| Name | Race No | Time | Category | Swim | T1 | Cycle | T2 | Run | Place | |
|------------------|------------|----------------------|---|----------|----------------------|----------------------|----------------------|----------|-------|---|
| Ross Woodward | 110 | 01:00:29 | Senior Open | 00:09:21 | 00:00:43 | 00:27:48 | 00:00:52 | 00:21:43 | | 1 |
| Tony Hall | 121 | 00:51:14 | Senior Open | 00:08:50 | 00:00:26 | 00:23:17 | 00:00:40 | 00:17:58 | | 2 |
| Alex Wellm | 116 | 00:56:04 | Senior Open | 00:07:41 | 00:00:49 | 00:28:25 | 00:00:38 | 00:18:29 | | 3 |
| Patrick Kee | 105 | 00:59:31 | Senior Open | 00:10:02 | 00:00:53 | 00:28:28 | 00:00:37 | 00:19:30 | | 4 |
| Daniel Bice | 112 | 01:01:14 | Senior Open | 00:10:26 | 00:00:58 | 00:28:21 | 00:00:53 | 00:20:35 | | |
| Simon Buttenshaw | 128 | 00:54:21 | Senior Open | 00:09:38 | 00:00:54 | 00:26:42 | 00:00:52 | 00:16:12 | | |
| Graham Hopkinson | 147 | 00:54:32 | Senior Open | 00:10:00 | 00:00:35 | 00:25:09 | 00:00:44 | 00:18:02 | | |
| Dean Cranney | 115 | 00:54:56 | Senior Open | 00:10:26 | 00:00:40 | 00:25:52 | 00:01:01 | 00:16:55 | | |
| Brett Quantrill | 141 | 00:55:44 | Senior Open | 00:11:04 | 00:00:40 | 00:26:10 | 00:00:30 | 00:17:18 | | |
| James Simpson | 125 | 01:00:51 | Senior Open | 00:10:10 | 00:00:52 | 00:29:15 | 00:01:09 | 00:19:21 | | |
| Chris Goudkamp | 111 | 01:08:00 | Senior Open | 00:10:17 | 00:00:56 | 00:30:13 | 00:00:55 | 00:25:36 | | |
| Dan Smith | 120 | 00:55:28 | Senior Open | 00:08:15 | 00:00:38 | 00:26:15 | 00:00:52 | 00:19:27 | | |
| David Kee | 103 | 01:10:39 | Senior Open | 00:12:49 | 00:01:25 | 00:29:32 | 00:00:32 | 00:26:19 | | |
| Craig Hoddinott | 145 | DNF | Senior Open | 00:10:53 | 00:01:02 | | | | | |
| | 040 | 04 00 40 | 0 . 5 . | 00.40.00 | 00.04.40 | 00.00.54 | 00 00 50 | 00 00 10 | | 4 |
| Lisa Adams | 213 | 01:06:40 | Senior Female | 00:10:29 | 00:01:19 | 00:30:51 | 00:00:50 | 00:23:10 | | 1 |
| Elisha Dejong | 209 | 01:07:45 | Senior Female | 00:10:42 | 00:00:47 | 00:30:58 | 00:01:00 | 00:24:16 | | 2 |
| Tania Penrose | 201 | 01:10:05 | Senior Female | 00:11:27 | 00:00:59 | 00:32:49 | 00:00:52 | 00:23:56 | | 3 |
| Sharnah Bowen | 206 | 01:10:09 | Senior Female | 00:12:29 | 00:00:55 | 00:40:51 | 00:01:39 | 00:14:13 | | 4 |
| Lawrence Kee | 302 | 00:32:15 | Intermediate Open | 00:05:20 | 00:01:18 | 00:15:24 | 00:00:27 | 00:09:45 | | 1 |
| Nicholas Walton | 332 | 00:33:17 | Intermediate Open | 00:04:54 | 00:01:40 | 00:15:00 | 00:00:38 | 00:11:04 | | 2 |
| Richard Wellm | 326 | 00:37:02 | Intermediate Open | 00:07:02 | 00:00:40 | 00:16:37 | 00:00:32 | 00:12:09 | | 3 |
| Harrison Dowling | 316 | 00:28:32 | Intermediate Open | 00:04:15 | 00:00:48 | 00:14:20 | 00:00:26 | 00:08:42 | | 4 |
| Chad Whyte | 315 | 00:34:37 | Intermediate Open | 00:05:29 | 00:02:08 | 00:16:53 | 00:00:38 | 00:09:26 | | |
| Peter Boey | 319 | 00:42:24 | Intermediate Open | 00:07:16 | 00:04:35 | 00:16:56 | 00:00:50 | 00:12:45 | | |
| Gerry Matthews | 303 | 00:47:42 | Intermediate Open | 00:09:05 | 00:01:11 | 00:18:17 | 00:00:48 | 00:18:18 | | |
| Coffe Cooper | 405 | 00.22.54 | letamen diata Famala | 00.04.00 | 00.00.50 | 00:40:45 | 00.00.50 | 00.00.45 | | 1 |
| Sofie Soenen | 425 424 | 00:33:51 | Intermediate Female Intermediate Female | 00:04:32 | 00:00:58 | 00:18:15 | 00:00:50 | 00:09:15 | | 1 |
| Isa Soenen | 424 427 | 00:35:34 | Intermediate Female | 00:06:29 | 00:01:02 | 00:17:33 | 00:01:06 | 00:09:21 | | 2 |
| Emily Walton | 403 | 00:34:30 | Intermediate Female | 00:05:57 | 00:01:15 | 00:16:28 | 00:00:31 | 00:10:18 | | 3 |
| Shandelle Carrol | 403 | 00:39:53 | | 00:07:02 | 00:00:46 | 00:17:10 | 00:00:43 | 00:14:10 | | 4 |
| Hannah Hopkinson | 450 | 00:40:50 00:41:16 | Intermediate Female Intermediate Female | 00:05:21 | 00:00:50 00:00:46 | 00:19:53 00:16:26 | 00:00:38 00:00:48 | 00:14:07 | | 4 |
| Mary Woodward | | | | 00:08:31 | | | | 00:14:43 | | |
| Jennie Cupitt | 422 | 00:39:34 | Intermediate Female | 00:07:34 | 00:01:31 | 00:17:40 | 00:00:41 | 00:12:06 | | |
| Renee Dodd | 431 | 00:37:26 | Intermediate Female | 00:05:10 | 00:00:52 | 00:16:14 | 00:00:34 | 00:14:34 | | |
| Milly Simpson | 414 | 00:41:10 | Intermediate Female | 00:07:02 | 00:00:44 | 00:19:06 | 00:00:37 | 00:13:39 | | |
| Liz Simpson | 435 | 00:41:11 | Intermediate Female | 00:07:02 | 00:00:46 | 00:19:05 | 00:00:37 | 00:13:39 | | |
| Liz Boey | 443 | 00:51:01 | Intermediate Female | 00:09:11 | 00:02:21 | 00:20:52 | 00:02:15 | 00:16:19 | | |
| Karen Walker | 417 | DNF | Intermediate Female | 00:10:22 | 00:01:37 | 00:21:50 | | | | |