

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

### Solo Male

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

### Women's Pairs

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

### Men's Pairs

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

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

### Four Mixed

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

**Four Men**

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

**Four Women**

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