

Senior Individual National Orienteering League results

Men

1st

2nd

3rd

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|----------------------------------|----------------------|----------------------|
| 2016 Simon Uppill (225) | Leon Keely (209) | Matthew Crane (204) |
| 2015 Matthew Crane (208) | Simon Uppill (204) | Ian Lawford (196) |
| 2014 Simon Uppill (220) | Ian Lawford (201) | David Shepherd (193) |
| 2013 Matthew Crane (240) | Simon Uppill (204) | Lachlan Dow (199) |
| 2012 Matthew Crane (291) | Simon Uppill (279) | David Shepherd (257) |
| 2011 Simon Uppill (265) | Rob Preston (257) | Grant Bluett (246) |
| 2010 Julian Dent (303) | Simon Uppill (267) | David Shepherd (255) |
| 2009 Julian Dent (300) | Simon Uppill (282) | Rob Preston (217) |
| 2008 Simon Uppill (234) | Rob Walter (215) | Grant Bluett (190) |
| 2007 Matthew Crane (237) | Simon Uppill (207) | Kerrin Rattray (177) |
| 2006 David Shepherd (240) | Julian Dent (223) | Grant Bluett (222) |
| 2005 Grant Bluett (243) | David Shepherd (199) | Rob Preston (193) |
| 2004 David Shepherd (169) | Rob Preston (165) | Julian Dent (157) |
| 2003 David Shepherd (180) | Reuben Smith (162) | Eric Morris (153) |
| 2002 David Brickhill-Jones (174) | Rob Walter (171) | David Shepherd (162) |
| 2001 Rob Walter (103) | David Shepherd (82) | Rob Preston (72) |
| 2000 Rob Walter (95) | Reuben Smith (74) | Scott Simson (71) |
| 1999 Rob Walter (97) | Troy de Haas (85) | Tom Quayle (81) |
| 1998 Rob Walter (120) | Warren Key (95) | Andy Hogg (94) |
| 1997 Rob Walter (92) | Warren Key (86) | Jock Davis (84) |
| 1996 Grant Bluett (100) | Jock Davis (74) | Rob Walter (74) |
| 1995 Eddie Wymer (88) | Warren Key (81) | Blair Trewin (71) |
| 1994 Jim Russell (92) | Grant Bluett (91) | Eddie Wymer (86) |
| 1993 Warren Key (100) | Eddie Wymer (77) | Jock Davis (72) |

Women

1st

2nd

3rd

| | | |
|-----------------------|-----------------------|---------------------------|
| Natasha Key (228) | Jo Allison (214) | Rachel Effeney (198) |
| Krystal Neumann (209) | Anna Sheldon (203) | Natasha Key (194) |
| Hanny Allston (228) | Lizzie Ingham (195) | Jasmine Neve (194) |
| Lizzie Ingham (240) | Grace Crane (225) | Jasmine Neve (191) |
| Rachel Effeney (288) | Grace Crane (285) | Aislinn Prendergast (245) |
| Vanessa Round (267) | Kathryn Preston (255) | Jasmine Neve (241) |
| Shannon Jones (282) | Vanessa Round (258) | Anna Sheldon (249) |
| Hanny Allston (300) | Kathryn Ewels (288) | Jasmine Neve (246) |
| Jo Allison (228) | Kathryn Ewels (210) | Susanne Casanova (190) |
| Grace Elson (225) | Kathryn Ewels (206) | Jo Allison (201) |
| Grace Elson (223) | Jo Allison (217) | Anna Quayle (204) |
| Jo Allison (225) | Hanny Allston (216) | Tracy Bluett (213) |
| Natasha Key (162) | Nicki Taws (162) | Jo Allison (161) |
| Allison Jones (171) | Jo Allison (162) | Cassie Trewin (154) |
| Jo Allison (178) | Allison Jones (163) | Nicki Taws (158) |
| Natasha Key (100) | Jo Allison (95) | Nicki Taws (89) |
| Nicki Taws (100) | Cassie Trewin (83) | Tracy Bluett (79) |
| Natasha Key (94) | Nicki Taws (90) | Tracy Bluett (88) |
| Nicki Taws (123) | Julie Calder (85) | Allison Jones (85) |
| Natasha Rowe (103) | Nicki Taws (87) | Tracy Bluett (74) |
| Nicki Taws (94.5) | Emily Viner (85) | Natasha Rowe (85) |
| Jo Allison (83) | Natasha Rowe (79) | Belinda Allison (77) |
| Nicki Taws (100) | Belinda Allison (72) | Tracy Bluett (69) |
| Georgina Macken (92) | Emily Viner (82) | Ljubov Simson (81) |

Spring Cup (2003-04)

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|---------------------------|-------------------|-------------------|
| 2004 Karl Dravitzki (105) | Chris Forne (105) | Eric Morris (102) |
| 2003 Rob Walter (85) | Eric Morris (84) | Reuben Smith (74) |

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| Nicki Taws (120) | Jo Allison (102) | Tracy Bluett (99) |
| Natasha Key (90) | Jo Allison (82) | Orla Murray (74) |