

| Pl | Name | Time |
|---------------------------------------|--------------------|-------|
| Course 1 (62) 3.5 km 20 m 27 C | | |
| 1 | Tommy Hayes | 13:12 |
| 2 | Devon Beckman | 14:00 |
| 3 | Max Griffiths | 14:32 |
| 4 | Cameron de L'Isle | 14:46 |
| 5 | Liam Thompson | 16:34 |
| 6 | James Crosby | 16:39 |
| 7 | Aiden Ellmers | 17:43 |
| 8 | Alex Monckton | 17:49 |
| 9 | Allan Janes | 18:06 |
| 10 | Guy Cory-Wright | 18:11 |
| 11 | Megan Drew | 18:23 |
| 12 | Liam Stolberger | 18:26 |
| 13 | Euan Pike | 18:28 |
| 14 | Jeff Greenwood | 18:35 |
| 15 | Liam Watkins-Stars | 18:38 |
| 16 | Rob Jessop | 19:03 |
| 17 | Adrian Pike | 19:06 |
| 18 | Heidi Stolberger | 19:22 |
| 19 | Patrick Hayes | 19:26 |
| 19 | Jonty De Pledge | 19:26 |
| 21 | Jonathan Wood | 19:45 |
| 22 | Andrew de L'Isle | 20:19 |
| 23 | Olivia Collins | 20:26 |
| 24 | Dwayne Smith | 20:33 |
| 25 | Martin Crosby | 20:44 |
| 26 | Nick Monckton | 20:49 |
| 27 | Jessica Sewell | 20:57 |
| 28 | India James | 21:03 |
| 29 | Ben Dean | 21:04 |
| 30 | Rebecca Greenwood | 21:24 |
| 31 | Kate Smirnova | 21:28 |
| 32 | Adam Bateman | 21:38 |
| 33 | Campbell Syme | 21:45 |
| 34 | Suzanne Stolberger | 21:49 |
| 35 | Thomas Calderon | 21:51 |
| 36 | Michael Schrott | 22:01 |
| 37 | Richard Mercer | 22:32 |
| 38 | Mark Lawson | 22:44 |
| 39 | Anna Cory-Wright | 22:59 |
| 40 | Annette Orchard | 24:24 |
| 41 | Mark Todd | 25:59 |
| 42 | Ken Taylor | 26:07 |
| 43 | Monique Dean | 26:45 |
| 44 | Elizabeth Parsons | 27:05 |
| 45 | Mark Frater | 27:35 |
| 45 | John Parsons | 27:35 |
| 47 | Alison Comer | 28:01 |
| 48 | Louise Borton | 29:23 |
| 49 | Kaye Griffiths | 29:29 |
| 50 | Russell Syme | 29:42 |
| 51 | Sarah Stewart | 29:54 |
| 52 | Mike Roigard | 30:02 |
| 53 | Peter Ware | 31:03 |
| 54 | Libby McLeay | 31:48 |

| Pl | Name | Time |
|---------------------------------------|---------------------|-------|
| Course 1 (62) 3.5 km 20 m 27 C | | |
| 55 | Jery Liu | 32:26 |
| 56 | Nathan Borton | 33:14 |
| 57 | Thomas Powell | 33:55 |
| | Thomas Stolberger | mp |
| | Lyn Stanton | mp |
| | Arend Merrie | mp |
| | Fiona Turner | mp |
| | Conor Doherty | dnf |
| Course 2 (60) 2.5 km 20 m 24 C | | |
| 1 | Allan Janes | 12:32 |
| 2 | Jessica Sewell | 13:29 |
| 3 | Heidi Stolberger | 14:00 |
| 4 | Mitchell Williams | 15:13 |
| 5 | Petra Buyck | 15:49 |
| 6 | Mitchell Cooper | 16:49 |
| 7 | Jack Cavanagh | 16:58 |
| 8 | Sylvie Frater | 17:09 |
| 9 | Marianne Duston | 18:03 |
| 10 | Aidin Skinner | 18:32 |
| 11 | Megan Wood | 18:47 |
| 12 | Anne Jeans | 19:00 |
| 13 | Anna Duston | 19:21 |
| 14 | Hannah Stewart | 19:27 |
| 15 | Zoe Callesen | 19:37 |
| 16 | Myles James | 19:52 |
| 17 | Erin Cory-Wright | 20:08 |
| 18 | Harriet Cook | 20:22 |
| 19 | Rosie Monckton | 20:23 |
| 20 | Katie Ryan | 20:25 |
| 21 | Liam Buyck | 20:35 |
| 22 | Penelope Salmon | 20:50 |
| 23 | Charlotte de L'Isle | 21:11 |
| 24 | Nathan Watson | 21:25 |
| 25 | Carmen Fookes | 21:27 |
| 26 | Ashley Sophie | 21:34 |
| 27 | Chelseh Oliver | 21:46 |
| 28 | Gabriella Delatour | 21:57 |
| 29 | Lucaime Meurillon | 21:59 |
| 30 | Crissy Sanders | 22:20 |
| 31 | Lucy Pettit | 22:46 |
| 32 | Thom Pettit | 23:11 |
| 33 | Mandy Pettit | 23:22 |
| 34 | Sophia Wood | 23:48 |
| 35 | Nicky Collins | 25:00 |
| 36 | Matthew Greenwood | 25:24 |
| 37 | Conor Doherty | 26:21 |
| 38 | Sofia Toes | 27:45 |
| 39 | Iryna Smirnova | 28:32 |
| 40 | Tracey Syme | 32:11 |
| 41 | Cole Barfoot | 33:24 |
| 42 | Jessica Robinson | 34:47 |

| Pl | Name | Time |
|---------------------------------------|------------------|-------|
| Course 2 (60) 2.5 km 20 m 24 C | | |
| 43 | Melina Robinson | 34:56 |
| 44 | Rachel Buyck | 35:08 |
| 45 | Isla Slade | 35:36 |
| 46 | Luca Eastwood | 36:22 |
| 47 | George Robinson | 36:39 |
| 48 | Diane Taylor | 37:42 |
| 49 | Katie Monckton | 38:37 |
| 50 | Nia McDonald | 40:03 |
| 51 | Liz and Chris | 44:28 |
| | Nathan Sands | mp |
| | Jayden Nicholas | mp |
| | John Duston | mp |
| | Bruce Cassey | mp |
| | Poppy McDonald | mp |
| | Catherine Murphy | mp |
| | Ameilia Blaney | mp |
| | Liam Stolberger | dnf |
| | Vicky Harris | dnf |

| | | |
|---------------------------------------|--------------------|-------|
| Course 3 (31) 1.4 km 10 m 17 C | | |
| 1 | Max Griffiths | 6:02 |
| 2 | Allan Janes | 6:22 |
| 3 | Matthew Greenwood | 7:26 |
| 4 | Anna Cory-Wright | 7:59 |
| 5 | Crissy Sanders | 8:57 |
| 6 | Juliet Frater | 9:45 |
| 7 | Harriet Cook | 10:07 |
| 8 | Alice Otten | 10:10 |
| 9 | Rosie Monckton | 10:22 |
| 10 | Charlie Frater | 10:46 |
| 11 | James Oliver | 11:17 |
| 12 | Daniel Carrell | 11:27 |
| 13 | Fiona de L'Isle | 12:21 |
| 14 | Ellyne Raffler | 12:31 |
| 15 | Pippa Dixon | 13:00 |
| 16 | Rachel Duston | 13:25 |
| 17 | Amy Watson | 13:59 |
| 18 | Emily Robinson | 17:41 |
| 19 | Izzy MacKenzie | 18:12 |
| 20 | Lucia MacKenzie | 18:21 |
| 21 | Denise Cutler | 20:28 |
| 22 | Harry Borton | 20:36 |
| 23 | Glory Bateman | 21:32 |
| 24 | Ashwini Tittawella | 21:44 |
| 24 | Tiffany Hui | 21:44 |
| 26 | Linda Drew | 28:02 |
| 27 | Soren Low | 35:08 |
| | Jack Duley | mp |
| | Isla Thompson | mp |
| | Charles Robb | mp |
| | Pip Carroll | dnf |