22nd February 2020

| Name | Race No | Time | Category | Swim | T1 | Cycle | T2 | Run | Place |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Ross Woodward | 110 | 01:03:48 | Senior Open | 00:09:07 | 00:00:42 | 00:29:31 | 00:00:51 | 00:23:39 | 1 |
| Graham Hopkinson | 147 | 00:52:26 | Senior Open | 00:09:16 | 00:00:34 | 00:23:53 | 00:00:37 | 00:18:07 | 2 |
| Craig Hoddinott | 145 | 01:03:04 | Senior Open | 00:10:26 | 00:00:58 | 00:30:00 | 00:00:57 | 00:20:45 | 3 |
| Wayde Smith | 105 | 01:06:03 | Senior Open | 00:11:42 | 00:01:02 | 00:28:35 | 00:00:52 | 00:23:54 | 4 |
| Chris Goudkamp | 111 | 01:04:54 | Senior Open | 00:09:46 | 00:00:49 | 00:29:07 | 00:00:33 | 00:24:40 |  |
| Daniel Bice | 112 | 01:02:30 | Senior Open | 00:10:55 | 00:00:51 | 00:28:07 | 00:00:52 | 00:21:47 |  |
| Mitch Alexander | 109 | 01:01:16 | Senior Open | 00:09:54 | 00:00:55 | 00:30:52 | 00:00:32 | 00:19:06 |  |
| Dan Smith | 158 | 00:54:25 | Senior Open | 00:08:24 | 00:00:34 | 00:26:07 | 00:00:52 | 00:18:30 |  |
| Tony Hall | 116 | 00:56:38 | Senior Open | 00:08:51 | 00:00:31 | 00:25:05 | 00:00:54 | 00:21:19 |  |
| Naomi Hooper | 216 | 01:00:44 | Senior Female | 00:08:30 | 00:00:50 | 00:28:54 | 00:00:48 | 00:21:43 | 1 |
| Tania Penrose | 201 | 01:04:32 | Senior Female | 00:11:13 | 00:00:46 | 00:29:55 | 00:00:26 | 00:22:13 | 2 |
| Kelly Northeast | 208 | 01:02:25 | Senior Female | 00:12:13 | 00:00:42 | 00:28:08 | 00:00:45 | 00:20:39 | 3 |
| Marnie Buckley | 210 | 00:59:11 | Senior Female | 00:08:42 | 00:00:54 | 00:27:27 | 00:00:49 | 00:21:22 | 4 |
| Melissa Noble | 207 | 1:06:17 | Senior Female | 0:09:40 | 00:01:05 | 00:30:47 | 00:00:59 | 00:23:48 |  |
| Jeanette Annett | 231 | 00:59:48 | Senior Female | 00:09:21 | 00:00:34 | 00:27:39 | 00:00:54 | 00:21:22 |  |
| Joan Gibbons | 204 | 01:07:35 | Senior Female | 00:12:15 | 00:00:51 | 00:29:20 | 00:00:59 | 00:24:12 |  |
| Lisa Adams | 211 | 01:13:04 | Senior Female | 00:09:18 | 00:01:39 | 00:32:58 | 00:00:58 | 00:28:13 |  |
| Karen Walker | 203 | 1:27:54 | Senior Female | 0:15:44 | 00:00:59 | 00:35:26 | 00:00:59 | 00:32:48 |  |
| Sharnah Bowen | 206 | DNF | Senior Female | 00:11:14 | 00:00:57 | 00:31:26 | 00:00:57 |  |  |
| Dylan Jankowski | 351 | 00:31:55 | Intermediate Open | 00:05:54 | 00:01:04 | 00:14:58 | 00:00:37 | 00:09:24 | 1 |
| Ben Hendrikse | 341 | 00:35:20 | Intermediate Open | 00:05:50 | 00:01:44 | 00:16:22 | 00:00:37 | 00:10:48 | 2 |
| Hamish Procter | 306 | 00:29:15 | Intermediate Open | 00:04:35 | 00:00:29 | 00:14:56 | 00:00:33 | 00:08:44 | 3 |
| Thomas Lindley | 318 | 00:36:17 | Intermediate Open | 00:07:34 | 00:01:25 | 00:17:50 | 00:01:25 | 00:08:05 | 4 |
| Richard Wellm | 326 | 00:36:47 | Intermediate Open | 00:06:22 | 00:01:25 | 00:16:18 | 00:00:39 | 00:12:05 |  |
| Colin Loughman | 311 | 00:34:44 | Intermediate Open | 00:05:50 | 00:01:57 | 00:15:33 | 00:00:49 | 00:10:36 |  |
| Jet Tunsted | 336 | 00:27:48 | Intermediate Open | 00:04:23 | 00:00:34 | 00:14:08 | 00:00:29 | 00:08:16 |  |
| Alex Wellm | 310 | 00:34:01 | Intermediate Open | 00:04:49 | 00:00:44 | 00:17:11 | 00:00:33 | 00:10:47 |  |
| David Kee | 305 | 00:35:33 | Intermediate Open | 00:06:58 | 00:01:22 | 00:14:49 | 00:00:32 | 00:11:54 |  |
| Logan Smith | 308 | 00:34:15 | Intermediate Open | 00:06:00 | 00:00:55 | 00:15:33 | 00:00:34 | 00:11:14 |  |
| Patrick Kee | 325 | 00:34:18 | Intermediate Open | 00:05:08 | 00:00:53 | 00:15:30 | 00:00:32 | 00:12:17 |  |
| Xane Bowen | 337 | 00:27:09 | Intermediate Open | 00:04:28 | 00:00:37 | 00:13:02 | 00:00:37 | 00:08:27 |  |
| Sean Carney | 322 | 00:28:53 | Intermediate Open | 00:04:34 | 00:01:18 | 00:14:59 | 00:00:33 | 00:07:30 |  |
| Tyrone Woods | 319 | 0:32:20 | Intermediate Open | 00:04:21 | 00:00:57 | 00:15:07 | 00:00:31 | 0:11:24 |  |
| Hudson Bosnich | 350 | 00:30:22 | Intermediate Open | 00:05:29 | 00:01:00 | 00:15:00 | 00:00:27 | 00:08:28 |  |
| Castro Pearson | 315 | 00:36:02 | Intermediate Open | 00:05:33 | 00:01:13 | 00:17:33 | 00:00:28 | 00:11:17 |  |
| Michelle Page | 439 | 00:35:43 | Intermediate Female | 00:05:15 | 00:01:33 | 00:16:10 | 00:00:46 | 00:12:01 | 1 |
| Heather Whyte | 408 | 00:36:36 | Intermediate Female | 00:06:22 | 00:00:56 | 00:17:09 | 00:00:37 | 00:11:34 | 2 |
| Jennie Cupitt | 422 | 00:37:38 | Intermediate Female | 00:07:34 | 00:00:50 | 00:17:04 | 00:00:41 | 00:11:31 | 3 |
| Rachael Marks | 403 | 00:34:21 | Intermediate Female | 00:05:01 | 00:01:01 | 00:15:09 | 00:00:41 | 00:12:31 | 4 |
| Vanessa Chaffey | 402 | 00:35:49 | Intermediate Female | 00:06:48 | 00:00:42 | 00:15:17 | 00:00:50 | 00:12:13 |  |
| Amity Page | 424 | 00:39:22 | Intermediate Female | 00:05:05 | 00:01:34 | 00:19:11 | 00:00:48 | 00:12:46 |  |
| Sasha Hendrikse | 414 | 00:34:08 | Intermediate Female | 00:05:20 | 00:01:04 | 00:16:34 | 00:00:35 | 00:10:37 |  |
| Amanda Harrison | 409 | 00:36:14 | Intermediate Female | 00:06:10 | 00:01:39 | 00:16:53 | 00:00:40 | 00:10:53 |  |
| Heidi Chaffey | 404 | 00:35:11 | Intermediate Female | 00:06:48 | 00:00:52 | 00:15:16 | 00:00:36 | 00:11:41 |  |
| Monique Brooks | 420 | 00:37:23 | Intermediate Female | 00:07:52 | 00:01:37 | 00:17:13 | 00:00:53 | 00:09:50 |  |
| Mary Woodward | 450 | 00:41:52 | Intermediate Female | 00:07:37 | 00:00:56 | 00:17:20 | 00:00:50 | 00:15:10 |  |
| Emma Loughman | 446 | 00:37:26 | Intermediate Female | 00:04:59 | 00:01:18 | 00:16:25 | 00:00:49 | 00:13:56 |  |
| Alyssa Carney | 451 | 00:36:54 | Intermediate Female | 00:05:19 | 00:02:08 | 00:17:18 | 00:00:40 | 00:11:30 |  |
| Madeline Smith | 429 | 00:40:34 | Intermediate Female | 00:05:49 | 00:01:15 | 00:17:10 | 00:00:41 | 00:15:41 |  |
| Makala De Jong | 443 | 00:38:55 | Intermediate Female | 00:06:45 | 00:01:06 | 00:17:47 | 00:00:32 | 00:12:47 |  |

