

| Australian MTBO Middle-Distance Champions | | | | | | |
|---|-----------------|--------------------|---------------|--------|---------------------|------|
| Age Class | Year | Champion | Club.State | Time | Dist.Climb.Controls | |
| Men 12 | 2015 | Alec Power | NC.N | 68.12 | 3.90k | |
| | 2016 | Connor Martin | SW.W | 42.55 | 5.70k | |
| | 2017 | Aidan Guinness | SH.N | 74.31 | 8.0k 150m 8C | |
| | 2018 | Not contested | --- | --- | 7.7k 175m | |
| | 2019 | Patrick Cooper | EU.V | 79.38 | 9.0k 110m 16C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| | 2022 | Not contested | --- | --- | 9.5k 9C | |
| Women 12 | 2017 | Erika Enderby | NC.N | 53.00 | 8.0k 150m 8C | |
| | 2018 | Not contested | --- | --- | 7.7k 175m | |
| | 2019 | Maya Bennette | YV.V | 46.38 | 6.2k 95m 10C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| | 2022 | Not contested | --- | --- | 9.5k 9C | |
| Men 14 | 2002 | Toby Clarke | TJ.S | 36.45 | 5.6k | |
| | 2003 | Not contested | --- | --- | --- | |
| | 2004 | Not contested | --- | --- | --- | |
| | 2005 | Tim Jackson | MF.V | 43.58 | 7.0k | |
| | 2006 | Oscar McNulty | LO.W | 39.53 | 7.0k | |
| | 2007 | Bradley Stoneman | MD.N | 117.00 | 8.0k | |
| | 2008 | David Tay | UG.Q | 33.14 | 4.5k | |
| | 2009 | Jack Allison | --.S | 46.57 | 9.5k 9C | |
| | 2010 | Eddy Prentice | SH.N | 74.50 | 8.0k 9C | |
| | 2011 | Eddy Prentice | SH.N | 86.37 | 5.0k 13C | |
| | 2012 | Eddy Prentice | SH.N | 43.00 | 9k 13C | |
| | 2013 | Combined with M-16 | --- | --- | 7.3k 185m 7C | |
| | 2014 | Harrison Keeble | EU.V | 47.32 | 3.94k | |
| | 2015 | Jack Wigney | BG.V | 35.19 | 6.60k | |
| | 2016 | Mason Eves | BO.W | 46.40 | 7.90k | |
| | 2017 | Lachlan Young | BF.A | 67.18 | 10k 180m 9C | |
| | 2018 | Dylan Bryant | EN.Q | 58.14 | 7.7k 175m | |
| | 2019 | Anakin Trotter | NC.N | 65.44 | 11.3k 150m 19C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| | 2022 | No Finishers | --- | --- | 11k 10C | |
| | Women 14 | 2002 | Elise Przjtuk | TT.S | 66.26 | 5.6k |
| 2003 | | Not contested | --- | --- | --- | |
| 2004 | | Not contested | --- | --- | --- | |
| 2005 | | Reanna Clark | BK.V | 43.01 | 7.0k | |
| 2006 | | Not contested | --- | --- | --- | |
| 2007 | | Not contested | --- | --- | 8.0k | |
| 2008 | | No finishers | --- | --- | 4.5k | |
| 2009 | | Not contested | --- | --- | 9.5k 9C | |
| 2010 | | Not contested | --- | --- | 8.0k 9C | |
| 2011 | | Rhiannon Prentice | SH.N | 101.05 | 5.0k 13C | |
| 2012 | | Gabrielle Withers | EN.Q | 33.56 | 6k 11C | |
| 2013 | | Combined with W-16 | --- | --- | 7.3k 185m 7C | |
| 2014 | | Jordyn Kindness | NO.A | 40.31 | 3.94k | |
| 2015 | | Arabella Phillips | EV.T | 50.42 | 6.60k | |
| 2016 | | Not contested | --- | --- | --- | |
| 2017 | | Not Contested | --- | --- | 8.0k 150m 8C | |
| 2018 | | Kate McKenna | UG.Q | 81.57 | 7.7k 175m | |
| 2019 | | Eleanor Williams | EU.V | 115.40 | 9.0k 110m 16C | |
| 2020 | | No Competition | due | to | COVID-19 | |
| 2021 | | No Competition | due | to | COVID-19 | |
| 2022 | | Ariadna Iskhakova | RR.A | 78.57 | 9.5k 9C | |

| Australian MTBO Middle-Distance Champions | | | | | | | |
|---|-----------------|-------------------|---------------|----------|---------------------|------|--|
| Age Class | Year | Champion | Club.State | Time | Dist.Climb.Controls | | |
| Men 16 | 2005 | Leon Keely | BG.V | 61.34 | 12.1k | | |
| | 2006 | Oscar Phillips | EV.T | 33.58 | 8.4k | | |
| | 2007 | Alex Massey | NC.N | 57.00 | 12.7k | | |
| | 2008 | Alex Massey | NC.N | 42.51 | 7.4k | | |
| | 2009 | Marc Gluskie | AL.T | 64.35 | 13.5k 14C | | |
| | 2010 | Timothy Jackson | MF.V | 52.00 | 12.4k 12C | | |
| | 2011 | No finishers | --- | --- | 8.0k 17C | | |
| | 2012 | Not contested | --- | --- | 11k 15C | | |
| | 2013 | Declan Dickson | EU.V | 63.09 | 7.3k 185m 7C | | |
| | 2014 | Not contested | --- | --- | 5.80k | | |
| | 2015 | Even Fossum | BK.V | 88.55 | 12.10k | | |
| | 2016 | Not contested | --- | --- | --- | | |
| | 2017 | Riley Martin | SW.W | 58.08 | 13k 250m 11C | | |
| | 2018 | Not contested | --- | --- | 8.6k 180m | | |
| | 2019 | | | | 13.3k 175m 20C | | |
| | 2020 | No Competition | due | to | COVID-19 | | |
| | 2021 | No Competition | due | to | COVID-19 | | |
| | 2022 | Not contested | --- | --- | 14k 12C | | |
| | Women 16 | 2005 | Louise Krstic | CH.V | 90.20 | 9.4k | |
| | | 2006 | Not contested | --- | --- | --- | |
| 2007 | | Not contested | --- | --- | 10.0k | | |
| 2008 | | Not contested | --- | --- | 6.1k | | |
| 2009 | | Not contested | --- | --- | 9.5k 9C | | |
| 2010 | | Emily Hennessy | TK.V | 112.01 | 10.3k 11C | | |
| 2011 | | Not contested | --- | --- | 6.7k 14C | | |
| 2012 | | Not contested | --- | --- | 9k 13C | | |
| 2013 | | Gabrielle Withers | EN.Q | 65.54 | 7.3k 185m 7C | | |
| 2014 | | Not contested | --- | --- | 3.94k | | |
| 2015 | | Jessica Law | MF.V | 57.20 | 6.60k | | |
| 2016 | | Rhiannon Prentice | NC.N | 57.37 | 9.70k | | |
| 2017 | | Rhiannon Prentice | NC.N | 42.16 | 10k 180m 9C | | |
| 2018 | | Not contested | --- | --- | 8.6k 180m | | |
| 2019 | | Not contested | --- | --- | 11.3k 150m 19C | | |
| 2020 | No Competition | due | to | COVID-19 | | | |
| 2021 | No Competition | due | to | COVID-19 | | | |
| 2022 | Maya Bennette | YV.V | 64.48 | 11k 10C | | | |

| Australian MTBO Middle-Distance Champions | | | | | | |
|---|---------------|----------------------|------------|---------|---------------------|--|
| Age Class | Year | Champion | Club.State | Time | Dist.Climb.Controls | |
| Men 20 | 2002 | Sander Vaher | TT.S | 31.59 | 9.1k | |
| | 2003 | Steven Cusworth | BK.V | 49.34 | 16.6k | |
| | 2004 | Not contested | --- | --- | --- | |
| | 2005 | Brett Merchant | TJ.S | 73.01 | 15.6k | |
| | 2006 | Not contested | --- | --- | --- | |
| | 2007 | Brett Merchant | TJ.S | 72.31 | 16.0k | |
| | 2008 | Luke Poland | BS.A | 46.54 | 9.8k | |
| | 2009 | Heath Jamieson | CH.V | 80.23 | 15.0k 15C | |
| | 2010 | Oscar Phillips | EV.T | 50.35 | 14.5k 15C | |
| | 2011 | Oscar Phillips | EV.T | 51.22 | 10.0k 20C | |
| | 2012 | Christopher Firman | EN.Q | 56.34 | 13k 17C | |
| | 2013 | Karl Withers | MT.Q | 62.54 | 14.5k 390m 10C | |
| | 2014 | Timothy Jackson | MF.V | 57.57 | 7.60k | |
| | 2015 | Angus Robinson | BK.V | 56.24 | 14.60k | |
| | 2016 | Not contested | --- | --- | --- | |
| | 2017 | Tristan Miller | BS.A | 58.22 | 15.5k 340m 12C | |
| | 2018 | Not contested | --- | --- | 14.8k 300m | |
| | 2019 | Will Whittington | AL.T | 50.49 | 15.4k 205m 22C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| 2022 | Lachlan Young | BS.A | 112.4 | 15k 15C | | |
| Women 20 | 2002 | Vanessa Round | TT.S | 45.41 | 7.9k | |
| | 2003 | Melissa Jackson | MF.V | 64.47 | 16.6k | |
| | 2004 | Not contested | --- | --- | --- | |
| | 2005 | Not contested | --- | --- | --- | |
| | 2006 | Not contested | --- | --- | --- | |
| | 2007 | Not contested | --- | --- | 12.7k | |
| | 2008 | Not contested | --- | --- | 7.4k | |
| | 2009 | Not contested | --- | --- | 13.5k 14C | |
| | 2010 | Jasmine Sunley | TK.V | 73.25 | 12.4k 12C | |
| | 2011 | Not contested | --- | --- | 8.0k 17C | |
| | 2012 | Sally-Anne Henderson | NC.N | 104.58 | 11k 15C | |
| | 2013 | Not contested | --- | --- | 10.1k 305m 7C | |
| | 2014 | Not contested | --- | --- | 5.80k | |
| | 2015 | Lucy Mackie | MD.N | 66.45 | 9.30k | |
| | 2016 | Not contested | --- | --- | --- | |
| | 2017 | Tayla Simpson | TA.Z | 57.56 | 13k 250m 11C | |
| | 2018 | Rhiannon Prentice | NC.N | 63.28 | 11.9k 245m | |
| | 2019 | Rhiannon Prentice | NC.N | | 13.3k 175m 20C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| 2022 | Not contested | --- | --- | 14k 12C | | |

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|---|------------------|--------------------|------------|----------------|---------------------|--|
| Age Class | Year | Champion | Club.State | Time | Dist.Climb.Controls | |
| Men Open M 21 | 2002 | Alex Randall | YV.V | 39.29 | 14.8k | |
| | 2003 | Alex Randall | YV.V | 60.23 | 21.4k | |
| | 2004 | Not contested | --- | --- | --- | |
| | 2005 | Adrian Jackson | MF.V | 59.40 | 21.0k | |
| | 2006 | Mark Lawson | NW.Z | 68.55 | 21.0k | |
| | 2007 | Adrian Jackson | MF.V | 65.30 | 18.0k | |
| | 2008 | Adrian Jackson | MF.V | 55.53 | 11.2k | |
| | 2009 | Adrian Jackson | MF.V | 72.53 | 19.5k 17C | |
| | 2010 | Adrian Jackson | MF.V | 53.30 | 16.8k 17C | |
| | 2011 | Steven Cusworth | BK.V | 52.13 | 14.5k 20C | |
| | 2012 | Alex Randall | YV.V | 54.31 | 16k 18C | |
| | 2013 | Patrick Higgins | GBR | 65.42 | 16.9k 470m 13C | |
| | 2014 | Alex Randall | YV.V | 67.45 | 9.38k | |
| | 2015 | Steven Cusworth | BK.V | 57.30 | 17.40k | |
| | 2016 | Angus Robinson | BK.V | 58.37 | 17.90k | |
| | 2017 | Fergus Mackie | BF.N | 56.03 | 17.0k 380m 13C | |
| | 2018 | Glen Charlton | NC.N | 67.48 | 18.3k 375m | |
| | 2019 | Alex Randall | YV.V | 47.56 | 18.2k 210m 24C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| 2022 | Ricky Thackray | BK.V | 60.40 | 16.5k 17C | | |
| Women Open W 21 | 2002 | Emily Viner | EU.V | 44.17 | 11.7k | |
| | 2003 | Julie Quinn | AO.A | 44.37 | 16.6k | |
| | 2004 | Not contested | --- | --- | --- | |
| | 2005 | Anna Sheldon | UG.Q | 57.59 | 15.6k | |
| | 2007 | Anna Sheldon | UG.Q | 51.40 | 14.2k | |
| | 2007 | Marquita Gelderman | NW.Z | 52.01 | 16.0k | |
| | 2008 | Thorlene Egerton | UG.Q | 56.48 | 9.8k | |
| | 2009 | Marquita Gelderman | NW.Z | 72.44 | 15.0k 15C | |
| | 2010 | Marquita Gelderman | NW.Z | 53.23 | 14.5k 15C | |
| | 2011 | Marquita Gelderman | NW.Z | 57.37 | 10.0k 20C | |
| | 2012 | Marquita Gelderman | NW.Z | 56.34 | 13k 17C | |
| | 2013 | Marquita Gelderman | NW.Z | 63.22 | 14.5k 390m 10C | |
| | 2014 | Julie Quinn | NO.A | 67.31 | 7.60k | |
| | 2015 | Marquita Gelderman | NW.Z | 60.16 | 14.60k | |
| | 2016 | Marquita Gelderman | NW.Z | 60.45 | 15.20k | |
| | 2017 | Lucy Mackie | BF.N | 54.08 | 15.5k 340m 12C | |
| 2018 | Carolyn Jackson | BK.V | 65.20 | 14.8k 300m | | |
| 2019 | Marina Iskhakova | RR.A | 50.02 | 15.4k 205m 22C | | |
| 2020 | No Competition | due | to | COVID-19 | | |
| 2021 | No Competition | due | to | COVID-19 | | |
| 2022 | Marina Iskhakova | RR.A | 86.08 | 15k 15C | | |

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|---|----------------|-------------------|----------------|----------------|---------------------|------|
| Age Class | Year | Champion | Club.State | Time | Dist.Climb.Controls | |
| Men 40 | 2002 | Paul Liggins | MF.V | 41.35 | 11.7k | |
| | 2003 | Neil Prosser | BF.N | 46.04 | 16.6k | |
| | 2004 | Not contested | --- | --- | --- | |
| | 2005 | Fabrizio Andreoni | AW.V | 68.39 | 15.6k | |
| | 2006 | Bill Darby | LO.W | 57.05 | 14.2k | |
| | 2007 | Peter Swanson | AO.Z | 62.34 | 16.0k | |
| | 2008 | Allan Uhlmann | MT.Q | 48.15 | 9.8k | |
| | 2009 | Peter Swanson | AK.Z | 73.51 | 15.0k 15C | |
| | 2010 | Peter Swanson | AK.Z | 55.40 | 14.5k 15C | |
| | 2011 | Peter Swanson | AK.Z | 54.12 | 10.0k 20C | |
| | 2012 | Peter Swanson | AK.Z | 49.04 | 13k 17C | |
| | 2013 | Peter Swanson | RO.Z | 59.09 | 14.5k 390m 10C | |
| | 2014 | Neil Ker | SO.Q | 68.31 | 7.60k | |
| | 2015 | Brent Simpson | TA.Z | 60.43 | 14.60k | |
| | 2016 | Craig Steffens | MT.Q | 63.04 | 15.20k | |
| | 2017 | Brent Simpson | TA.Z | 59.37 | 17.0k 380m 13C | |
| | 2018 | Andrew Pinsent | MT.Q | 66.27 | 14.8k 300m | |
| | 2019 | Brett Simpson | TA.Z | 47.56 | 15.4k 205m 21C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| | 2022 | Fedor Iskhakov | RR.A | 77.37 | 15k 15C | |
| | Women 40 | 2002 | Anitra Dowling | EU.V | 67.40 | 9.1k |
| 2003 | | Dianne Michels | NW.Z | 46.53 | 16.6k | |
| 2004 | | Not contested | --- | --- | --- | |
| 2005 | | Kay Haarsma | TT.S | 61.39 | 12.1k | |
| 2006 | | Salme Fuller | PL.Q | 50.37 | 12.5k | |
| 2007 | | Dianne Michels | NW.Z | 59.13 | 12.7k | |
| 2008 | | Dianne Michels | NW.Z | 46.36 | 7.4k | |
| 2009 | | Dianne Michels | NW.Z | 74.19 | 13.5k 14C | |
| 2010 | | Kay Haarsma | TT.S | 70.21 | 12.4k 12C | |
| 2011 | | Carolyn Matthews | NC.N | 111.38 | 8.0k 17C | |
| 2012 | | Tamsin Barnes | RR.Q | 68.48 | 11k 15C | |
| 2013 | | Kim Beckinstale | EN.Q | 62.15 | 11.9k 320m 10C | |
| 2014 | | Nicole Haigh | NC.N | 62.14 | 6.96k | |
| 2015 | | Emily Walter | O.A | 56.21 | 12.10k | |
| 2016 | | Not contested | --- | --- | --- | |
| 2017 | | Carolyn Jackson | BK.V | 62.05 | 15.5k 340m 12C | |
| 2018 | Tamsin Barnes | RR.Q | 58.04 | 11.9k 245m | | |
| 2019 | Cathy Hogg | PO.A | 51.58 | 13.3k 175m 20C | | |
| 2020 | No Competition | due | to | COVID-19 | | |
| 2021 | No Competition | due | to | COVID-19 | | |
| 2022 | Debbie Gordon | SO.Q | 89.47 | 14k 12C | | |

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| Age Class | Year | Champion | Club.State | Time | Dist.Climb.Controls | |
| Men 50 | 2002 | Ray Sheldon | YV.V | 38.56 | 9.1k | |
| | 2003 | Peter Cusworth | BK.V | 44.24 | 16.6k | |
| | 2004 | Not contested | --- | --- | --- | |
| | 2005 | Rob Garden | NW.Z | 50.58 | 12.1k | |
| | 2006 | Eoin Rothery | LO.W | 39.04 | 12.5k | |
| | 2007 | Eoin Rothery | LO.W | 46.52 | 12.7k | |
| | 2008 | Rob Garden | NW.Z | 38.28 | 7.4k | |
| | 2009 | Darryl Smith | WR.T | 62.12 | 13.5k 14C | |
| | 2010 | Tim Hatley | BK.V | 44.39 | 12.4k 12C | |
| | 2011 | Tim Hatley | BK.V | 58.17 | 8.0k 17C | |
| | 2012 | Robert Prentice | SH.N | 53.30 | 11k 15C | |
| | 2013 | Malcolm Roberts | NC.N | 54.46 | 11.9k 320m 10C | |
| | 2014 | David King | WN.Z | 51.22 | 6.96k | |
| | 2015 | Eoin Rothery | BF.N | 63.47 | 13.90k | |
| | 2016 | Rob Garden | NW.Z | 52.31 | 12.50k | |
| | 2017 | David King | WN.Z | 57.30 | 15.5k 340m 12C | |
| | 2018 | Craig Steffens | MT.Q | 53.54 | 11.9k 245m | |
| | 2019 | Stephen Hanlon | CH.V | 49.45 | 15.4k 205m 22C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| 2022 | Greg Barbour | BF.N | 72.32 | 15k 15C | | |
| Women 50 | 2002 | Peta Whitford | YV.V | 37.30 | 7.9k | |
| | 2003 | Ann Scown | AO.A | 44.39 | 12.0k | |
| | 2004 | Not contested | --- | --- | --- | |
| | 2005 | Roz Clayton | PA.Z | 48.15 | 9.4k | |
| | 2006 | Not contested | --- | --- | --- | |
| | 2007 | Kate Chown | MD.N | 57.50 | 10.0k | |
| | 2008 | Jacqueline Sinclair | TA.Z | 36.12 | 6.1k | |
| | 2009 | Vivienne Prince | PA.Z | 53.55 | 11.5k 10C | |
| | 2010 | Susie Williams | MT.Q | 46.46 | 10.3k 11C | |
| | 2011 | Roz Clayton | PP.Z | 65.41 | 6.7k 14C | |
| | 2012 | Jacqui Sinclair | TA.Z | 47.19 | 9k 13C | |
| | 2013 | Deb Bain | PP.Z | 53.57 | 10.1k 305m 7C | |
| | 2014 | Deb Bain | PP.Z | 44.05 | 5.88k | |
| | 2015 | Carolyn Matthews | NC.N | 48.03 | 9.30k | |
| | 2016 | Debbie McKay | KO.W | 65.40 | 9.70k | |
| | 2017 | Deb Bain | PP.Z | 63.05 | 13k 250m 11C | |
| | 2018 | Carolyn Matthews | NC.N | 51.24 | 8.6k 180m | |
| | 2019 | Carolyn Matthews | NC.N | 43.12 | 11.3k 150m 19C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| 2022 | Carolyn Matthews | NC.N | 68.30 | 14k 12C | | |

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|---|----------------|-----------------|------------|---------|---------------------|--|
| Age Class | Year | Champion | Club.State | Time | Dist.Climb.Controls | |
| Men 60 | 2002 | Kevin Maloney | NE.V | 50.26 | 7.9k | |
| | 2003 | Blake Gordon | EU.V | 45.11 | 12.0k | |
| | 2004 | Not contested | --- | --- | --- | |
| | 2005 | Tim Dent | YV.V | 49.45 | 9.4k | |
| | 2006 | Peter Hoban | EV.T | 37.43 | 8.4k | |
| | 2007 | Leigh Privett | AW.V | 41.02 | 10.0k | |
| | 2008 | Michael Wood | HV.Z | 34.18 | 6.1k | |
| | 2009 | Rick Armstrong | AW.V | 48.51 | 11.5k 10C | |
| | 2010 | Rick Armstrong | AW.V | 38.17 | 10.3k 11C | |
| | 2011 | Pat Bodger | PP.Z | 45.52 | 6.7k 14C | |
| | 2012 | Bruce Meder | PA.Z | 39.18 | 9k 13C | |
| | 2013 | Peter Cusworth | BK.V | 48.31 | 10.1k 305m 7C | |
| | 2014 | Michael Wood | HV.Z | 40.45 | 5.88k | |
| | 2015 | Robert Prentice | MD.N | 53.05 | 12.10k | |
| | 2016 | Robert Prentice | NC.N | 44.50 | 9.70k | |
| | 2017 | Nick Collins | TA.Z | 53.16 | 13k 250m 11C | |
| | 2018 | Robert Vincent | NC.N | 46.13 | 11.9k 245m | |
| | 2019 | Darryl Smith | AL.T | 54.34 | 15.4k 205m 21C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| 2022 | Robert Vincent | NC.N | 59.35 | 14k 12C | | |
| Women 60 | 2002 | Dale Ann Gordon | EU.V | 50.48 | 7.9k | |
| | 2003 | Not contested | --- | --- | --- | |
| | 2004 | Not contested | --- | --- | --- | |
| | 2005 | Dale Ann Gordon | EU.V | 43.31 | 7.0k | |
| | 2006 | Penny Duffy | BO.W | 48.23 | 7.0k | |
| | 2007 | Kathy Liley | YV.V | 53.53 | 8.0k | |
| | 2008 | Kathy Liley | YV.V | 36.45 | 4.5k | |
| | 2009 | Kathy Liley | YV.V | 64.58 | 9.5k 9C | |
| | 2010 | Yett Gelderman | NW.Z | 63.34 | 8.0k 9C | |
| | 2011 | Ann Ingwersen | PO.A | 69.41 | 5.0k 13C | |
| | 2012 | Peta Whitford | YV.V | 35.13 | 6k 11C | |
| | 2013 | Ann Scown | AO.A | 55.04 | 7.3k 185m 7C | |
| | 2014 | Kathy Liley | YV.V | 40.09 | 3.94k | |
| | 2015 | Anthea Williams | TJ.S | 42.42 | 6.60k | |
| | 2016 | Jacqui Sinclair | TA.Z | 46.10 | 7.90k | |
| | 2017 | Vivienne Prince | PP.Z | 46.51 | 10k 180m 9C | |
| | 2018 | Jo Wilson | PP.Z | 53.37 | 7.7k 175m | |
| | 2019 | Heather Leslie | BK.V | 50.59 | 11.3k 150m 19C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| 2022 | Heather Leslie | BK.V | 79.56 | 11k 10C | | |

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|---|-----------------|-----------------|----------------|---------------|---------------------|------|--|
| Age Class | Year | Champion | Club.State | Time | Dist.Climb.Controls | | |
| Men 70 | 2005 | Graeme Cadman | YV.V | 47.01 | 7.0k | | |
| | 2006 | Gordon Howitt | SO.Q | 54.14 | 7.0k | | |
| | 2007 | Gordon Howitt | SO.Q | 80.05 | 8.0k | | |
| | 2008 | John Sheahan | BK.V | 41.58 | 4.5k | | |
| | 2009 | Eino Meuronen | BS.A | 66.23 | 9.5k 9C | | |
| | 2010 | Graeme Cadman | YV.V | 72.02 | 8.0k 9C | | |
| | 2011 | Graham Fowler | NC.N | 54.09 | 5.0k 13C | | |
| | 2012 | Keith Wade | TK.V | 31.02 | 6k 11C | | |
| | 2013 | Blake Gordon | EU.V | 53.53 | 7.3k 185m 7C | | |
| | 2014 | Chris Gelderman | NW.Z | 33.30 | 3.94k | | |
| | 2015 | Andrew Campbell | FN.Q | 54.31 | 9.30k | | |
| | 2016 | Leigh Privett | AW.V | 38.19 | 7.90k | | |
| | 2017 | Michael Wood | HV.Z | 42.43 | 10k 180m 9C | | |
| | 2018 | Leigh Privett | AW.V | 42.22 | 8.6k 180m | | |
| | 2019 | Leigh Privett | AW.V | 51.31 | 13.3k 175m 20C | | |
| | 2020 | No Competition | due | to | COVID-19 | | |
| | 2021 | No Competition | due | to | COVID-19 | | |
| | 2022 | Leigh Privett | AW.V | 75.39 | 11k 10C | | |
| | Women 70 | 2005 | Not contested | --- | --- | --- | |
| | | 2006 | Not contested | --- | --- | --- | |
| | | 2007 | Not contested | --- | --- | 8.0k | |
| | | 2008 | Joyce Rowlands | NE.V | 62.49 | 4.5k | |
| 2009 | | Joyce Rowlands | NE.V | 86.00 | 9.5k 9C | | |
| 2010 | | Joyce Rowlands | NE.V | 91.11 | 8.0k 9C | | |
| 2011 | | Joyce Rowlands | NE.V | 146.00 | 5.0k 13C | | |
| 2012 | | Yett Gelderman | NW.Z | 47.16 | 6k 11C | | |
| 2013 | | Dale Ann Gordon | EU.V | 92.52 | 7.3k 185m 7C | | |
| 2014 | | Dale Ann Gordon | EU.V | 54.48 | 3.94k | | |
| 2015 | | Dale Ann Gordon | EU.V | 48.00 | 3.90k | | |
| 2016 | | Not contested | --- | --- | 5.70k | | |
| 2017 | | Toy Martin | NC.N | 49.05 | 8.0k 150m 8C | | |
| 2018 | | Ann Ingwersen | PO.A | 67.29 | 7.7k 175m | | |
| 2019 | Ann Ingwersen | PO.A | 65.09 | 9.0k 110m 16C | | | |
| 2020 | No Competition | due | to | COVID-19 | | | |
| 2021 | No Competition | due | to | COVID-19 | | | |
| 2022 | Jacquie Rand | UG.Q | 92.48 | 9.5k 9C | | | |

| Australian MTBO Middle-Distance Champions | | | | | | |
|---|------|-----------------|------------|--------|---------------------|--|
| Age Class | Year | Champion | Club.State | Time | Dist.Climb.Controls | |
| Men 80 | 2012 | Graeme Cadman | YV.V | 90.45 | 6k 11C | |
| | 2013 | Graeme Cadman | YV.V | 172.29 | 7.3k 185m 7C | |
| | 2014 | Not contested | --- | --- | 3.94k | |
| | 2015 | Graeme Cadman | YV.V | 62.10 | 3.90k | |
| | 2016 | Not contested | --- | --- | 5.70k | |
| | 2017 | Graeme Cadman | YV.V | 106.14 | 8.0k 150m 8C | |
| | 2018 | Not contested | --- | --- | 7.7k 175m | |
| | 2019 | Not contested | --- | --- | 6.2k 95m 10C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| | 2022 | Not contested | --- | --- | 9.5k 9C | |
| Women 80 | 2012 | Not contested | --- | --- | 6k 11C | |
| | 2013 | Not contested | --- | --- | 7.3k 185m 7C | |
| | 2014 | Not contested | --- | --- | 3.94k | |
| | 2015 | Joyce Rowlands | NE.V | 108.19 | 3.90k | |
| | 2016 | Not contested | --- | --- | 5.70k | |
| | 2017 | Not contested | --- | --- | 8.0k 150m 8C | |
| | 2018 | Not contested | --- | --- | 7.7k 175m | |
| | 2019 | Helen Alexander | BK.V | 105.39 | 6.2k 95m 10C | |
| | 2020 | No Competition | due | to | COVID-19 | |
| | 2021 | No Competition | due | to | COVID-19 | |
| | 2022 | Ann Ingwersen | PO.A | 112.3 | 9.5k 9C | |