 | 3:11 | |
| 4 | Roberts, Callum | MAROC | M18 | Brown | 1:13:30 | 5:22 | |
| 5 | Dudley, Joshua | MAROC | M18 | Brown | 1:13:51 | 5:43 | |
| 6 | Robertson, Ali | GRAMP | M35 | Brown | 1:16:54 | 8:46 | |
| 7 | Galloway, Chris | INT | M18 | Brown | 1:18:57 | 10:49 | |
| 8 | Stansfield, Ben | FVO | M40 | Brown | 1:19:24 | 11:16 | |
| 9 | Milton, Kenneth | CLYDE | M40 | Brown | 1:20:43 | 12:35 | |
| 10 | McLeod, Calum | GRAMP | M18 | Brown | 1:21:04 | 12:56 | |
| 11 | Purves, Fraser | FVO | M40 | Brown | 1:21:14 | 13:06 | |
| 12 | Hartman, Ben | INT | M40 | Brown | 1:22:42 | 14:34 | |
| 13 | Lindsay, Andrew | ESOC | M18 | Brown | 1:25:00 | 16:52 | |
| 14 | Keith, Alec | INVOC | M45 | Brown | 1:27:16 | 19:08 | |
| 15 | Dunlop, Alastair | CLYDE | M35 | Brown | 1:33:50 | 25:42 | |
| 16 | Gomersall, Jack | GRAMP | M18 | Brown | 1:35:34 | 27:26 | |
| 17 | McHarg, Steven | INT | M21 | Brown | 1:40:35 | 32:27 | |
| 18 | Peden, Murray | ECKO | M18 | Brown | 1:40:56 | 32:48 | |
| 19 | Carcas, Max | INT | M40 | Brown | 2:06:48 | 58:40 | |
| | Lee, Robert | INT | M50 | Brown | dns | | |

| | | | | | | | |
|-------------------|--------------------|-------|-----|-------|---------------|--------------|-------------|
| Green (42) | | | | | 4.2 km | 130 m | 13 C |
| 1 | Ricketts, Jennifer | MAROC | W16 | Green | 44:08 | 0:00 | |
| 2 | Coombs, Trish | MAROC | W55 | Green | 51:38 | 7:30 | |
| 3 | Matthews, Bronwyn | MAROC | W16 | Green | 52:22 | 8:14 | |
| 4 | Nisbet, Janice | ESOC | W55 | Green | 53:27 | 9:19 | |
| 5 | McAdam, Pauline | STAG | W55 | Green | 55:31 | 11:23 | |
| 6 | Grassie, Donald | GRAMP | M55 | Green | 55:53 | 11:45 | |
| 7 | Lenton, Jonathan | MAROC | M55 | Green | 56:11 | 12:03 | |
| 8 | Mason, Abigail | MAROC | W14 | Green | 56:29 | 12:21 | |

| Pl | Name | Club | Age Cl. | Cl. | Time | Diff. | Check |
|----|------|------|---------|-----|------|-------|-------|
|----|------|------|---------|-----|------|-------|-------|

Green (42)**4.2 km 130 m 13 C**

(co

| | | | | | | | |
|----|---------------------|--------|-----|-------|---------|---------|--|
| 9 | Carmichael, Dick | TINTO | M60 | Green | 58:41 | 14:33 | |
| 10 | Stansfield, Josie | FVO | W40 | Green | 59:39 | 15:31 | |
| 11 | Carcas, Jane | INT | W45 | Green | 1:00:22 | 16:14 | |
| 12 | Belton, Val | CLYDE | W55 | Green | 1:00:45 | 16:37 | |
| 13 | Pearson, Michael | GRAMP | M60 | Green | 1:03:02 | 18:54 | |
| 14 | Mason, Evelyn | MAROC | W16 | Green | 1:05:27 | 21:19 | |
| 15 | McHarg, Andrew | INT | M21 | Green | 1:06:34 | 22:26 | |
| 16 | Dearman, Margaret | MOR | W60 | Green | 1:08:57 | 24:49 | |
| 17 | Quick, Hilary | BASOC | W55 | Green | 1:10:23 | 26:15 | |
| 18 | Carmichael, Trish | TINTO | W60 | Green | 1:11:33 | 27:25 | |
| 19 | Thomson, Gerry | STAG | M55 | Green | 1:12:59 | 28:51 | |
| 20 | Elder, Mark | CLYDE | M55 | Green | 1:13:52 | 29:44 | |
| 21 | Stevenson, Anne | ESOC | W60 | Green | 1:14:31 | 30:23 | |
| 22 | Duncan, Claire | KFO | W40 | Green | 1:18:15 | 34:07 | |
| 23 | Kirkwood, Gilly | INVOC | W50 | Green | 1:20:40 | 36:32 | |
| 24 | Getliff, Megan | MAROC | W16 | Green | 1:22:11 | 38:03 | |
| 25 | Rogerson, Trina | ELO | W60 | Green | 1:23:04 | 38:56 | |
| 26 | Murray, Douglas | MOR | M75 | Green | 1:26:55 | 42:47 | |
| 27 | Morrison, Jim | ESOC | M55 | Green | 1:28:21 | 44:13 | |
| 28 | Grassie, Oonagh | GRAMP | W55 | Green | 1:29:53 | 45:45 | |
| 29 | McMurtrie, Sheila | MAROC | W40 | Green | 1:32:17 | 48:09 | |
| 30 | Lessells, Katy | ESOC | W60 | Green | 1:42:40 | 58:32 | |
| 31 | Lang, Marianne | GRAMP | W45 | Green | 1:43:10 | 59:02 | |
| 32 | Jones, Genevieve | GRAMP | W60 | Green | 1:43:45 | 59:37 | |
| 33 | Esson, Lindsey | GRAMP | W60 | Green | 2:31:17 | 1:47:09 | |
| | McMurtrie, Cara | MAROC | W16 | Green | mp | | |
| | Turner, Diana | SOLWAY | W60 | Green | mp | | |
| | Ford-bryant, Oliver | MAROC | M16 | Green | mp | | |
| | Noble, Joan | INVOC | W65 | Green | mp | | |
| | Petrie, Amelia | CLYDE | W55 | Green | mp | | |
| | Thomson, Lynsey | STAG | W21 | Green | mp | | |
| | Hickling, Anne | GRAMP | W55 | Green | dns | | |
| | Smithard, Heather | KFO | W60 | Green | dns | | |
| | Smithard, Les | KFO | M60 | Green | dns | | |

Light Green (30)**3.0 km 67 m 8 C**

| | | | | | | | |
|---|------------------|-------|-----|--------|-------|------|--|
| 1 | Carcas, Alex | INT | M14 | LGreen | 26:16 | 0:00 | |
| 2 | Todd, Finlay | INVOC | M14 | LGreen | 28:20 | 2:04 | |
| 3 | McMurtrie, Ross | MAROC | M14 | LGreen | 28:44 | 2:28 | |
| 4 | Wilson, Emma | CLYDE | W14 | LGreen | 30:20 | 4:04 | |
| 5 | Galloway, Samuel | INT | M14 | LGreen | 33:00 | 6:44 | |
| 6 | McMillan, Ewan | MAROC | M14 | LGreen | 33:04 | 6:48 | |
| 6 | Ackland, James | INT | M14 | LGreen | 33:04 | 6:48 | |

| Pl | Name | Club | Age | Cl. | Cl. | Time | Diff. | Check |
|----|------|------|-----|-----|-----|------|-------|-------|
|----|------|------|-----|-----|-----|------|-------|-------|

Light Green (30)**3.0 km 67 m 8 C**

(co

| | | | | | | | |
|----|--------------------|-------|-----|--------|---------|-------|----------|
| 8 | Getliff, Rosie | MAROC | W14 | LGreen | 33:50 | 7:34 | |
| 9 | Thomas, Alastair | WCOC | M12 | LGreen | 33:51 | 7:35 | |
| 10 | Barr, Kathryn | MOR | W14 | LGreen | 35:26 | 9:10 | |
| 11 | Weir, Hamish | MOR | M14 | LGreen | 36:03 | 9:47 | |
| 12 | Carcas, Freddie | INT | M14 | LGreen | 38:08 | 11:52 | |
| 13 | Stansfield, Clare | FVO | W14 | LGreen | 41:24 | 15:08 | |
| 14 | Johnson, Iain | MAROC | M16 | LGreen | 42:13 | 15:57 | |
| 15 | Keith, Rachel | INVOC | W14 | LGreen | 42:30 | 16:14 | |
| 16 | Wilkinson, Kate | GRAMP | W14 | LGreen | 51:10 | 24:54 | |
| 17 | Ricketts, Megan | MAROC | W14 | LGreen | 53:23 | 27:07 | |
| 18 | Watts, Kieran | INVOC | M14 | LGreen | 58:03 | 31:47 | |
| 19 | White, Rowan | INVOC | M14 | LGreen | 59:48 | 33:32 | |
| 20 | Skinner, Katie | MAROC | W14 | LGreen | 1:01:06 | 34:50 | |
| 21 | McLeod, Allan | INVOC | M50 | LGreen | 1:03:46 | 37:30 | |
| 22 | Lang, Naomi | GRAMP | W12 | LGreen | 1:05:16 | 39:00 | |
| 23 | Barraclough, Laura | GRAMP | W12 | LGreen | 1:09:52 | 43:36 | |
| 24 | Iason, Robbie | MAROC | M14 | LGreen | 1:11:32 | 45:16 | |
| 25 | Todd, Catherine | INVOC | W45 | LGreen | 1:18:03 | 51:47 | |
| 26 | Anderson, Judith | GRAMP | W20 | LGreen | 1:18:26 | 52:10 | |
| 27 | Barraclough, Jan | GRAMP | M10 | LGreen | 1:23:56 | 57:40 | Shadowed |
| | Robertson, Lindsay | CLYDE | W14 | LGreen | mp | | |
| | Hamilton, Amy | MAROC | W14 | LGreen | mp | | |
| | Todd, Molly | INVOC | W14 | LGreen | dns | | |

Orange (22)**2.5 km 68 m 9 C**

| | | | | | | | |
|----|--------------------|-------|-----|--------|-------|-------|--|
| 1 | Chapman, Jake | MAROC | M12 | Orange | 22:34 | 0:00 | |
| 2 | Wright, Joseph | MAROC | M12 | Orange | 22:52 | 0:18 | |
| 3 | Chapman, Alistair | MAROC | M12 | Orange | 23:33 | 0:59 | |
| 4 | Kirk, Lachlan | GRAMP | M14 | Orange | 30:07 | 7:33 | |
| 5 | Gooch, Matthew | MAROC | M10 | Orange | 30:14 | 7:40 | |
| 6 | Yardley, Keith | GRAMP | M12 | Orange | 31:23 | 8:49 | |
| 7 | Stansfield, Lizzie | FVO | W10 | Orange | 32:12 | 9:38 | |
| 8 | Graham, Luke | MAROC | M12 | Orange | 32:30 | 9:56 | |
| 9 | Evans, Nathan | MOR | | Orange | 33:44 | 11:10 | |
| 10 | Bonsall, John | MOR | M14 | Orange | 33:59 | 11:25 | |
| 11 | McRae, Nathan | MOR | M12 | Orange | 34:28 | 11:54 | |
| 12 | Purves, Ewan | FVO | M10 | Orange | 34:48 | 12:14 | |
| 13 | Getliff, John | MAROC | M12 | Orange | 34:57 | 12:23 | |
| 14 | Lardet, Eloise | FVO | W12 | Orange | 35:46 | 13:12 | |
| 15 | Skinner, Daniel | MAROC | M12 | Orange | 35:59 | 13:25 | |
| 16 | Weir, Mairi | MOR | W12 | Orange | 38:48 | 16:14 | |
| 17 | Bonsall, Alistair | MOR | M14 | Orange | 42:49 | 20:15 | |
| 18 | Anderson, Ailsa | GRAMP | W12 | Orange | 45:52 | 23:18 | |

| Pl | Name | Club | Age Cl. | Cl. | Time | Diff. | Check |
|------------------------|--------------------|-------|---------|--------|--------------------------|---------|-------|
| Orange (22) | | | | | 2.5 km 68 m 9 C | | |
| 19 | Campbell, Graeme | MAROC | M12 | Orange | 50:47 | 28:13 | |
| 20 | Schouten, Phoebe | MAROC | W12 | Orange | 1:08:00 | 45:26 | |
| 21 | Spencer, Jackie | | | Orange | 1:11:31 | 48:57 | |
| | Lang, Alex | GRAMP | M10 | Orange | mp | | |
| Short Blue (37) | | | | | 4.6 km 121 m 13 C | | |
| 1 | Ricketts, Trevor | MAROC | M50 | SBlue | 43:03 | 0:00 | |
| 2 | Skinner, Robin | MAROC | M50 | SBlue | 45:30 | 2:27 | |
| 3 | Thomas, Roger | WCOC | M50 | SBlue | 47:50 | 4:47 | |
| 4 | Roberts, Keith | MAROC | M50 | SBlue | 49:03 | 6:00 | |
| 5 | Armitage, Sonia | GRAMP | W50 | SBlue | 50:28 | 7:25 | |
| 6 | Paterson, Andy | CLYDE | M45 | SBlue | 51:17 | 8:14 | |
| 7 | Ackland, Jane | INT | W45 | SBlue | 52:48 | 9:45 | |
| 8 | Cunningham, Alison | ESOC | W45 | SBlue | 53:20 | 10:17 | |
| 9 | Thomas, Lynne | WCOC | W40 | SBlue | 53:22 | 10:19 | |
| 10 | Rae, Allan | GRAMP | M40 | SBlue | 53:44 | 10:41 | |
| 11 | McLean, Neil | GRAMP | M65 | SBlue | 54:48 | 11:45 | |
| 12 | Wilson, Rachel | CLYDE | W45 | SBlue | 55:28 | 12:25 | |
| 13 | Scrutton, Roger | ESOC | M65 | SBlue | 56:22 | 13:19 | |
| 14 | Farquharson, Laura | GRAMP | W45 | SBlue | 57:26 | 14:23 | |
| 15 | Longhurst, Louise | FVO | W45 | SBlue | 58:52 | 15:49 | |
| 16 | Lessells, Alastair | ESOC | M65 | SBlue | 59:20 | 16:17 | |
| 17 | Rodgers, Mike | MOR | M50 | SBlue | 59:36 | 16:33 | |
| 18 | Strain, Sheila | ELO | W60 | SBlue | 1:00:06 | 17:03 | |
| 19 | Pyrah, Ian | ESOC | M65 | SBlue | 1:00:51 | 17:48 | |
| 20 | Weir, Pippa | MOR | W45 | SBlue | 1:01:37 | 18:34 | |
| 21 | Knox, Lindsey | RR | W50 | SBlue | 1:01:43 | 18:40 | |
| 22 | Gomersall, Lesley | GRAMP | W50 | SBlue | 1:01:49 | 18:46 | |
| 23 | Burnapp, Carol | ECKO | W45 | SBlue | 1:04:03 | 21:00 | |
| 24 | Craig, Peter | MAROC | M65 | SBlue | 1:07:05 | 24:02 | |
| 25 | Robertson, Kate | GRAMP | W21 | SBlue | 1:07:22 | 24:19 | |
| 26 | Rowlands, Helen | GRAMP | W45 | SBlue | 1:09:18 | 26:15 | |
| 27 | Peden, Mandy | ECKO | W50 | SBlue | 1:09:41 | 26:38 | |
| 28 | Bryant, David | MAROC | M50 | SBlue | 1:11:44 | 28:41 | |
| 29 | James, Helen | TINTO | W45 | SBlue | 1:14:49 | 31:46 | |
| 30 | Wright, Denise | MAROC | W45 | SBlue | 1:17:40 | 34:37 | |
| 31 | Macpherson, Claire | CLYDE | W21 | SBlue | 1:26:43 | 43:40 | |
| 32 | Maxwell, Eileen | RR | W45 | SBlue | 1:30:22 | 47:19 | |
| 33 | Anderson, Stuart | GRAMP | M50 | SBlue | 1:45:23 | 1:02:20 | |
| 34 | Kerridge, Jane | MAROC | W55 | SBlue | 1:52:55 | 1:09:52 | |
| | Loots, Fran | TAY | W50 | SBlue | dns | | |
| | Todd, Tom | INVOC | M45 | SBlue | dns | | |
| | Galloway, Lucy | INT | W45 | SBlue | dns | | |

| Pl | Name | Club | Age | Cl. | Time | Diff. | Check |
|----|------|------|-----|-----|------|-------|-------|
|----|------|------|-----|-----|------|-------|-------|

Short Brown (38)**7.5 km 194 m 17 C**

| | | | | | | | |
|----|--------------------|-------|-----|--------|---------|-------|--|
| 1 | Musgrave, Jonathan | MAROC | M50 | SBrown | 51:58 | 0:00 | |
| 2 | Galloway, Robin | INT | M45 | SBrown | 53:46 | 1:48 | |
| 3 | Largey, Ciara | FERMO | W21 | SBrown | 57:43 | 5:45 | |
| 4 | Shepherd, Jo | INVOC | W20 | SBrown | 1:01:07 | 9:09 | |
| 5 | Tullie, Jessica | ECKO | W21 | SBrown | 1:03:37 | 11:39 | |
| 6 | Paterson, George | MOR | M45 | SBrown | 1:05:00 | 13:02 | |
| 7 | Strain, Kirsten | EUOC | W21 | SBrown | 1:06:33 | 14:35 | |
| 8 | Chepelin, Evgueni | GRAMP | M50 | SBrown | 1:07:56 | 15:58 | |
| 9 | McMillan, Paul | MAROC | M45 | SBrown | 1:08:07 | 16:09 | |
| 10 | Campbell, Alex | BASOC | M50 | SBrown | 1:09:12 | 17:14 | |
| 11 | Anderson, Murray | GRAMP | M45 | SBrown | 1:09:34 | 17:36 | |
| 12 | Weir, Dave | MOR | M50 | SBrown | 1:09:40 | 17:42 | |
| 13 | Maxwell, Ian | RR | M50 | SBrown | 1:10:04 | 18:06 | |
| 14 | Yardley, Gareth | GRAMP | M45 | SBrown | 1:10:56 | 18:58 | |
| 15 | Wilson, Steve | CLYDE | M45 | SBrown | 1:11:14 | 19:16 | |
| 16 | Hale, Nick | GRAMP | M50 | SBrown | 1:11:37 | 19:39 | |
| 17 | Hamilton, Ian | GRAMP | M50 | SBrown | 1:11:45 | 19:47 | |
| 18 | Gomersall, Sam | GRAMP | M50 | SBrown | 1:11:58 | 20:00 | |
| 19 | Maxwell, Kirstin | EUOC | W20 | SBrown | 1:13:04 | 21:06 | |
| 20 | Longhurst, Gary | FVO | M50 | SBrown | 1:13:51 | 21:53 | |
| 21 | Dunn, Sarah | MAROC | W40 | SBrown | 1:15:48 | 23:50 | |
| 22 | Shepherd, Iain | INVOC | M45 | SBrown | 1:17:36 | 25:38 | |
| 23 | Lawrence, Pete | GRAMP | M45 | SBrown | 1:17:47 | 25:49 | |
| 24 | Hornby, Rupert | MOR | M45 | SBrown | 1:18:54 | 26:56 | |
| 25 | Mason, John | MAROC | M45 | SBrown | 1:20:20 | 28:22 | |
| 26 | Wilkinson, John | GRAMP | M50 | SBrown | 1:20:40 | 28:42 | |
| 27 | Kirk, David | GRAMP | M45 | SBrown | 1:21:48 | 29:50 | |
| 28 | Dean, Hazel | FVO | W45 | SBrown | 1:22:42 | 30:44 | |
| 29 | Barraclough, Iain | GRAMP | M45 | SBrown | 1:26:12 | 34:14 | |
| 30 | Reynard, Kevin | GRAMP | M45 | SBrown | 1:26:52 | 34:54 | |
| 31 | Campbell, Andrew | MAROC | M18 | SBrown | 1:27:33 | 35:35 | |
| 32 | Kerridge, Ewen | MAROC | M16 | SBrown | 1:31:08 | 39:10 | |
| 33 | Coustick, Dave | FVO | M65 | SBrown | 1:31:24 | 39:26 | |
| 34 | Macpherson, Andrew | CLYDE | M45 | SBrown | 1:31:34 | 39:36 | |
| 35 | Lang, John | GRAMP | M45 | SBrown | 1:31:42 | 39:44 | |
| 36 | McLeod, Iain | GRAMP | M50 | SBrown | 1:38:19 | 46:21 | |
| | Campbell, Neil | MAROC | M45 | SBrown | mp | | |
| | Daly, Ken | INT | M50 | SBrown | dns | | |

Short Green (22)**3.1 km 95 m 12 C**

| | | | | | | | |
|---|--------------------|-------|-----|--------|-------|------|--|
| 1 | Barr, Elizabeth | MOR | W45 | SGreen | 38:41 | 0:00 | |
| 2 | Maccormick, Marion | BASOC | W65 | SGreen | 45:37 | 6:56 | |
| 3 | McMillan, Margaret | MAROC | W45 | SGreen | 46:01 | 7:20 | |

| Pl | Name | Club | Age Cl. | Cl. | Time | Diff. | Check | |
|-------------------------|----------------------|-------|---------|--------|-------------------------|---------|-------|-----|
| Short Green (22) | | | | | 3.1 km 95 m 12 C | | | (co |
| 4 | Dudley, Caz | MAROC | W50 | SGreen | 53:11 | 14:30 | | |
| 5 | Hornby, Caroline | MOR | W45 | SGreen | 58:19 | 19:38 | | |
| 6 | Brown, Maureen | FVO | W65 | SGreen | 59:34 | 20:53 | | |
| 7 | Clark, Janet | ESOC | W70 | SGreen | 1:00:20 | 21:39 | | |
| 8 | Pyrah, Eleanor | ESOC | W65 | SGreen | 1:00:56 | 22:15 | | |
| 9 | Getliff, Frances | MAROC | W45 | SGreen | 1:08:23 | 29:42 | | |
| 10 | Skinner, Lynne | MAROC | W45 | SGreen | 1:09:33 | 30:52 | | |
| 11 | Craig, Marjory | MAROC | W65 | SGreen | 1:12:35 | 33:54 | | |
| 12 | Nolan, Helena | ESOC | W45 | SGreen | 1:13:04 | 34:23 | | |
| 13 | Clark, Jim | ESOC | M75 | SGreen | 1:14:32 | 35:51 | | |
| 14 | McLaughlin, Patricia | STAG | W60 | SGreen | 1:16:29 | 37:48 | | |
| 15 | Aust, Margaret | GRAMP | W60 | SGreen | 1:26:15 | 47:34 | | |
| 16 | Wilkinson, Fran | GRAMP | W45 | SGreen | 1:28:39 | 49:58 | | |
| 17 | Aitken, Angus | GRAMP | M80 | SGreen | 1:31:08 | 52:27 | | |
| 18 | Lamb, Libby | BASOC | W60 | SGreen | 1:45:54 | 1:07:13 | | |
| 19 | Wilson Hay, Audrey | GRAMP | W60 | SGreen | 2:02:25 | 1:23:44 | | |
| | Reynard, Jackie | GRAMP | W45 | SGreen | mp | | | |
| | Matthews, Margit | MAROC | W45 | SGreen | mp | | | |
| | Macgregor, Jayne | GRAMP | W55 | SGreen | mp | | | |

| | | | | | | | |
|------------------|---------------------|-------|-----|-------|------------------------|-------|----------|
| White (8) | | | | | 1.5 km 31 m 9 C | | |
| 1 | Hartman, James | INT | M7 | White | 11:31 | 0:00 | Shadowed |
| 2 | Reynard, Maya | GRAMP | W10 | White | 16:20 | 4:49 | |
| 3 | Farquharson, Morven | GRAMP | W7 | White | 16:50 | 5:19 | Shadowed |
| 4 | Farquharson, Kirsty | GRAMP | W7 | White | 18:00 | 6:29 | Shadowed |
| 5 | Robertson, Kirsten | CLYDE | W10 | White | 19:21 | 7:50 | |
| 6 | Gooch, Ruth | MAROC | W10 | White | 20:28 | 8:57 | |
| 7 | Lang, Patrick | GRAMP | M10 | White | 22:07 | 10:36 | |
| 8 | Purves, Robin | FVO | M10 | White | 54:23 | 42:52 | |

| | | | | | | | |
|--------------------|------------------|-------|-----|--------|------------------------|-------|--|
| Yellow (23) | | | | | 2.3 km 37 m 8 C | | |
| 1 | McMurtrie, Grant | MAROC | M10 | Yellow | 15:54 | 0:00 | |
| 2 | Keith, Megan | INVOC | W10 | Yellow | 18:24 | 2:30 | |
| 3 | McBeath, Iona | MAROC | W12 | Yellow | 18:46 | 2:52 | |
| 4 | Gooch, Joel | MAROC | M10 | Yellow | 19:44 | 3:50 | |
| 5 | Wilson, Alice | CLYDE | W10 | Yellow | 22:50 | 6:56 | |
| 6 | Easton, Louis | MAROC | M12 | Yellow | 22:53 | 6:59 | |
| 7 | Ogg, Connor | MAROC | M12 | Yellow | 23:14 | 7:20 | |
| 8 | Musgrave, Ewan | MAROC | M10 | Yellow | 23:16 | 7:22 | |
| 9 | Gomersall, Josie | GRAMP | W12 | Yellow | 26:00 | 10:06 | |
| 10 | Todd, Sorley | INVOC | M10 | Yellow | 28:11 | 12:17 | |
| 11 | Cartmell, Kyle | MOR | | Yellow | 28:15 | 12:21 | |

| Pl | Name | Club | Age Cl. | Cl. | Time | Diff. | Check |
|----|------|------|---------|-----|------|-------|-------|
|----|------|------|---------|-----|------|-------|-------|

Yellow (23)**2.3 km 37 m 8 C** (co

| | | | | | | | |
|----|---------------------|-------|-----|--------|-------|-------|--|
| 12 | Todd, Eric | INVOC | M10 | Yellow | 29:38 | 13:44 | |
| 13 | Hornby, Christopher | MOR | M12 | Yellow | 31:19 | 15:25 | |
| 14 | Anderson, Isobel | GRAMP | W10 | Yellow | 33:10 | 17:16 | |
| 15 | Carcas, Pippa | INT | W10 | Yellow | 35:02 | 19:08 | |
| 16 | Graham, Amber | MAROC | W10 | Yellow | 35:52 | 19:58 | |
| 17 | Thomas, Carys | WCOC | W10 | Yellow | 39:00 | 23:06 | |
| 18 | Campbell, Karen | BASOC | W50 | Yellow | 40:09 | 24:15 | |
| 19 | Chillingworth, Maya | GRAMP | W14 | Yellow | 47:04 | 31:10 | |
| 20 | Macgregor, Alan | GRAMP | M55 | Yellow | 54:48 | 38:54 | |
| | Thomson, Leo | MAROC | M12 | Yellow | dns | | |
| | Thomson, Orla | MAROC | W14 | Yellow | dns | | |
| | Griffin, Jack | MAROC | M12 | Yellow | dns | | |