

| | Sprint | | | | | | Place |
|----|------------|------------|--------|----------------------------|-------|---------|-------|
| | First name | Last name | Gender | Club Name | Swim | Finish | |
| 1 | Paul | Wyatt | Male | Havering Tri | 12.27 | 33.05 | 1st M |
| 2 | George | Cooper | Male | | 9.59 | 33.18 | 2nd M |
| 3 | Phoebe | Cooper | Female | | 11.48 | 33.55 | 1st F |
| 4 | Michael | Bird | Male | | 11.06 | 34.26 | 3rd M |
| 5 | Debbie | Coyle | Female | Havering Tri | 11.12 | 34.57 | 2nd F |
| 6 | Graeme | Blair | Male | Crystal Palace Triathletes | 12.35 | 35.08 | |
| 7 | Michael | Bishop | Male | | 12.31 | 36.34 | |
| 8 | James | Willingham | Male | | 14.54 | 36.41 | |
| 9 | Vincent | Balzan | Male | DWO | 11.25 | 36.54 | |
| 10 | Freddie | Harrison | Male | | 14.01 | 36.57 | |
| 11 | Glyth | Cooper | Male | | 10.59 | 37.04 | |
| 12 | Adrin | | Male | DWO | 12.43 | 37.09 | |
| 13 | Yolanda | Speare | Female | | 10.09 | 37.21 | 3rd F |
| 14 | Trevor | Cooper | Male | Havering Tri | 13.21 | 38.13 | |
| 15 | nick | cochrane | Male | | 10.53 | 38.51 | |
| 16 | Gio | Grant | Male | | 12.19 | 40.11 | |
| 17 | Matt | Litherland | Male | | 12.06 | 40.19 | |
| 18 | Reg | Selm | Male | | 11.14 | 40.22 | |
| 19 | Peter | Whall | Male | Coastal Striders | 15.24 | 41.48 | |
| 20 | Douglas | | Male | DWO | 12.16 | 42.51 | |
| 21 | Luke | Beesley | Male | | 18.23 | 42.51 | |
| 22 | Andy | Dumbleton | Male | DWO | 15.31 | 45.47 | |
| 23 | Cristina | Cooper | Female | Havering Tri | 21.02 | 55.14 | |
| 24 | Hayley | Collins | Female | | 14.45 | 1.00.11 | |
| 25 | Mark | Milson | Male | DWO | 12.11 | DNF | |
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