| | | TIME | SWIM | T1 | | | | | BIKE | T2 | | | | | | | RUN |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | RUN OUT | | | RUN RETURN | | |
| | | | | | K1 | K2 | E1 | E2 | | | GT1 | T2A | OUT OVERALL | GT2 | T2B | RUN RETURN | |
| 185 | ANDREW DUGGAN | 18:52:58 | 00:52 | 00:05 | 01:14 | 01:15 | 02:51 | 03:08 | 08:33 | 00:13 | 01:48 | 02:13 | 04:01 | 02:52 | 02:20 | 05:12 | 09:14:43 |
| 103 | PAUL COOPER | | 01:10 | 00:04 | 01:25 | 01:27 | 03:20 | 03:45 | 10:01 | 00:27 | 02:36 | 02:33 | 05:09 | | | | |
| 117 | TOBY EVANS | | 01:05 | 00:07 | 01:28 | 01:32 | 03:46 | 04:08 | 11:01 | 00:14 | 02:25 | 02:27 | 04:52 | | | | |
| 174 | OLIVER HOULTON | | 01:20 | 00:06 | 01:31 | 01:39 | 04:03 | 04:02 | 11:21 | 00:21 | 02:51 | 02:24 | 05:15 | | | | |
| 176 | ANTHONY GERUNDINI | | 01:41 | 00:14 | 01:35 | 01:34 | 03:34 | 03:51 | 10:48 | 00:03 | 03:21 | 02:28 | 05:49 | | | | |
| 105 | PHILIP SMALLMAN | | 01:28 | 00:08 | 01:32 | 01:38 | 03:50 | 04:05 | 11:13 | 00:26 | 02:46 | 02:28 | 05:14 | | | | |
| 116 | RICCARDO GIUSSANI | | 01:26 | 00:12 | 01:31 | 01:31 | 03:46 | 04:25 | 11:25 | 00:32 | 02:30 | 02:30 | 05:00 | | | | |
| 127 | MATTHEW CLARKE | | 01:18 | 00:10 | 01:22 | 01:28 | 03:21 | 03:49 | 10:10 | 00:27 | 03:58 | 02:37 | 06:35 | | | | |
| 119 | DAVE ARNOLD | | 01:32 | 00:11 | 01:35 | 01:39 | 03:49 | 03:51 | 11:05 | 00:25 | 02:46 | 02:38 | 05:24 | | | | |
| 118 | CHRIS KNIGHT | | 01:09 | 00:04 | 01:24 | 01:23 | 03:23 | | | | | | | | | | |
| 121 | CHRISTIAN BOUET | | 01:28 | 00:11 | 01:34 | 01:41 | 04:22 | | | | | | | | | | |
| 162 | CLIVE GREATOREX | | 01:22 | 00:09 | 01:40 | 01:49 | 04:25 | | | | | | | | | | |
| 183 | MICK BUIN | | 01:32 | 00:14 | 01:51 | 01:51 | 04:37 | | | | | | | | | | |
| 192 | SARAH WELSH | | 01:27 | 00:17 | 01:53 | 01:53 | 05:21 | | | | | | | | | | |
| 188 | ANDREW GODLEY | | 01:30 | 00:15 | 01:39 | 01:46 | | | | | | | | | | | |