| Name | Time | Swim | Cycle | Run |
| :--- | :--- | :--- | :--- | :--- |
| Jake Brown | 00:14:33 | $00: 05: 33$ | $00: 04: 05$ | $00: 04: 56$ |
| Isla Cupitt | 00:14:48 | $00: 02: 51$ | $00: 06: 07$ | $00: 05: 51$ |
| Chad Whyte | $00: 14: 49$ | $00: 05: 25$ | $00: 05: 11$ | $00: 04: 15$ |
| Nicholas Walton | $00: 15: 32$ | $00: 04: 25$ | $00: 06: 08$ | $00: 04: 59$ |
| Cameron Eck | $00: 16: 22$ | $00: 02: 14$ | $00: 05: 49$ | $00: 08: 20$ |
| Grace Cupitt | $00: 18: 46$ | $00: 06: 58$ | $00: 04: 08$ | $00: 07: 40$ |
| Milly Simpson | $00: 20: 12$ | $00: 08: 51$ | $00: 04: 36$ | $00: 06: 46$ |

