

Long Distance**Men**

Position	Name	Swim	Bike	Total time
1	Paul Taylor	8.06	37.32	1.01.21
2	Jason Dastey	9.25	40.29	1.06.05
3	Geoff Williams	8.55	39.16	1.06.45
4	Graeme Ferguson	11.28	43.07	1.08.25

Short Distance**Men**

Position	Name	Swim	Bike	Total time
1	Mark Ferguson	6.14	32.45	51.40
2	Oliver Adams	7.27	34.22	54.54
3	Richard Adams	6.09	31.54	55.57