

All races (male)

| Pos | Athlete | Team | Gender | Bib# | Run | #R1 | T1 Bike | #B | T2 | #T | Run | #R2 | Chip Time | Overall |
|-----|--------------------|------------------|--------|------|---------|-----|---------|----|---------|----|---------|-----|-----------|---------|
| 1 | Adam Whittaker | Salt and Sham CC | M | 34 | 0:18:27 | 1 | 0:33:17 | 1 | 0:00:20 | 1 | 0:19:00 | 1 | 1:11:02 | 1 |
| 2 | Peter Douglass | BikeCity T3 | M | 32 | 0:20:36 | 5 | 0:35:20 | 2 | 0:00:28 | 5 | 0:21:28 | 5 | 1:17:51 | 2 |
| 3 | Christopher Martey | Unattached | M | 42 | 0:19:37 | 3 | 0:38:35 | 5 | 0:00:49 | 12 | 0:21:00 | 3 | 1:19:59 | 3 |

All races (female)

| Pos | Athlete | Team | Gender | Bib# | Run | #R1 | T1 Bike | #B | T2 | #T | Run | #R2 | Chip Time | Overall |
|-----|------------------|-----------------------|--------|------|---------|-----|---------|----|---------|----|---------|-----|-----------|---------|
| 1 | Caroline Partner | Basingstoke Tri Squad | F | 31 | 0:24:55 | 2 | 0:44:52 | 1 | 0:00:36 | 2 | 0:26:08 | 2 | 1:36:30 | 12 |
| 2 | Polina Polyakova | Unattached | F | 60 | 0:24:48 | 1 | 0:51:00 | 3 | 0:01:18 | 4 | 0:25:08 | 1 | 1:42:13 | 20 |
| 3 | Nicola Jones | Unattached | F | 58 | 0:28:54 | 5 | 0:49:56 | 2 | 0:01:34 | 6 | 0:31:01 | 5 | 1:51:23 | 24 |