

| Pl | Name | Club | Time |
|--------------------------|--------------------|-------------------------|--------------------------|
| Open White M (6) | | | 1.1 km 70 m 15 C |
| 1 | Riley Croxford | NL Nelson | 10:02 |
| 2 | Jack Vetcher | PP Peninsula and Plains | 13:22 |
| 3 | James Wright | PP Peninsula and Plains | 14:22 |
| 4 | Dylan Wright | . Non-member | 26:21 |
| 5 | Ture Carlsson | SWE Sweden | 32:25 |
| | Flynn Hunter | PP Peninsula and Plains | dns |
| Open Yellow M (7) | | | 1.4 km 75 m 15 C |
| 1 | Jac Paterson | PP Peninsula and Plains | 10:40 |
| 2 | Daniel Frater | . Non-member | 12:44 |
| 3 | Rupert Shepherd | PP Peninsula and Plains | 13:06 |
| 4 | Stuart McDonald | . Non-member | 15:15 |
| 5 | Angus Steven | PP Peninsula and Plains | 18:25 |
| 6 | Moss Pelvin | DN Dunedin | 30:37 |
| | Alan Teesdale | WN Wellington | mp |
| Open Orange M (5) | | | 2.1 km 155 m 18 C |
| 1 | Brendan Wright | . Non-member | 40:58 |
| 2 | Matthew Harding | PP Peninsula and Plains | 44:16 |
| 3 | Steve Hill | NW North-West | 50:37 |
| | Frank van der Peet | BK Bayside kangaroos | mp |
| | Murray Traue | DN Dunedin | dns |
| M16 (9) | | | 2.1 km 155 m 18 C |
| 1 | Dominic Cleary | PP Peninsula and Plains | 30:17 |
| 2 | Tom Harding | PP Peninsula and Plains | 30:45 |
| 3 | Mika Hill | NW North-West | 32:08 |
| 4 | Isaac Egan | PP Peninsula and Plains | 33:37 |
| 5 | Max Paterson | PP Peninsula and Plains | 36:01 |
| 6 | Dougal Shepherd | PP Peninsula and Plains | 38:44 |
| 7 | Patrick Hayes | AK Auckland | 42:55 |
| 8 | Robbie Shepherd | PP Peninsula and Plains | 50:00 |
| | Felix Harrison | PP Peninsula and Plains | mp |
| M20 (24) | | | 3.2 km 230 m 28 C |
| 1 | Tommy Hayes | AK Auckland | 33:52 |
| 2 | Cameron Tier | NW North-West | 34:11 |
| 3 | Matt Goodall | CM Counties Manakau | 35:48 |
| 4 | Nick Smith | PP Peninsula and Plains | 36:10 |
| 5 | Shamus Morrison | WN Wellington | 36:31 |
| 6 | Ed Cory-Wright | PP Peninsula and Plains | 37:38 |
| 7 | Stephen Harding | PP Peninsula and Plains | 37:50 |
| 8 | Scott Smith | PP Peninsula and Plains | 41:20 |
| 9 | Max Griffiths | NW North-West | 41:29 |
| 10 | Connor Cleary | PP Peninsula and Plains | 41:35 |
| 11 | Ryan Williams | AK Auckland | 42:32 |
| 12 | Stuart Engleback | WN Wellington | 43:03 |
| 13 | Callum Cleary | PP Peninsula and Plains | 43:48 |
| 14 | Cameron Metherell | PP Peninsula and Plains | 44:21 |
| 15 | James Crosby | AK Auckland | 45:50 |

| Pl | Name | Club | Time |
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| M20 (24) | | | 3.2 km 230 m 28 C |
| 16 | Julius Huhn | | 46:02 |
| 17 | George Engleback | WN Wellington | 46:47 |
| 18 | Oliver Egan | PP Peninsula and Plains | 48:17 |
| 19 | Max Earnshaw | PP Peninsula and Plains | 50:16 |
| 20 | Jimmy Hayes | AK Auckland | 51:33 |
| 21 | Flynn Hill | NW North-West | 53:43 |
| 22 | William Richardson | PP Peninsula and Plains | 1:06:09 |
| | Simon Teesdale | WN Wellington | mp |
| | Callum Hill | NW North-West | disq |
| M21 Open (20) | | | 3.2 km 230 m 28 C |
| 1 | Nick Hann | WN Wellington | 28:59 |
| 2 | Matt Ogden | OK OK LINNé | 29:37 |
| 3 | Tane Cambridge | PP Peninsula and Plains | 34:22 |
| 4 | Duncan Morrison | HB Hawkes Bay | 34:44 |
| 5 | Alistair Richardson | PP Peninsula and Plains | 36:39 |
| 6 | Gene Beveridge | NW North-West | 38:58 |
| 7 | Matthew Dickinson | . Non-member | 39:28 |
| 8 | Greig Hamilton | PP Peninsula and Plains | 39:53 |
| 9 | Hakan Carlsson | SWE Sweden | 41:10 |
| 10 | Greg Flynn | NW North-West | 46:32 |
| 11 | Matt van der Peet | PP Peninsula and Plains | 48:45 |
| 12 | Andrew Johnstone | PP Peninsula and Plains | 51:28 |
| 13 | Daniel Redmond | PP Peninsula and Plains | 57:17 |
| 14 | Ian Buunk | MB Marlborough | 1:00:04 |
| 15 | Edward Pilbrow | PP Peninsula and Plains | 1:06:44 |
| 16 | Andrew Bridger | HV Hutt Valley | 1:08:18 |
| 17 | Paul Bridger | . Non-member | 1:10:19 |
| | Tim Farrant | PP Peninsula and Plains | mp |
| | Olly Powell | PP Peninsula and Plains | mp |
| | Boris De Bouck | PP Peninsula and Plains | dns |
| M40 (11) | | | 3.2 km 230 m 28 C |
| 1 | Carsten Jørgensen | PP Peninsula and Plains | 40:05 |
| 2 | Nick Harris | NW North-West | 41:12 |
| 3 | Al Cory-Wright | PP Peninsula and Plains | 41:57 |
| 4 | Tim Wright | PP Peninsula and Plains | 43:57 |
| 5 | Robertson John | HV Hutt Valley | 46:54 |
| 6 | Greg Thurlow | WN Wellington | 49:49 |
| 7 | Bruce Steven | PP Peninsula and Plains | 59:05 |
| 8 | Michael Croxford | NL Nelson | 1:00:54 |
| 9 | Stephen Andrew | AK Auckland | 1:09:08 |
| 10 | Paul Teesdale-Spittle | WN Wellington | 1:15:46 |
| | Craig Pelvin | DN Dunedin | mp |
| M50 (19) | | | 2.7 km 195 m 26 C |
| 1 | Peter Cleary | PP Peninsula and Plains | 45:38 |
| 2 | Malcolm Ingham | WN Wellington | 46:11 |
| 3 | Andrew Riddle | HV Hutt Valley | 47:29 |
| 4 | Rob Molloy | WN Wellington | 48:27 |
| 5 | Martin Crosby | AK Auckland | 49:14 |

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| M50 (19) | | | 2.7 km 195 m 26 C |
| 6 | Dave Armstrong | PP Peninsula and Plains | 51:42 |
| 7 | Alister Metherell | PP Peninsula and Plains | 54:03 |
| 8 | Dwayne Smith | AK Auckland | 55:32 |
| 9 | Ian Simpson | BP Bay of Plenty | 59:30 |
| 10 | Simon Rea | HV Hutt Valley | 1:02:31 |
| 11 | Tim Webb | DN Dunedin | 1:06:22 |
| 12 | Richard Smith | PP Peninsula and Plains | 1:06:45 |
| 13 | Adrian Griffiths | NW North-West | 1:07:53 |
| 14 | Neil Egan | PP Peninsula and Plains | 1:12:28 |
| 15 | Trevor Batin | PP Peninsula and Plains | 1:13:28 |
| 16 | George Richardson | PP Peninsula and Plains | 1:17:15 |
| | Julian Hayes | AK Auckland | mp |
| | Richard Mercer | AK Auckland | mp |
| | Rainbow Johnson | TK Taranaki | mp |
| M60 (13) | | | 2.1 km 155 m 18 C |
| 1 | Michael Wood | HV Hutt Valley | 38:55 |
| 2 | Dick Dinsdale | WN Wellington | 40:21 |
| 3 | George Elliott | PP Peninsula and Plains | 40:48 |
| 4 | Richard English | PP Peninsula and Plains | 44:30 |
| 5 | Greg Bristow | PP Peninsula and Plains | 46:00 |
| 6 | Graeme Read | PP Peninsula and Plains | 47:24 |
| 7 | David Wall | PP Peninsula and Plains | 48:08 |
| 8 | Graeme Carruthers | WN Wellington | 59:17 |
| 9 | David Scott | AK Auckland | 1:03:47 |
| 10 | Alex Bridger | HV Hutt Valley | 1:12:40 |
| 11 | John Calder | PP Peninsula and Plains | 1:13:08 |
| | John Parsons | AK Auckland | mp |
| | Robert Whitla | PP Peninsula and Plains | dns |
| Open White W (9) | | | 1.1 km 70 m 15 C |
| 1 | Holly Prickett | . Non-member | 13:58 |
| 2 | Emily McDonald | . Non-member | 14:32 |
| 3 | Claudia McDonald | . Non-member | 18:13 |
| 4 | Rosie Zinzan-Dickie | PP Peninsula and Plains | 21:43 |
| 5 | Alice Vetcher | PP Peninsula and Plains | 22:25 |
| 6 | Torun Joergensen | PP Peninsula and Plains | 23:12 |
| 7 | Anna Wright | PP Peninsula and Plains | 23:16 |
| 8 | Natalie McDonald | . Non-member | 23:51 |
| 9 | Alma Carlsson | SWE Sweden | 30:32 |
| Open Yellow W (6) | | | 1.4 km 75 m 15 C |
| 1 | Kaia Joergensen | PP Peninsula and Plains | 14:15 |
| 2 | Emily Hayes | AK Auckland | 15:19 |
| 3 | Sky Paterson | . Non-member | 47:35 |
| | Yvonne McDonald | PP Peninsula and Plains | mp |
| | Alice Egan | PP Peninsula and Plains | mp |
| | Cherry Ma | . Non-member | disq |

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|--------------------------|----------------------------|-------------------------|--------------------------|
| Open Orange W (6) | | | 2.1 km 155 m 18 C |
| 1 | Fiona Vetcher | PP Peninsula and Plains | 50:21 |
| 2 | Jenny Cade | NW North-West | 51:44 |
| 3 | Claire Spear | . Non-member | 1:16:19 |
| 4 | Janet Harding | PP Peninsula and Plains | 1:19:35 |
| 5 | Sarah Livne | PP Peninsula and Plains | 1:58:06 |
| | Linda Wright | . Non-member | mp |
| W16 (8) | | | 2.1 km 155 m 18 C |
| 1 | Marisol Hunter | PP Peninsula and Plains | 27:30 |
| 2 | Bianca Mercer | AK Auckland | 30:56 |
| 3 | Briana Steven | PP Peninsula and Plains | 32:57 |
| 4 | Tegan Knightbridge | NW North-West | 34:12 |
| 5 | Anna Crosby | AK Auckland | 34:14 |
| 6 | Lucy Parsons | AK Auckland | 35:28 |
| 7 | Amber Riddle | HV Hutt Valley | 51:18 |
| 8 | Lucy Prickett | PP Peninsula and Plains | 1:23:43 |
| W20 (15) | | | 2.7 km 195 m 26 C |
| 1 | Danielle Goodall | CM Counties Manakau | 39:38 |
| 2 | Katie Cory-Wright | PP Peninsula and Plains | 40:30 |
| 3 | Kayla Fairbairn | NW North-West | 40:37 |
| 4 | Steph Harding | WN Wellington | 43:07 |
| 5 | Sassafras Marshall-Johnson | TK Taranaki | 43:59 |
| 6 | Catherine Andrew | AK Auckland | 45:55 |
| 7 | Sophie Harrison | PP Peninsula and Plains | 47:07 |
| 8 | Ellie Molloy | WN Wellington | 50:01 |
| 9 | Lara Molloy | WN Wellington | 51:01 |
| 10 | Rebecca Batin | PP Peninsula and Plains | 51:22 |
| 11 | Emma Carruthers | WN Wellington | 51:44 |
| 12 | Lauren Holmes | NW North-West | 56:50 |
| 13 | Alexandra Riddle | HV Hutt Valley | 59:46 |
| 14 | Anna Parsons | AK Auckland | 1:12:40 |
| 15 | Hayley Smith | AK Auckland | 1:16:12 |
| W21 Open (14) | | | 2.7 km 195 m 26 C |
| 1 | Renee Beveridge | NW North-West | 35:29 |
| 2 | Laura Robertson | HV Hutt Valley | 37:37 |
| 3 | Marion Aebi | NW North-West | 38:53 |
| 4 | Imogene Scott | NL Nelson | 41:03 |
| 5 | Lara Prince | PP Peninsula and Plains | 41:46 |
| 6 | Emily Forne | PP Peninsula and Plains | 43:01 |
| 7 | Jenni Adams | PP Peninsula and Plains | 46:08 |
| 8 | Selena Metherell | PP Peninsula and Plains | 57:00 |
| 9 | Caralyn Purvis | . Non-member | 1:00:43 |
| 10 | Clare McLennan | PP Peninsula and Plains | 1:05:30 |
| 11 | Stephanie Smithson | PP Peninsula and Plains | 1:08:26 |
| 12 | Clem Rolin | PP Peninsula and Plains | 1:11:10 |
| 13 | Erin Paterson | TK Taranaki | 1:15:54 |
| 14 | Ting Powell | PP Peninsula and Plains | 1:25:39 |

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|-----------------|--------------------|-------------------------|--------------------------|
| W40 (11) | | | 2.7 km 195 m 26 C |
| 1 | Jan Harrison | PP Peninsula and Plains | 52:49 |
| 2 | Ocean Mercier | WN Wellington | 54:02 |
| 3 | Linley Earnshaw | PP Peninsula and Plains | 57:39 |
| 4 | Jeni Pelvin | DN Dunedin | 58:42 |
| 5 | Genevieve Webb | DN Dunedin | 58:57 |
| 6 | Sue Cooke | PP Peninsula and Plains | 1:06:12 |
| 7 | Frances Hill | NW North-West | 1:07:06 |
| 8 | Anna Robertson | HV Hutt Valley | 1:12:03 |
| 9 | Claire Heppenstall | PP Peninsula and Plains | 1:14:58 |
| 10 | Libby Mcleay | AK Auckland | 1:37:46 |
| | Iona Powell | PP Peninsula and Plains | mp |
| W50 (14) | | | 2.1 km 155 m 18 C |
| 1 | Jean Cory-Wright | PP Peninsula and Plains | 34:28 |
| 2 | Vivien Bloor | PP Peninsula and Plains | 43:46 |
| 3 | Josie Boland | PP Peninsula and Plains | 48:40 |
| 4 | Raewyn Simpson | BP Bay of Plenty | 50:26 |
| 5 | Jane Harding | WN Wellington | 50:36 |
| 6 | Elizabeth Parsons | AK Auckland | 52:04 |
| 7 | Viv Prince | PP Peninsula and Plains | 55:12 |
| 8 | Catrina Forbes | MB Marlborough | 59:12 |
| 9 | Beverley Holder | WN Wellington | 1:00:17 |
| 10 | Linda Smith | PP Peninsula and Plains | 1:05:42 |
| 11 | Anna Engleback | WN Wellington | 1:10:59 |
| 12 | Katharine Webb | DN Dunedin | 1:11:22 |
| 13 | Helen Wood | PP Peninsula and Plains | 1:18:14 |
| 14 | Kaye Griffiths | NW North-West | 1:21:06 |
| W60 (8) | | | 2.1 km 155 m 18 C |
| 1 | Bronwyn Holcombe | AK Auckland | 53:20 |
| 2 | Jenny Calder | PP Peninsula and Plains | 1:00:16 |
| 3 | Frances Wall | PP Peninsula and Plains | 1:06:07 |
| 4 | Chrissie Williams | PP Peninsula and Plains | 1:12:18 |
| 5 | Ann Scott | SD Southland | 1:30:31 |
| | Gillian Pilgrim | UK Norfolk | mp |
| | Barbara Bridger | HV Hutt Valley | dnf |
| | Ann McCarthy | SD Southland | dnf |