

Long course

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| Christophe Pige | NGOC M45 | rtd |
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Technical course

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|----|----------------|----------|-------|
| 1 | Tim Hughes | TVOC M65 | 26:06 |
| 2 | Marissa Hughes | TVOC M45 | 38:24 |
| mp | Elliott Reeder | IND M21 | 38:49 |
| mp | Sue Stockdale | IND | 46:45 |
| mp | Kate Orton | NWO | 50:56 |
| | Sofie Laird | IND W21 | rtd |

Short course

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|---|-----------------|-----------|-------|
| 1 | Sue Stockdale | IND W50 | 14:25 |
| 2 | Diana Noble | IND | 17:58 |
| 3 | FAMily Dilworth | IND MIXED | 47:09 |