

Bib #	Team Name	Category	Swimmer	Race time	Swim Split	Cyclist	Race time	Train Delay	Bike Split	Paddler	Race time	Paddle Split	Runner	Race time	Run Split	Total time
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Solo Female

003	Amanda Kosmerly	Solo F	Amanda Kosmerly	0:22:05	0:22:05	Amanda Kosmerly	1:13:02		0:50:57	Amanda Kosmerly	1:47:57	0:34:55	Amanda Kosmerly	2:25:25	0:37:28	2:25:25
002	Sara McIlraith	Solo F	Sara McIlraith	0:22:44	0:22:44	Sara McIlraith	1:16:41		0:53:57	Sara McIlraith	1:51:32	0:34:51	Sara McIlraith	2:25:53	0:34:21	2:25:53
004	Emily Marcolini	Solo F	Emily Marcolini	0:26:14	0:26:14	Emily Marcolini	1:17:42		0:51:28	Emily Marcolini	1:57:42	0:40:00	Emily Marcolini	2:29:16	0:31:34	2:29:16
001	Tamara Flannigan	Solo F	Tamara Flannigan	0:18:33	0:18:33	Tamara Flannigan	1:16:51		0:58:18	Tamara Flannigan	1:55:00	0:38:09	Tamara Flannigan	2:45:04	0:50:04	2:45:04

Solo Male

014	Buddy Green	Solo m	Buddy Green	0:15:22	0:15:22	Buddy Green	1:02:00		0:46:38	Buddy Green	1:35:30	0:33:30	Buddy Green	2:14:58	0:39:28	2:14:58
023	Clinton Lahnalampi	Solo m	Clinton Lahnalampi	0:22:54	0:22:54	Clinton Lahnalampi	1:08:47		0:45:53	Clinton Lahnalampi	1:43:47	0:35:00	Clinton Lahnalampi	2:16:46	0:32:59	2:16:46
022	Kerry Abols	Solo m	Kerry Abols	0:22:24	0:22:24	Kerry Abols	1:10:46		0:48:22	Kerry Abols	1:43:42	0:32:56	Kerry Abols	2:18:04	0:34:22	2:18:04
016	Drew Thompson	Solo m	Drew Thompson	0:21:53	0:21:53	Drew Thompson	1:10:42		0:48:49	Drew Thompson	1:46:20	0:35:38	Drew Thompson	2:23:02	0:36:42	2:23:02
010	Colin Ward	Solo m	Colin Ward	0:24:35	0:24:35	Colin Ward	1:15:30		0:50:55	Colin Ward	1:48:22	0:32:52	Colin Ward	2:24:58	0:36:36	2:24:58
015	Todd Withers	Solo m	Todd Withers	0:25:44	0:25:44	Todd Withers	1:17:48		0:52:04	Todd Withers	1:50:15	0:32:27	Todd Withers	2:30:26	0:40:11	2:30:26
020	Thomas Gore	Solo m	Thomas Gore	0:26:35	0:26:35	Thomas Gore	1:18:53		0:52:18	Thomas Gore	2:00:38	0:41:45	Thomas Gore	2:40:00	0:39:22	2:40:00
012	Denis Lefebvre	Solo m	Denis Lefebvre	0:28:10	0:28:10	Denis Lefebvre	1:23:42		0:55:32	Denis Lefebvre	1:59:38	0:35:56	Denis Lefebvre	2:45:30	0:45:52	2:45:30
011	Alex Rose	Solo m	Alex Rose	0:26:52	0:26:52	Alex Rose	1:26:33		0:59:41	Alex Rose	2:05:06	0:38:33	Alex Rose	2:47:40	0:42:34	2:47:40
018	Collin Mecke	Solo m	Collin Mecke	0:28:23	0:28:23	Collin Mecke	1:26:31		0:58:08	Collin Mecke	2:08:04	0:41:33	Collin Mecke	2:53:15	0:45:11	2:53:15
013	Darren Kleven	Solo m	Darren Kleven	0:29:54	0:29:54	Darren Kleven	1:27:49		0:57:55	Darren Kleven	2:16:53	0:49:04	Darren Kleven	3:01:26	0:44:33	3:01:26
021	Andrew Dipsell	Solo m	Andrew Dipsell	0:23:12	0:23:12	Andrew Dipsell	1:26:28		1:03:16	Andrew Dipsell	2:12:44	0:46:16	Andrew Dipsell	3:04:40	0:51:56	3:04:40
017	Dave Hawkins	Solo m	Dave Hawkins	0:29:26	0:29:26	Dave Hawkins	1:33:13		1:03:47	Dave Hawkins	2:20:29	0:47:16	Dave Hawkins	3:10:18	0:49:49	3:10:18

Women's Pairs

102	Team Bradbury	Women's Pairs	Emily Bradbury	0:22:08	0:22:08	Emily Bradbury	1:20:21		0:58:13	Nicole Bradbury	2:04:57	0:44:36	Nicole Bradbury	2:58:25	0:53:28	2:58:25
101	Moderation Mavens	Women's Pairs	Elizabeth Priebe	0:27:21	0:27:21	Sarah Goulding	1:36:02		1:08:41	Elizabeth Priebe	2:17:49	0:41:47	Sarah Goulding	3:03:40	0:45:51	3:03:40
103	Spandex for Dilly Bars	Women's Pairs	Terri Lepage	0:27:06	0:27:06	Helen Bobiwash	1:31:52		1:04:46	Helen Bobiwash	2:40:21	1:08:29	Terri Lepage	3:36:15	0:55:54	3:36:15

Men's Pairs

111	Team Hanson	Men's Pairs	David Hanson	0:28:04	0:28:04	Jacob Hanson	1:33:15		1:05:11	David Hanson	2:14:28	0:41:13	Jacob Hanson	2:52:41	0:38:13	2:52:41
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Mixed Pairs

121	The Bat's Wrath	mixed pairs	Rob Gregoris	0:20:56	0:20:56	Julie Rathwell	1:11:01		0:50:05	Rob Gregoris	1:40:02	0:29:01	Julie Rathwell	2:19:20	0:39:18	2:19:20
123	Richard Simmons Fan Club	mixed pairs	Katherine Knight	0:22:28	0:22:28	Katherine Knight	1:13:06		0:50:38	Chris Hey	1:47:50	0:34:44	Chris Hey	2:20:03	0:32:13	2:20:03
125	You Don't Even Know	mixed pairs	Samantha Tobin	0:24:03	0:24:03	Charlie Reid	1:08:47		0:44:44	Samantha Tobin	1:48:07	0:39:20	Charlie Reid	2:26:49	0:38:42	2:26:49
122	The Tumbleweeds	mixed pairs	Taus Joergensen	0:26:01	0:26:01	Lindsay Richan	1:19:20		0:53:19	Taus Joergensen	1:53:39	0:34:19	Lindsay Richan	2:29:28	0:35:49	2:29:28
124	The Flake-O-Trons	mixed pairs	Suzanne Halet	0:25:04	0:25:04	Jamie Fairchild	1:17:26		0:52:22	Suzanne Halet	1:56:42	0:39:16	Jamie Fairchild	2:31:53	0:35:11	2:31:53
126	Mormitos	mixed pairs	Cheryl Reich	0:32:23	0:32:23	Cheryl Reich	1:30:36		0:58:13	Yves Poirier	2:03:27	0:32:51	Yves Poirier	2:39:15	0:35:48	2:39:15

Four Mixed

142	Yogis and the Bear	Four Mixed	Laura Stanyon	0:22:54	0:22:54	Marc Nellis	1:09:23		0:46:29	Marc Nellis	1:48:00	0:38:37	Bridget King	2:25:49	0:37:49	2:25:49
139	Team Henninger	Four Mixed	Astrid Henninger	0:27:39	0:27:39	Conrad Henninger	1:22:32		0:54:53	Adrian Lightstone	1:59:47	0:37:15	Annegret Henninger	2:36:29	0:36:42	2:36:29
137	R+B+C+L=Fun	Four Mixed	Barbara Roy	0:37:46	0:37:46	Charles Dumas	1:18:50		0:41:04	Reg Roy	1:57:22	0:38:32	Liz Taillefer	2:47:44	0:50:22	2:47:44
138	Can't Keep Us Down	Four Mixed	Emily Smith	0:25:02	0:25:02	Debbie Smith	1:20:10		0:55:08	Andrew Reid	1:58:18	0:38:08	Louis Moustgaard	2:52:38	0:54:20	2:52:38
131	Do'nut Have Creativity	Four Mixed	Liam Marcolini	0:24:04	0:24:04	Kate Richards	1:33:33		1:09:29	Adrian Marcolini	2:13:20	0:39:47	Allison Caswell	2:52:57	0:39:37	2:52:57
135	Still At It!	Four Mixed	Fred Mens	0:26:05	0:26:05	Shannon Hengen	1:31:51		1:05:46	Karl Skierszkan	2:06:15	0:34:24	Sue Bale	2:56:42	0:50:27	2:56:42
140	Space Monkey Mafia	Four Mixed	Megan Gran	0:27:06	0:27:06	Cassie Gingras	1:38:28		1:11:22	Connor Gran	2:16:33	0:38:05	Kyla Bruni	2:57:22	0:40:49	2:57:22
133	The Communicators	Four Mixed	Ian Reedman	0:26:59	0:26:59	Hilliary Duff	1:29:28		1:02:29	Jennifer Norwell	2:11:10	0:41:42	Martha Dillman	3:00:51	0:49:41	3:00:51
141	Beaton Ninjas	Four Mixed	Carla Bifolchi	0:33:18	0:33:18	Carla Bifolchi	1:37:35		1:04:17	Justin Sawchuk	2:15:56	0:38:21	Natashia San Cartier	3:01:50	0:45:54	3:01:50
134	2 Divas and a Dude	Four Mixed	Lisa Allen	0:26:06	0:26:06	Kelly Bowie	1:34:09		1:08:03	Bruce Cowtan	2:15:39	0:41:30	Kelly Bowie	3:03:07	0:47:28	3:03:07
132	The Fantastic Four	Four Mixed	Sherry Shea	0:29:45	0:29:45	Darren Bomhower	1:49:22		1:19:37	Craig Shea	2:26:42	0:37:20	Laurel Myers	3:17:29	0:50:47	3:17:29
136	Mutant Ninja Turtles	Four Mixed	Amanda Ouellette	0:26:40	0:26:40	Mariah Kruk	2:09:32		1:42:52	Alain Ouellette	2:56:33	0:47:01	Aaron Edmunds	3:39:30	0:42:57	3:39:30

Four Men

146	Beaton Up!	Four Men	Jack Kosmerly	0:19:58	0:19:58	James Larmer	1:03:00		0:43:02	John Larmer	1:33:24	0:30:24	Derek Reid	2:01:51	0:28:27	2:01:51
155	L.N.O.P.	Four Men	Serge Loiselle	0:20:15	0:20:15	Mike Nawalaniec	1:08:35		0:48:20	Brian O'Neil	1:36:46	0:28:11	Liam Passi	2:05:10	0:28:24	2:05:10
154	Four for Jean	Four Men	Jessica Hanson	0:24:02	0:24:02	Chris Gore	1:15:04		0:51:02	Bob Hanson	1:47:37	0:32:33	Joe Lonsdale	2:22:43	0:35:06	2:22:43
151	Rock Paper Scissors Canoe	Four Men	Chris Richer	0:28:00	0:28:00	Hinkel Yeung	1:13:06		0:45:06	Jean-Francois Larochelle	1:50:15	0:37:09	Aidan Spoel	2:24:42	0:34:27	2:24:42
153	Clearwater Clan	Four Men	Karen Broughton	0:25:49	0:25:49	Nathan Johnston	1:23:39		0:57:50	Tom Johnston	2:01:30	0:37:51	Sam Johnston	2:39:02	0:37:32	2:39:02
148	North-South	Four Men	Jeff Lilley	0:30:22	0:30:22	Brad Smith	1:31:53		1:01:31	Alain Gauthier	2:09:55	0:38:02	Ryan Bradshaw	2:43:35	0:33:40	2:43:35
147	The Fat Boys	Four Men	Dave Welsh	0:21:55	0:21:55	Patrick Thompson	1:19:35		0:57:40	Ross Patterson	2:00:08	0:40:33	Dave Welsh	2:44:41	0:44:33	2:44:41
152	Tat's Guys	Four Men	Ed Allore	0:24:35	0:24:35	Andre Allore	1:25:53		1:01:18	Phillippe Boudreau	2:06:20	0:40:27	Paul Gantous	2:45:10	0:38:50	2:45:10
150	K.-F.R.T.	Four Men	Hugh Ferguson	0:25:09	0:25:09	Mike Ryan	1:18:22		0:53:13	Hayden Kosmerly	1:53:54	0:35:32	Lise Thomas	2:52:02	0:58:08	2:52:02
149	Turgenev's Team	Four Men	Jesse Skierszkan	0:32:37	0:32:37	Simon Skierszkan	1:28:11		0:55:34	Richard Germond	2:07:41	0:39:30	Colin Germond	2:55:57	0:48:16	2:55:57

Four Women

161	APTT	Four Women	Tiffany Locke	0:21:50	0:21:50	Alison Aho	1:19:03		0:57:13	Patricia Hennesy	1:57:44	0:38:41	Philippa Spoel	2:45:01	0:47:17	2:45:01
162	Mommie's Dearests	Four Women	Tatiana Allore	0:24:49	0:24:49	Martine Skierszkan	1:25:41		1:00:52	Sophie Skierszkan	2:06:15	0:40:34	Julia Skierszkan	2:50:52	0:44:37	2:50:52
164	Think or Swim	Four Women	Tara Leary	0:27:13	0:27:13	Tracy Hayes	1:23:06		0:55:53	Kim Barr	2:11:49	0:48:43	Shelley Watson	2:54:46	0:42:57	2:54:46
165	Chafing The Dream	Four Women	Ginny Denomme	0:23:30	0:23:30	Linda Conroy	1:20:47		0:57:17	Joel Dickson	2:02:17	0:41:30	Marianne Larose	3:00:26	0:58:09	3:00:26
163	Bedside Broads	Four Women	Kimberly Larkman	0:25:48	0:25:48	Lee-Anne Underhill	1:26:00		1:00:12	Sherry Rayan	2:10:13	0:44:13	Gillian Clark	3:01:34	0:51:21	3:01:34