|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Year** | **Male Winner** | **Male Time** |  | **Female Winner** | **Female Time** |
| **2004** | Dylan Cooper | 0:14:37 |  | Allison Jones | 0:19:34 |
| **2005** | Shane Paton | 0:15:24 |  | Bec Henderson | 0:22:03 |
| **2006** | Dylan Cooper | 0:14:24 |  | Niki Fisher | 0:18:36 |
| **2007** | Simon Tarp Jensen | 0:15:35 |  | Bronwyn Ryan | 0:19:45 |
| **2008** | David Sheppard | 0:14:49 |  | Bec Henderson | 0:18:41 |
| **2011** | Matt Rizzuto | **0:14:13** |  | Bec Henderson | **0:16:23** |
| **2015** | Matt McAuliffe | 0:14:36 |  | Zoe Cuthbert | 0:18:51 |
| **2016** | Jack Dunlop | 0:15:06 |  | Jenny Blair | 0:16:53 |