

8 years plus. 1st wave		100m swim / 800m run		
Position		Swim	Run	Total time
1	Thomas Atkinson	1.52	3.57	5.49
2	Freddie Lucas	1.49	4.15	6.04
3	Elizabeth Atkinson	2.05	4.19	6.24
4	Harry Worth	1.54	4.33	6.27
5	Hannah Worth	2.08	4.23	6.31
6	Adam Kennedy	2.22	4.14	6.36
7	Casper Whitehead	2.30	4.30	7.00
8	Eva Scott	2.35	4.30	7.00
9	Daniel Stocke	3.12	4.30	7.42

15 years plus. 2nd wave		200m swim / 1600m run		
Position		Swim	Run	Total time
1	Lilly Scott	3.59	5.37	9.36
2	Jack Lumsden.	4.06	5.38	9.44
3	Caoimhe Dunphy	5.03	7.35	12.38

Adults		400m swim / 2500m run		
Position		Swim	Run	Total time
1	Ian Burns	5.05	11.37	16.42
2	Phillippa Worth	6.16	11.04	17.2
3	Vaughan Robinson	6.54	10.47	17.41
4	Claire Kybett	6.17	11.4	17.57
5	Fintan Kennedy	9.16	10.59	20.15
6	Jocelyn Mitchell	6.3	17.29	23.59
7	Suzanne de Ste Croix	10.58	14.29	25.27