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|----|----------|-------------|---------------------|-------|---------|---------|----------|
| | | GOTri | | | | | |
| 1 | Max | Selby | Weald Tri Club | 9.14 | 36.17 | 47.35 | 1st M |
| 2 | Max | Brown | WTC | 9.53 | 37.26 | 50.01 | 2nd M |
| 3 | Steve | Bunce | Walden Tri | 11.57 | 44.17 | 59.04 | 3rd M |
| 4 | Mike | Hawkins | | 11.47 | 43.59 | 59.15 | 1st MSSV |
| 5 | Emma | Harding | East Essex Tri Club | 11.01 | 45.39 | 1.00.33 | 1st F |
| 6 | Malcolm | Cook | | 12.12 | 51.11 | 1.07.47 | |
| 7 | Russell | Jones | Hackney GT | 22.41 | | 1.13.55 | |
| 8 | Jason | Fazackerley | | 13.43 | 53.3 | 1.16.37 | |
| 9 | Bryn | Davies | | 17.16 | 57.36 | 1.21.12 | |
| 10 | Caroline | Rigby | DEAL TRI | 18.33 | 1.03.42 | 1.25.49 | |