

| Wave | Race No | First Name | Last Name | Category | Distance | Swim Split | Run Split | Total Time |
|------|---------|-------------|---------------|----------|----------|------------|-----------|------------|
| 4 | 48 | Niall | Caley | M15-19 | Short | 00:03:06 | 00:09:34 | 00:12:40 |
| 4 | 50 | Tom | Kerfoot | M15-19 | Short | 00:03:07 | 00:09:57 | 00:13:04 |
| 4 | 54 | Neil | Kerfoot | M40-59 | Short | 00:03:39 | 00:10:45 | 00:14:24 |
| 4 | 45 | Imara-Bella | Thorpe | F15-19 | Short | 00:03:17 | 00:11:42 | 00:14:59 |
| 4 | 49 | Adrian | Wilkins | M40-59 | Short | 00:03:35 | 00:11:27 | 00:15:02 |
| 3 | 40 | Paul | Redman | M40-59 | Short | 00:05:13 | 00:10:25 | 00:15:38 |
| 3 | 36 | Molly | Wilkins | F15-19 | Short | 00:03:49 | 00:11:52 | 00:15:41 |
| 4 | 46 | Harriet | Foulner | F15-19 | Short | 00:03:44 | 00:12:19 | 00:16:03 |
| 3 | 41 | Phoebe | Gould | F15-19 | Short | 00:04:28 | 00:12:03 | 00:16:31 |
| 4 | 53 | Thomas | Smithers | M15-19 | Short | 00:03:31 | 00:13:32 | 00:17:03 |
| 3 | 35 | Kate | Ross | F40-59 | Short | 00:04:04 | 00:14:18 | 00:18:22 |
| 4 | 52 | Chloe | Anderson | F15-19 | Short | 00:04:51 | 00:14:20 | 00:19:11 |
| 3 | 38 | Sandra | Smithers | F40-59 | Short | 00:04:55 | 00:14:54 | 00:19:49 |
| 3 | 43 | Holly | Linton | F15-19 | Short | 00:07:18 | 00:12:47 | 00:20:05 |
| 3 | 42 | James | Fox | M40-59 | Short | 00:05:00 | 00:15:06 | 00:20:06 |
| 3 | 39 | Kathryn | Wright | F40 -59 | Short | 00:05:10 | 00:16:41 | 00:21:51 |
| 3 | 44 | Sorrel | Langley-Hobbs | F40 -59 | Short | 00:09:47 | 00:13:46 | 00:23:33 |