

| Name | Category | Categ Pos | Swim 400m | Bike 15km | Run 4km | Total |
|-------------------|----------|-----------|-----------|-----------|----------|----------|
| Hayden Smith | A Grade | 1 | 00:05:53 | 00:24:53 | 00:15:38 | 00:46:24 |
| Rhett Pattison | A Grade | 2 | 00:07:13 | 00:25:43 | 00:16:35 | 00:49:32 |
| Dave Fitzhardinge | A Grade | 3 | 00:07:07 | 00:25:34 | 00:16:58 | 00:49:39 |
| Josh Godwin | A Grade | 4 | 00:07:45 | 00:24:54 | 00:18:32 | 00:51:12 |
| Jarryd Tinson | A Grade | 5 | 00:06:28 | 00:28:56 | 00:15:52 | 00:51:17 |
| Janelle Evans | B Grade | 1 | 00:07:30 | 00:28:39 | 00:20:37 | 00:56:47 |
| Zack Hender | B Grade | 2 | 00:06:44 | 00:32:00 | 00:18:12 | 00:56:56 |
| Scott Davies | C Grade | 1 | 00:08:02 | 00:29:22 | 00:21:05 | 00:58:30 |
| Vanessa Croker | C Grade | 2 | 00:08:20 | 00:30:58 | 00:23:33 | 01:02:53 |
| Margaret Gordon | D Grade | 2 | 00:08:02 | 00:33:11 | 00:20:18 | 01:01:32 |
| Monique Kusse | D Grade | 3 | 00:09:20 | 00:33:41 | 00:23:01 | 01:06:03 |
| Emma Sewell | D Grade | 4 | 00:08:45 | 00:33:09 | 00:25:58 | 01:07:53 |
| Anne Davies | D Grade | 5 | 00:09:55 | 00:31:33 | 00:27:22 | 01:08:50 |
| David Castle | D Grade | 6 | 00:09:05 | 00:34:09 | 00:33:44 | 01:16:59 |
| Leonie Harrison | E Grade | 1 | 00:08:54 | 00:34:59 | 00:20:00 | 01:03:53 |
| Grace Aldridge | F Grade | 1 | 00:04:23 | 00:20:21 | 00:12:05 | 00:36:50 |
| Tracey Sewell | F Grade | 2 | 00:05:58 | -00:03:59 | 00:39:44 | 00:41:43 |
| Julie Castle | F Grade | 3 | 00:05:43 | 00:23:12 | 00:14:35 | 00:43:32 |