

| Pl | tno | Name | B | Club | S1 | S2 | S3 | Time | | | |
|------------------|-----|----------------------|----|-----------------|-------|----|-------|------|-------|----|---------|
| Long (47) | | | | | | | | | | | |
| 1 | 23 | Sten Claessens | 78 | KO W | 8:08 | 2 | 5:31 | 1 | 7:05 | 1 | 20:44 |
| 2 | 16 | Hadrien Devillepoix | 90 | BO W | 7:06 | 1 | 6:09 | 2 | 7:47 | 2 | 21:02 |
| 3 | 29 | Andries Swart | 99 | KO W | 8:52 | 5 | 6:13 | 3 | 8:05 | 3 | 23:10 |
| 4 | 25 | Paul Dowling | | BO W | 8:21 | 3 | 7:11 | 4 | 8:38 | 5 | 24:10 |
| 5 | 33 | Lucy Jarrett | 02 | KO W | 9:48 | 11 | 7:35 | 5 | 8:10 | 4 | 25:33 |
| 6 | 43 | Veronika Vavrova | 85 | KO W | 8:58 | 6 | 7:40 | 6 | 9:07 | 8 | 25:45 |
| 7 | 47 | Ceri Pass | 76 | KO W | 8:35 | 4 | 8:00 | 10 | 9:16 | 10 | 25:51 |
| 8 | 36 | Anthea Feaver | 59 | LO W | 9:28 | 9 | 8:17 | 13 | 8:54 | 7 | 26:39 |
| 9 | 38 | Edward Finnie | 00 | WO W | 10:18 | 14 | 7:45 | 7 | 8:48 | 6 | 26:51 |
| 10 | 28 | Luan Swart | 01 | KO W | 9:46 | 10 | 7:47 | 8 | 10:18 | 14 | 27:51 |
| 11 | 8 | Kate Braid | 06 | KO W | 9:14 | 8 | 8:59 | 18 | 10:02 | 12 | 28:15 |
| 12 | 42 | Patrick Dufty | 03 | BO W | 10:43 | 17 | 8:18 | 14 | 9:16 | 10 | 28:17 |
| 13 | 32 | Tyler Eves | 99 | BO W | 10:36 | 16 | 8:30 | 15 | 9:13 | 9 | 28:19 |
| 14 | 34 | Paul Jarrett | 69 | KO W | 9:02 | 7 | 7:57 | 9 | 12:09 | 25 | 29:08 |
| 15 | 24 | Anders Larsson | 61 | Tolered-Utby OL | 9:51 | 12 | 8:33 | 16 | 11:15 | 20 | 29:39 |
| 16 | 6 | Shaun Richards | 03 | WO W | 10:59 | 20 | 8:00 | 10 | 10:49 | 17 | 29:48 |
| 17 | 41 | Michael Dufty | 70 | BO W | 9:59 | 13 | 9:26 | 20 | 10:50 | 18 | 30:15 |
| 18 | 45 | Graeme Harris | | WO W | 11:32 | 22 | 8:54 | 17 | 10:30 | 15 | 30:56 |
| 19 | 7 | Sarah Richards | 03 | WO W | 10:25 | 15 | 9:30 | 21 | 11:17 | 21 | 31:12 |
| 20 | 15 | Eleanor Sansom | 90 | BO W | 10:48 | 19 | 9:34 | 23 | 10:56 | 19 | 31:18 |
| 21 | 4 | Rob West | 51 | BO W | 10:47 | 18 | 9:14 | 19 | 11:59 | 23 | 32:00 |
| 22 | 14 | Jennifer Porter | 76 | LO W | 12:07 | 26 | 8:14 | 12 | 13:11 | 29 | 33:32 |
| 23 | 11 | Simon Spagnol | 68 | LO W | 11:18 | 21 | 10:37 | 25 | 11:47 | 22 | 33:42 |
| 24 | 20 | Sophie Giles | | LO W | 14:03 | 34 | 9:30 | 21 | 10:13 | 13 | 33:46 |
| 25 | 26 | Edward Plummer | 69 | LO W | 13:13 | 28 | 10:56 | 27 | 10:46 | 16 | 34:55 |
| 26 | 12 | Daisy McCauley | 93 | WO W | 11:54 | 24 | 9:40 | 24 | 14:07 | 31 | 35:41 |
| 27 | 13 | Joseph Coleman | 06 | KO W | 12:45 | 27 | 11:17 | 28 | 12:15 | 26 | 36:17 |
| 28 | 2 | Robert Graieg | 56 | LO W | 13:22 | 30 | 11:21 | 29 | 12:00 | 24 | 36:43 |
| 29 | 31 | Andrea Eves | 72 | BO W | 13:35 | 33 | 11:23 | 30 | 12:17 | 27 | 37:15 |
| 30 | 19 | Mike Howe | 43 | LO W | 13:18 | 29 | 10:54 | 26 | 13:05 | 28 | 37:17 |
| 31 | 17 | Ken Post | 52 | WO W | 11:39 | 23 | 14:16 | 39 | 15:19 | 34 | 41:14 |
| 32 | 37 | Nicolette Finnie | 68 | WO W | 16:05 | 38 | 11:52 | 32 | 13:42 | 30 | 41:39 |
| 33 | 22 | Richard Matthews | 51 | LO W | 13:28 | 32 | 11:41 | 31 | 17:10 | 37 | 42:19 |
| 34 | 3 | Michelle Martin | 67 | WO W | 15:54 | 37 | 13:31 | 36 | 14:13 | 32 | 43:38 |
| 35 | 1 | Rosalie McCauley | 60 | WO W | 11:54 | 24 | 13:09 | 34 | 20:15 | 42 | 45:18 |
| 36 | 18 | Helen Post | 53 | WO W | 17:37 | 42 | 12:26 | 33 | 16:16 | 35 | 46:19 |
| 37 | 39 | Helen Bailey | 58 | LO W | 13:24 | 31 | 13:27 | 35 | 20:33 | 43 | 47:24 |
| 38 | 27 | Phil Dufty | 44 | BO W | 19:51 | 43 | 13:33 | 37 | 14:59 | 33 | 48:23 |
| 39 | 5 | Lois West | 49 | BO W | 17:00 | 39 | 14:32 | 41 | 19:49 | 38 | 51:21 |
| 40 | 40 | Peter Hamilton | 37 | WO W | 17:04 | 40 | 14:28 | 40 | 19:59 | 39 | 51:31 |
| 41 | 9 | Jack Dowling | 49 | BO W | 17:17 | 41 | 15:33 | 42 | 20:06 | 40 | 52:56 |
| 42 | 21 | Hunter Giles-Shanley | | | 15:50 | 36 | 20:37 | 44 | 20:10 | 41 | 56:37 |
| 43 | 35 | Peter Standen | | | 14:52 | 35 | 22:21 | 46 | 24:47 | 45 | 1:02:00 |
| 44 | 10 | Sue Dowling | 49 | BO W | 25:17 | 45 | 20:39 | 45 | 23:55 | 44 | 1:09:51 |
| | 46 | Lachlan Braid | 08 | KO W | mp | | 14:04 | 38 | 17:00 | 36 | |
| | 44 | Ruben Claessens | | | 21:29 | 44 | 17:03 | 43 | | | |
| | 30 | Reece Swart | | KO W | 34:06 | 46 | | | | | |