

Timmins Heart of Gold Triathlon

Date: July 25, 2010

Host Club: Marlins Swim Club

Official Results

Location: Gillies Lk. Timmins, ON

Jury		
Chief of Competition: T. Harterre	Air Temp:	
	Wind Vel:	
	Weather:	

STM 20-29 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	2	Patrick Tremblay	3/25	1	Swim	0:13:30.0	(1)	1:10:39.0	+0.0
				2	Bike	0:37:20.0	(1)		
				3	Run	0:19:49.0	(1)		
2	11	James Watt	12/25	1	Swim	0:13:40.0	(2)	1:18:59.0	+8:20.0
				2	Bike	0:40:09.0	(2)		
				3	Run	0:25:10.0	(2)		
3	15	Kyle MacGregor	19/25	1	Swim	0:19:15.0	(3)	1:27:32.0	+16:53.0
				2	Bike	0:42:05.0	(3)		
				3	Run	0:26:12.0	(3)		
4	27	Ryan Ranson	21/25	1	Swim	0:24:30.0	(4)	1:37:15.0	+26:36.0
				2	Bike	0:44:01.0	(4)		
				3	Run	0:28:44.0	(4)		

STM 30-39 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	14	Patrick Boily	1/25	1	Swim	0:14:10.0	(4)	1:09:24.0	+0.0
				2	Bike	0:35:18.0	(1)		
				3	Run	0:19:56.0	(1)		
2	3	Jason Porritt	4/25	1	Swim	0:12:27.0	(1)	1:12:18.0	+2:54.0
				2	Bike	0:37:29.0	(3)		
				3	Run	0:22:22.0	(3)		
3	4	Darren Nadon	5/25	1	Swim	0:13:20.0	(2)	1:12:53.0	+3:29.0
				2	Bike	0:38:52.0	(5)		
				3	Run	0:20:41.0	(2)		
4	28	David Vodusek	8/25	1	Swim	0:14:05.0	(3)	1:14:32.0	+5:08.0
				2	Bike	0:36:41.0	(2)		
				3	Run	0:23:46.0	(4)		
5	20	Joshua Breau	14/25	1	Swim	0:18:45.0	(6)	1:22:32.0	+13:08.0
				2	Bike	0:38:24.0	(4)		
				3	Run	0:25:23.0	(5)		
6	9	Derrick Cremin	18/25	1	Swim	0:18:00.0	(5)	1:26:50.0	+17:26.0
				2	Bike	0:41:38.0	(6)		
				3	Run	0:27:12.0	(7)		
7	25	Corey Whitehead	20/25	1	Swim	0:19:19.0	(7)	1:28:18.0	+18:54.0
				2	Bike	0:43:05.0	(7)		
				3	Run	0:25:54.0	(6)		

STM 30-39 3 x 0 km. Relay Continued ...

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
DNF	21	Gilbert Picard	*	1	Swim	***	(*)	***	***
				2	Bike	***	(*)		
				3	Run	***	(*)		
DNF	26	James McBean	*	1	Swim	0:18:39.0	(*)	***	***
				2	Bike	***	(*)		
				3	Run	***	(*)		

STM 40-49 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	17	Rick Demers	2/25	1	Swim	0:13:40.0	(1)	1:09:44.0	+0.0
				2	Bike	0:34:01.0	(1)		
				3	Run	0:22:03.0	(1)		
2	13	Raphael Delli Quadri	6/25	1	Swim	0:13:55.0	(2)	1:13:44.0	+4:00.0
				2	Bike	0:37:08.0	(2)		
				3	Run	0:22:41.0	(2)		
3	16	Robert Coderre	10/25	1	Swim	0:16:00.0	(4)	1:18:10.0	+8:26.0
				2	Bike	0:39:17.0	(3)		
				3	Run	0:22:53.0	(3)		
4	18	Dale Cox	15/25	1	Swim	0:15:40.0	(3)	1:22:53.0	+13:09.0
				2	Bike	0:41:28.0	(5)		
				3	Run	0:25:45.0	(5)		
5	30	Joel McCartney	16/25	1	Swim	0:18:33.0	(5)	1:23:31.0	+13:47.0
				2	Bike	0:41:17.0	(4)		
				3	Run	0:23:41.0	(4)		
6	29	Anthony Fleming	22/25	1	Swim	0:20:45.0	(6)	1:39:47.0	+30:03.0
				2	Bike	0:47:09.0	(6)		
				3	Run	0:31:53.0	(7)		
7	19	Frank Santaguida	23/25	1	Swim	0:27:12.0	(7)	1:46:24.0	+36:40.0
				2	Bike	0:48:12.0	(7)		
				3	Run	0:31:00.0	(6)		

STM 50+ 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	12	Greg Deyne	11/25	1	Swim	0:16:15.0	(1)	1:18:39.0	+0.0
				2	Bike	0:41:46.0	(2)		
				3	Run	0:20:38.0	(1)		
2	22	Mario Ciccone	13/25	1	Swim	0:16:53.0	(2)	1:20:10.0	+1:31.0
				2	Bike	0:40:12.0	(1)		
				3	Run	0:23:05.0	(2)		
3	10	Marc Perreault	24/25	1	Swim	0:27:50.0	(4)	1:54:51.0	+36:12.0
				2	Bike	0:54:36.0	(3)		
				3	Run	0:32:25.0	(3)		

STM 50+ 3 x 0 km. Relay Continued ...

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
4	7	Bernie Gauthier	25/25	1	Swim	0:27:43.0	(3)	1:54:57.0	+36:18.0
				2	Bike	0:54:43.0	(4)		
				3	Run	0:32:31.0	(4)		
DNF	8	James Power	*	1	Swim	***	(*)	***	***
				2	Bike	***	(*)		
				3	Run	***	(*)		

STM U20 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	23	Alex Ciccone	7/25	1	Swim	0:13:40.0	(1)	1:13:57.0	+0.0
				2	Bike	0:38:11.0	(2)		
				3	Run	0:22:06.0	(2)		
2	5	Devin Wittig	9/25	1	Swim	0:16:25.0	(2)	1:15:01.0	+1:04.0
				2	Bike	0:37:36.0	(1)		
				3	Run	0:21:00.0	(1)		
3	24	Ryan Buck	17/25	1	Swim	0:16:50.0	(3)	1:25:26.0	+11:29.0
				2	Bike	0:44:35.0	(3)		
				3	Run	0:24:01.0	(3)		

STF 20-29 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	117	Natasha Kullas	3/30	1	Swim	0:14:00.0	(2)	1:19:16.0	+0.0
				2	Bike	0:40:48.0	(1)		
				3	Run	0:24:28.0	(1)		
2	111	April Rimmer	8/30	1	Swim	0:17:20.0	(4)	1:25:35.0	+6:19.0
				2	Bike	0:43:16.0	(2)		
				3	Run	0:24:59.0	(2)		
3	126	Annie Hebert	10/30	1	Swim	0:13:20.0	(1)	1:26:35.0	+7:19.0
				2	Bike	0:45:05.0	(3)		
				3	Run	0:28:10.0	(4)		
4	130	Sabrina Manituabi	24/30	1	Swim	0:18:30.0	(5)	1:39:26.0	+20:10.0
				2	Bike	0:54:45.0	(5)		
				3	Run	0:26:11.0	(3)		
5	114	Courtney Lapointe	27/30	1	Swim	0:14:20.0	(3)	1:41:05.0	+21:49.0
				2	Bike	0:52:21.0	(4)		
				3	Run	0:34:24.0	(5)		

STF 50+ 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
DNF	107	Lori Power	*	1	Swim	***	(*)	***	***
				2	Bike	***	(*)		
				3	Run	***	(*)		

STF 30-39 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	106	Jen Corner Gardiner	1/30	1	Swim	0:12:25.0	(1)	1:16:14.0	+0.0
				2	Bike	0:40:01.0	(2)		
				3	Run	0:23:48.0	(2)		
2	115	Karin Lucas	2/30	1	Swim	0:13:40.0	(2)	1:16:53.0	+39.0
				2	Bike	0:39:31.0	(1)		
				3	Run	0:23:42.0	(1)		
3	109	Julie Samson	6/30	1	Swim	0:15:55.0	(5)	1:23:08.0	+6:54.0
				2	Bike	0:41:55.0	(3)		
				3	Run	0:25:18.0	(5)		
4	125	Christine McBean	7/30	1	Swim	0:15:00.0	(4)	1:25:23.0	+9:09.0
				2	Bike	0:46:24.0	(6)		
				3	Run	0:23:59.0	(3)		
5	102	Louisa Marion-Bellem	9/30	1	Swim	0:16:40.0	(7)	1:25:42.0	+9:28.0
				2	Bike	0:44:39.0	(4)		
				3	Run	0:24:23.0	(4)		
6	113	Sheri Ginglo	11/30	1	Swim	0:13:40.0	(2)	1:27:34.0	+11:20.0
				2	Bike	0:46:28.0	(7)		
				3	Run	0:27:26.0	(9)		
7	131	Natalie Ethier	13/30	1	Swim	0:16:37.0	(6)	1:30:48.0	+14:34.0
				2	Bike	0:47:15.0	(12)		
				3	Run	0:26:56.0	(8)		
8	118	Caitlin McCullam	15/30	1	Swim	0:17:45.0	(8)	1:32:15.0	+16:01.0
				2	Bike	0:47:03.0	(10)		
				3	Run	0:27:27.0	(10)		
9	129	Peggy Nycz	16/30	1	Swim	0:18:30.0	(10)	1:33:35.0	+17:21.0
				2	Bike	0:46:57.0	(9)		
				3	Run	0:28:08.0	(11)		
10	119	Aline Cote	17/30	1	Swim	0:20:49.0	(13)	1:34:22.0	+18:08.0
				2	Bike	0:45:03.0	(5)		
				3	Run	0:28:30.0	(12)		
11	112	Sue Turcotte	19/30	1	Swim	0:18:00.0	(9)	1:34:45.0	+18:31.0
				2	Bike	0:50:37.0	(15)		
				3	Run	0:26:08.0	(6)		
12	121	Jennifer Bienias	22/30	1	Swim	0:20:23.0	(12)	1:36:09.0	+19:55.0
				2	Bike	0:48:52.0	(14)		
				3	Run	0:26:54.0	(7)		

STF 30-39 3 x 0 km. Relay Continued ...

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
13	128	Sarah Campbell	23/30	1	Swim	0:18:30.0	(10)	1:36:36.0	+20:22.0
				2	Bike	0:47:03.0	(10)		
				3	Run	0:31:03.0	(14)		
14	101	Nicole Dallaire	25/30	1	Swim	0:21:37.0	(15)	1:39:54.0	+23:40.0
				2	Bike	0:47:39.0	(13)		
				3	Run	0:30:38.0	(13)		
15	124	Candice Aston	26/30	1	Swim	0:21:00.0	(14)	1:41:03.0	+24:49.0
				2	Bike	0:46:52.0	(8)		
				3	Run	0:33:11.0	(15)		

STF U20 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	127	Marie-Noelle Lacroix	12/30	1	Swim	0:13:40.0	(1)	1:28:01.0	+0.0
				2	Bike	0:47:43.0	(1)		
				3	Run	0:26:38.0	(1)		

STF 40-49 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	104	Kelly Baker	4/30	1	Swim	0:15:20.0	(2)	1:20:19.0	+0.0
				2	Bike	0:41:50.0	(1)		
				3	Run	0:23:09.0	(1)		
2	108	Laurie Bezzubetz	5/30	1	Swim	0:14:15.0	(1)	1:21:49.0	+1:30.0
				2	Bike	0:43:40.0	(2)		
				3	Run	0:23:54.0	(2)		
3	105	Cheryl Allard	14/30	1	Swim	0:16:30.0	(3)	1:32:03.0	+11:44.0
				2	Bike	0:46:56.0	(3)		
				3	Run	0:28:37.0	(6)		
4	120	Susan Thorne	17/30	1	Swim	0:18:39.0	(6)	1:34:22.0	+14:03.0
				2	Bike	0:50:49.0	(6)		
				3	Run	0:24:54.0	(3)		
5	103	Tina Lambert-Thibaul	20/30	1	Swim	0:18:28.0	(5)	1:34:50.0	+14:31.0
				2	Bike	0:49:02.0	(4)		
				3	Run	0:27:20.0	(4)		
6	116	Suzanne Santaguida	21/30	1	Swim	0:17:38.0	(4)	1:35:00.0	+14:41.0
				2	Bike	0:49:20.0	(5)		
				3	Run	0:28:02.0	(5)		
7	110	Carla Watt	28/30	1	Swim	0:19:00.0	(7)	1:48:23.0	+28:04.0
				2	Bike	0:52:48.0	(7)		
				3	Run	0:36:35.0	(7)		
8	122	S Charbonneau	29/30	1	Swim	0:22:02.0	(8)	2:08:46.0	+48:27.0
				2	Bike	1:09:39.0	(8)		
				3	Run	0:37:05.0	(8)		

STF 40-49 3 x 0 km. Relay Continued ...

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
9	123	Sue Gauthier	30/30	1	Swim	0:31:00.0	(9)	2:43:46.0	+1:23:27.0
				2	Bike	1:18:36.0	(9)		
				3	Run	0:54:10.0	(9)		

TTM 50+ 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	225	Gordon King	10/13	1	Swim	0:11:57.0	(1)	0:52:56.0	+0.0
				2	Bike	0:23:25.0	(1)		
				3	Run	0:17:34.0	(2)		
2	222	Lou Favretto	11/13	1	Swim	0:12:10.0	(2)	0:53:30.0	+34.0
				2	Bike	0:26:19.0	(2)		
				3	Run	0:15:01.0	(1)		

TTM U20 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	214	Ryan Allard	1/13	1	Swim	0:07:45.0	(1)	0:40:23.0	+0.0
				2	Bike	0:21:05.0	(1)		
				3	Run	0:11:33.0	(2)		
2	221	Jeffery Higgs	3/13	1	Swim	0:09:35.0	(2)	0:43:44.0	+3:21.0
				2	Bike	0:22:39.0	(2)		
				3	Run	0:11:30.0	(1)		

TTM 20-29 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	219	Brandon Webber	4/13	1	Swim	***	(*)	0:45:30.0	+0.0
				2	Bike	***	(*)		
				3	Run	0:13:45.0	(2)		
2	223	Brad Duclos	6/13	1	Swim	0:11:30.0	(1)	0:47:40.0	+2:10.0
				2	Bike	0:23:00.0	(2)		
				3	Run	0:13:10.0	(1)		
3	224	Ryan Braden	8/13	1	Swim	0:12:05.0	(2)	0:49:28.0	+3:58.0
				2	Bike	0:22:04.0	(1)		
				3	Run	0:15:19.0	(3)		

TTM 30-39 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	220	Martin Rocheleau	2/13	1	Swim	0:10:01.0	(1)	0:42:46.0	+0.0
				2	Bike	0:18:53.0	(1)		
				3	Run	0:13:52.0	(1)		
2	213	Andrew Coholic	9/13	1	Swim	0:14:30.0	(3)	0:52:34.0	+9:48.0
				2	Bike	0:20:52.0	(2)		
				3	Run	0:17:12.0	(3)		

TTM 30-39 3 x 0 km. Relay Continued ...

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
3	218	Chris Clark	12/13	1	Swim	0:13:50.0	(2)	0:54:32.0	+11:46.0
				2	Bike	0:24:18.0	(3)		
				3	Run	0:16:24.0	(2)		
DNF	212	Jeff White	*	1	Swim	***	(*)	***	***
				2	Bike	***	(*)		
				3	Run	***	(*)		

TTM 40-49 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	215	Henry Olkkonen	5/13	1	Swim	0:11:50.0	(1)	0:45:51.0	+0.0
				2	Bike	0:20:27.0	(1)		
				3	Run	0:13:34.0	(1)		
2	217	Richard Delarosbil	7/13	1	Swim	0:12:00.0	(2)	0:48:19.0	+2:28.0
				2	Bike	0:21:58.0	(2)		
				3	Run	0:14:21.0	(2)		
3	211	Robert MacLeod	13/13	1	Swim	0:22:00.0	(3)	1:11:20.0	+25:29.0
				2	Bike	0:31:18.0	(3)		
				3	Run	0:18:02.0	(3)		
DNF	216	Al Zablockas	*	1	Swim	0:12:45.0	(*)	***	***
				2	Bike	***	(*)		
				3	Run	***	(*)		

TTF U20 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	272	Alana Favretto	3/20	1	Swim	0:09:40.0	(1)	0:47:23.0	+0.0
				2	Bike	0:23:52.0	(1)		
				3	Run	0:13:51.0	(1)		
2	260	Michelle MacLeod	20/20	1	Swim	0:14:40.0	(2)	1:25:08.0	+37:45.0
				2	Bike	0:37:51.0	(2)		
				3	Run	0:32:37.0	(2)		

TTF 20-29 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	273	Maria McInnis	2/20	1	Swim	0:10:11.0	(3)	0:47:00.0	+0.0
				2	Bike	0:23:02.0	(1)		
				3	Run	0:13:47.0	(1)		
2	266	Katie Malo	9/20	1	Swim	0:10:08.0	(2)	0:51:09.0	+4:09.0
				2	Bike	0:23:59.0	(2)		
				3	Run	0:17:02.0	(2)		
3	275	Andrea Delost	10/20	1	Swim	0:08:55.0	(1)	0:52:05.0	+5:05.0
				2	Bike	0:25:53.0	(4)		
				3	Run	0:17:17.0	(3)		

TTF 20-29 3 x 0 km. Relay Continued ...

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
4	267	Erica Hopson	14/20	1	Swim	0:13:05.0	(4)	0:57:00.0	+10:00.0
				2	Bike	0:23:59.0	(2)		
				3	Run	0:19:56.0	(4)		

TTF 30-39 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	277	Lesley Griffiths	1/20	1	Swim	0:09:20.0	(1)	0:45:22.0	+0.0
				2	Bike	0:21:50.0	(1)		
				3	Run	0:14:12.0	(3)		
2	274	Joy Tayona	5/20	1	Swim	0:11:43.0	(7)	0:50:01.0	+4:39.0
				2	Bike	0:24:17.0	(2)		
				3	Run	0:14:01.0	(1)		
3	278	Heather Fairhurst	6/20	1	Swim	0:11:35.0	(6)	0:50:21.0	+4:59.0
				2	Bike	0:24:40.0	(3)		
				3	Run	0:14:06.0	(2)		
4	269	Amy Clark	7/20	1	Swim	0:11:12.0	(4)	0:50:54.0	+5:32.0
				2	Bike	0:24:42.0	(4)		
				3	Run	0:15:00.0	(4)		
5	268	Tracy Whitehead	11/20	1	Swim	0:09:50.0	(2)	0:53:20.0	+7:58.0
				2	Bike	0:26:41.0	(7)		
				3	Run	0:16:49.0	(6)		
6	265	Natalie Robitaille	13/20	1	Swim	0:12:55.0	(8)	0:54:51.0	+9:29.0
				2	Bike	0:25:33.0	(5)		
				3	Run	0:16:23.0	(5)		
7	264	Roxanne Campbell	15/20	1	Swim	0:11:10.0	(3)	0:57:30.0	+12:08.0
				2	Bike	0:26:05.0	(6)		
				3	Run	0:20:15.0	(7)		
8	279	Eve Monture	17/20	1	Swim	0:11:25.0	(5)	1:02:30.0	+17:08.0
				2	Bike	0:29:34.0	(8)		
				3	Run	0:21:31.0	(8)		
9	262	Kara Franklin	19/20	1	Swim	0:15:20.0	(9)	1:14:50.0	+29:28.0
				2	Bike	0:37:30.0	(9)		
				3	Run	0:22:00.0	(9)		

TTF 40-49 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	261	Kelleigh Manseau	4/20	1	Swim	0:10:50.0	(2)	0:49:16.0	+0.0
				2	Bike	0:22:09.0	(2)		
				3	Run	0:16:17.0	(2)		
2	263	Carole Delarosbil	8/20	1	Swim	0:13:55.0	(4)	0:51:08.0	+1:52.0
				2	Bike	0:21:25.0	(1)		
				3	Run	0:15:48.0	(1)		

TTF 40-49 3 x 0 km. Relay Continued ...

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
3	270	Sue Walton	12/20	1	Swim	0:10:00.0	(1)	0:53:40.0	+4:24.0
				2	Bike	0:26:14.0	(3)		
				3	Run	0:17:26.0	(3)		
4	276	Lucie Hudson	16/20	1	Swim	0:11:45.0	(3)	0:58:42.0	+9:26.0
				2	Bike	0:27:54.0	(4)		
				3	Run	0:19:03.0	(4)		

TTF 50+ 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	271	Jennifer Jeffery	18/20	1	Swim	0:22:20.0	(1)	1:14:25.0	+0.0
				2	Bike	0:30:04.0	(1)		
				3	Run	0:22:01.0	(1)		

KTB 11-12 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	403	Francis Huot	2/21	1	Swim	0:02:37.0	(1)	0:12:34.0	+0.0
				2	Bike	0:06:07.0	(2)		
				3	Run	0:03:50.0	(2)		
2	422	Mathieu Plamondon	3/21	1	Swim	0:03:45.0	(4)	0:12:42.0	+8.0
				2	Bike	0:05:44.0	(1)		
				3	Run	0:03:13.0	(1)		
3	420	Derek Jeffery	6/21	1	Swim	0:03:20.0	(3)	0:14:03.0	+1:29.0
				2	Bike	0:06:10.0	(3)		
				3	Run	0:04:33.0	(5)		
4	417	Konnor Parisi	8/21	1	Swim	0:03:49.0	(6)	0:14:49.0	+2:15.0
				2	Bike	0:07:03.0	(5)		
				3	Run	0:03:57.0	(3)		
5	413	Richard Zachery Noel	9/21	1	Swim	0:03:45.0	(4)	0:14:55.0	+2:21.0
				2	Bike	0:06:17.0	(4)		
				3	Run	0:04:53.0	(6)		
6	402	Tristan Burns	10/21	1	Swim	0:03:07.0	(2)	0:15:07.0	+2:33.0
				2	Bike	0:07:46.0	(6)		
				3	Run	0:04:14.0	(4)		
7	416	Bruno Fregonese	20/21	1	Swim	0:07:12.0	(7)	0:24:12.0	+11:38.0
				2	Bike	0:09:54.0	(7)		
				3	Run	0:07:06.0	(7)		

KTB 13-14
3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	418	Jordan Doucette	1/21	1	Swim	0:02:40.0	(1)	0:12:06.0	+0.0
				2	Bike	0:05:38.0	(1)		
				3	Run	0:03:48.0	(2)		
2	419	Ryan Jeffery	4/21	1	Swim	0:03:46.0	(2)	0:13:11.0	+1:05.0
				2	Bike	0:05:47.0	(2)		
				3	Run	0:03:38.0	(1)		
3	405	Theodore Manseau	7/21	1	Swim	0:03:46.0	(2)	0:14:26.0	+2:20.0
				2	Bike	0:06:22.0	(3)		
				3	Run	0:04:18.0	(3)		
4	408	Derek Franklin	16/21	1	Swim	0:03:46.0	(2)	0:18:29.0	+6:23.0
				2	Bike	0:09:18.0	(4)		
				3	Run	0:05:25.0	(4)		

KTB 9-10
3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	409	Lucas Dolanjski	5/21	1	Swim	0:03:42.0	(1)	0:13:58.0	+0.0
				2	Bike	0:06:15.0	(1)		
				3	Run	0:04:01.0	(1)		
2	411	Jackson Clark	11/21	1	Swim	0:03:50.0	(2)	0:16:59.0	+3:01.0
				2	Bike	0:09:00.0	(4)		
				3	Run	0:04:09.0	(2)		
3	404	Nicholas Harterre	14/21	1	Swim	0:03:50.0	(2)	0:17:18.0	+3:20.0
				2	Bike	0:08:30.0	(3)		
				3	Run	0:04:58.0	(3)		
4	421	Noah Basaraba	17/21	1	Swim	0:05:12.0	(6)	0:18:33.0	+4:35.0
				2	Bike	0:08:19.0	(2)		
				3	Run	0:05:02.0	(4)		
5	410	Riley Robitaille	18/21	1	Swim	0:04:49.0	(4)	0:19:36.0	+5:38.0
				2	Bike	0:09:02.0	(5)		
				3	Run	0:05:45.0	(5)		
6	414	Kai Baranyk	21/21	1	Swim	0:04:49.0	(4)	0:37:39.0	+23:41.0
				2	Bike	0:10:49.0	(6)		
				3	Run	0:22:01.0	(6)		
DNF	412	Thomas Verbeek	*	1	Swim	***	(*)	***	***
				2	Bike	***	(*)		
				3	Run	***	(*)		

KTB 7-8
3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	407	Mathieu Delli Quadri	12/21	1	Swim	0:04:08.0	(2)	0:17:12.0	+0.0
				2	Bike	0:08:29.0	(2)		
				3	Run	0:04:35.0	(1)		
1	406	Samuel Harterre	12/21	1	Swim	0:04:00.0	(1)	0:17:12.0	+0.0
				2	Bike	0:08:36.0	(4)		
				3	Run	0:04:36.0	(2)		
3	415	Owen Whitehead	15/21	1	Swim	0:05:24.0	(3)	0:18:08.0	+56.0
				2	Bike	0:08:00.0	(1)		
				3	Run	0:04:44.0	(3)		
4	423	Cole Boily	19/21	1	Swim	0:05:28.0	(4)	0:20:52.0	+3:40.0
				2	Bike	0:08:35.0	(3)		
				3	Run	0:06:49.0	(4)		

KTG 7-8
3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	432	Kristen Kornell	9/23	1	Swim	0:05:05.0	(4)	0:17:20.0	+0.0
				2	Bike	0:07:43.0	(2)		
				3	Run	0:04:32.0	(1)		
2	445	Ava Fregonese	12/23	1	Swim	0:04:55.0	(3)	0:18:51.0	+1:31.0
				2	Bike	0:04:24.0	(1)		
				3	Run	0:09:32.0	(8)		
3	441	Marie Bourdages-Cote	14/23	1	Swim	0:04:23.0	(1)	0:19:16.0	+1:56.0
				2	Bike	0:08:00.0	(3)		
				3	Run	0:06:53.0	(6)		
4	434	Mallory Turcotte	16/23	1	Swim	0:04:47.0	(2)	0:20:22.0	+3:02.0
				2	Bike	0:09:24.0	(4)		
				3	Run	0:06:11.0	(4)		
5	447	Jessica Kim	20/23	1	Swim	0:05:36.0	(5)	0:22:42.0	+5:22.0
				2	Bike	0:11:57.0	(7)		
				3	Run	0:05:09.0	(2)		
6	455	Summer Basaraba	21/23	1	Swim	0:05:36.0	(5)	0:23:29.0	+6:09.0
				2	Bike	0:11:54.0	(6)		
				3	Run	0:05:59.0	(3)		
7	435	Ellisa Franklin	22/23	1	Swim	0:06:17.0	(7)	0:23:57.0	+6:37.0
				2	Bike	0:11:02.0	(5)		
				3	Run	0:06:38.0	(5)		
8	449	Ada Dagg-Labine	23/23	1	Swim	0:06:17.0	(7)	0:28:25.0	+11:05.0
				2	Bike	0:13:14.0	(8)		
				3	Run	0:08:54.0	(7)		
DNF	442	Kennedy Verbeek	*	1	Swim	***	(*)	***	***
				2	Bike	***	(*)		
				3	Run	***	(*)		

KTG 7-8 3 x 0 km. Relay Continued ...

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
DNF	444	Jayden Weltz	*	1	Swim	0:04:44.0	(*)	***	***
				2	Bike	***	(*)		
				3	Run	***	(*)		

KTG 9-10 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	448	Julia Kim	5/23	1	Swim	0:04:11.0	(4)	0:16:13.0	+0.0
				2	Bike	0:08:07.0	(2)		
				3	Run	0:03:55.0	(3)		
2	431	Naomi Allard	6/23	1	Swim	0:04:43.0	(5)	0:16:41.0	+28.0
				2	Bike	0:07:32.0	(1)		
				3	Run	0:04:26.0	(4)		
3	443	Emma Weltz	7/23	1	Swim	0:04:04.0	(2)	0:16:46.0	+33.0
				2	Bike	0:08:10.0	(3)		
				3	Run	0:04:32.0	(5)		
4	433	Mykayla Dacosta	8/23	1	Swim	0:04:04.0	(2)	0:17:02.0	+49.0
				2	Bike	0:12:58.0	(7)		
				3	Run	0:00:00.0	(1)		
5	446	Olivia Fregonese	11/23	1	Swim	0:04:48.0	(6)	0:18:49.0	+2:36.0
				2	Bike	0:09:00.0	(4)		
				3	Run	0:05:01.0	(6)		
6	454	Chancy Trottier	13/23	1	Swim	0:03:50.0	(1)	0:19:06.0	+2:53.0
				2	Bike	0:10:00.0	(6)		
				3	Run	0:05:16.0	(7)		
7	438	Daphne Ginglo Robert	17/23	1	Swim	0:05:28.0	(7)	0:20:25.0	+4:12.0
				2	Bike	0:14:57.0	(8)		
				3	Run	0:00:00.0	(1)		
8	436	Hannah Bellec	19/23	1	Swim	0:06:43.0	(8)	0:21:36.0	+5:23.0
				2	Bike	0:09:31.0	(5)		
				3	Run	0:05:22.0	(8)		

KTG 11-12 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	452	Ashley Gillies	2/23	1	Swim	0:02:59.0	(1)	0:14:06.0	+0.0
				2	Bike	0:06:54.0	(1)		
				3	Run	0:04:13.0	(2)		
2	453	Alicia Gillies	3/23	1	Swim	0:03:20.0	(2)	0:14:40.0	+34.0
				2	Bike	0:06:57.0	(2)		
				3	Run	0:04:23.0	(3)		
3	440	Nadia Dagenais	4/23	1	Swim	0:04:25.0	(3)	0:15:17.0	+1:11.0
				2	Bike	0:06:58.0	(3)		
				3	Run	0:03:54.0	(1)		

KTG 11-12 3 x 0 km. Relay Continued ...

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
4	437	Olivia Robert Ginglo	10/23	1	Swim	0:04:46.0	(4)	0:18:21.0	+4:15.0
				2	Bike	0:09:05.0	(4)		
				3	Run	0:04:30.0	(4)		
5	451	Alexandra Hall	15/23	1	Swim	0:05:35.0	(5)	0:20:06.0	+6:00.0
				2	Bike	0:09:12.0	(5)		
				3	Run	0:05:19.0	(5)		
6	450	Island Hudson	18/23	1	Swim	0:06:04.0	(6)	0:21:32.0	+7:26.0
				2	Bike	0:09:15.0	(6)		
				3	Run	0:06:13.0	(6)		

KTG 13-14 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	439	Rebecca Jezic	1/23	1	Swim	0:02:57.0	(1)	0:13:12.0	+0.0
				2	Bike	0:06:48.0	(1)		
				3	Run	0:03:27.0	(1)		

Relay Mixed 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	310	Justice League	2/24	1	Anne-Marie Baranyk	0:11:05.0	(2)	1:04:31.0	+0.0
				2	Rick Dagenais	0:31:13.0	(1)		
				3	Manon Bourdages	0:22:13.0	(2)		
2	312	Silver Bullet	4/24	1	Julia Vacchino	0:13:50.0	(7)	1:06:33.0	+2:02.0
				2	Darcey Brunet	0:34:12.0	(2)		
				3	Marc Charlebois	0:18:31.0	(1)		
3	308	The Three Amigos	7/24	1	Blake Parisi	0:10:20.0	(1)	1:13:29.0	+8:58.0
				2	Jessica Demers	0:39:12.0	(5)		
				3	Martin Seguin	0:23:57.0	(5)		
4	306	Three C's	8/24	1	Elisa Colantonio	0:11:15.0	(4)	1:14:03.0	+9:32.0
				2	Claude Castilloux	0:40:15.0	(6)		
				3	Bruno Colantonio	0:22:33.0	(3)		
5	311	TLS	9/24	1	Mathew Mahaffy	0:11:10.0	(3)	1:16:14.0	+11:43.0
				2	Ray Denis	0:37:20.0	(4)		
				3	Briana Yard	0:27:44.0	(9)		
6	314	Three's Company	10/24	1	Julie Paquette	0:20:51.0	(11)	1:19:38.0	+15:07.0
				2	Jean Francois Duroche	0:35:21.0	(3)		
				3	Brianne Roy	0:23:26.0	(4)		
7	307	JAM	11/24	1	Jayna Kuhn	0:13:30.0	(6)	1:19:50.0	+15:19.0
				2	Al Bellemare	0:42:18.0	(8)		
				3	Mellisa Tarlton	0:24:02.0	(6)		
8	315	Given'er a Tri	15/24	1	Adam Wessman	0:15:25.0	(8)	1:27:21.0	+22:50.0
				2	Steve Mills	0:45:31.0	(9)		
				3	Lisa Banerjee	0:26:25.0	(8)		

Relay Mixed 3 x 0 km. Relay Continued ...

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
9	319	Altitude Crew	17/24	1	Brent Miller	0:20:20.0	(10)	1:32:44.0	+28:13.0
				2	Zac Lim	0:42:13.0	(7)		
				3	Shea Sullivan	0:30:11.0	(11)		
10	309	The Odd Couple	18/24	1	Donalda Garland	0:19:40.0	(9)	1:35:10.0	+30:39.0
				2	James Aston	0:45:44.0	(10)		
				3	James Aston	0:29:46.0	(10)		
11	313	Triple Threat II	19/24	1	Mike Bouillon	0:13:25.0	(5)	1:35:44.0	+31:13.0
				2	Christine Girard	0:56:43.0	(12)		
				3	Lindsey Charette	0:25:36.0	(7)		
12	318	No-Name	23/24	1	Jodi Cassidy	0:22:17.0	(12)	1:41:52.0	+37:21.0
				2	Dan Wiggins	0:46:32.0	(11)		
				3	Jack Levert	0:33:03.0	(12)		

Relay Male 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	342	Athletic Triad	1/24	1	Matthew Lapointe	0:10:30.0	(1)	1:03:38.0	+0.0
				2	Pierre Lemire	0:34:51.0	(2)		
				3	Brandon Blais	0:18:17.0	(1)		
2	345	Northern Sports	3/24	1	Roddy Huot	0:12:40.0	(3)	1:06:16.0	+2:38.0
				2	Guy Chenier	0:34:01.0	(1)		
				3	Guy Chenier	0:19:35.0	(3)		
3	343	Triple Threat	5/24	1	Nicholas Lapointe	0:10:50.0	(2)	1:08:42.0	+5:04.0
				2	Eric Ciccone	0:37:48.0	(3)		
				3	Colin Allard	0:20:04.0	(4)		
4	341	Rush Hour	6/24	1	Nolan Cox	0:12:45.0	(4)	1:13:24.0	+9:46.0
				2	Robert Parson	0:41:36.0	(4)		
				3	Russel James Wood	0:19:03.0	(2)		
5	340	The Stella Boys	13/24	1	Dave Mullen	0:18:22.0	(5)	1:24:56.0	+21:18.0
				2	Nick Kanya-Forsnter	0:44:36.0	(5)		
				3	Stan Kaczmarek	0:21:58.0	(5)		
6	344	Cheerful Participant	20/24	1	John Sullivan	0:20:35.0	(6)	1:36:23.0	+32:45.0
				2	Larry Martichenko	0:47:04.0	(6)		
				3	Andy Ringuette	0:28:44.0	(6)		

Relay Female 3 x 0 km. Relay

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
1	327	Rehab Plus	12/24	1	Becky Millson	0:12:35.0	(2)	1:19:52.0	+0.0
				2	Linda Dagenais	0:41:58.0	(1)		
				3	Becky Millson	0:25:19.0	(2)		
2	330	Hot Tracks	14/24	1	Michelle Lawrence	0:11:38.0	(1)	1:25:16.0	+5:24.0
				2	Sophie Debrosol	0:46:07.0	(2)		
				3	Ariel Gillies	0:27:31.0	(4)		

Relay Female 3 x 0 km. Relay Continued ...

PL	Bib	Team	Overall	Lg	Name	Time	Rnk	Total	Diff
3	328	Vini Vidi Vici	16/24	1	Carla Dolanjski	0:16:55.0	(4)	1:32:38.0	+12:46.0
				2	Therese Beraeron-Hopcroft	0:48:33.0	(3)		
				3	Brenda Ceasar	0:27:10.0	(3)		
4	326	Heres 2 Friends	21/24	1	Beverly Greco	0:18:22.0	(5)	1:36:50.0	+16:58.0
				2	Marilyn McRae	0:54:16.0	(6)		
				3	Beverly Greco	0:24:12.0	(1)		
5	325	Splash,Flash and Das	22/24	1	Nadia Lapointe	0:12:38.0	(3)	1:38:54.0	+19:02.0
				2	Bobbie-Jean Dacosta	0:53:17.0	(5)		
				3	Karine Trembaly	0:32:59.0	(6)		
6	329	Die Tri "N"	24/24	1	Leigh-Anne Kiely	0:21:10.0	(6)	1:44:18.0	+24:26.0
				2	Natalie Osborne	0:52:53.0	(4)		
				3	Pamela Pecjak	0:30:15.0	(5)		

Timmins Heart of Gold Triathlon

Date: July 25, 2010

Host Club: Marlins Swim Club

Official Results

Location: Gillies Lk. Timmins, ON

Jury	
Chief of Competition: T. Harterre	Air Temp: Wind Vel: Weather:

Sprint Tri Male 3 x 0 km. Relay

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk Total	Diff	
1	14	Patrick Boily	STM 30-39	1/7	1	Swim	0:14:10.0	(9)	1:09:24.0	+0.0
					2	Bike	0:35:18.0	(2)		
					3	Run	0:19:56.0	(2)		
2	17	Rick Demers	STM 40-49	1/7	1	Swim	0:13:40.0	(4)	1:09:44.0	+20.0
					2	Bike	0:34:01.0	(1)		
					3	Run	0:22:03.0	(6)		
3	2	Patrick Tremblay	STM 20-29	1/4	1	Swim	0:13:30.0	(3)	1:10:39.0	+1:15.0
					2	Bike	0:37:20.0	(5)		
					3	Run	0:19:49.0	(1)		
4	3	Jason Porritt	STM 30-39	2/7	1	Swim	0:12:27.0	(1)	1:12:18.0	+2:54.0
					2	Bike	0:37:29.0	(6)		
					3	Run	0:22:22.0	(8)		
5	4	Darren Nadon	STM 30-39	3/7	1	Swim	0:13:20.0	(2)	1:12:53.0	+3:29.0
					2	Bike	0:38:52.0	(10)		
					3	Run	0:20:41.0	(4)		
6	13	Raphael Delli Quadri	STM 40-49	2/7	1	Swim	0:13:55.0	(7)	1:13:44.0	+4:20.0
					2	Bike	0:37:08.0	(4)		
					3	Run	0:22:41.0	(9)		
7	23	Alex Ciccone	STM U20	1/3	1	Swim	0:13:40.0	(4)	1:13:57.0	+4:33.0
					2	Bike	0:38:11.0	(8)		
					3	Run	0:22:06.0	(7)		
8	28	David Vodusek	STM 30-39	4/7	1	Swim	0:14:05.0	(8)	1:14:32.0	+5:08.0
					2	Bike	0:36:41.0	(3)		
					3	Run	0:23:46.0	(13)		
9	5	Devin Wittig	STM U20	2/3	1	Swim	0:16:25.0	(13)	1:15:01.0	+5:37.0
					2	Bike	0:37:36.0	(7)		
					3	Run	0:21:00.0	(5)		

Sprint Tri Male 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
10	16	Robert Coderre	STM 40-49	3/7	1	Swim	0:16:00.0	(11)	1:18:10.0	+8:46.0
					2	Bike	0:39:17.0	(11)		
					3	Run	0:22:53.0	(10)		
11	12	Greg Deyne	STM 50+	1/4	1	Swim	0:16:15.0	(12)	1:18:39.0	+9:15.0
					2	Bike	0:41:46.0	(17)		
					3	Run	0:20:38.0	(3)		
12	11	James Watt	STM 20-29	2/4	1	Swim	0:13:40.0	(4)	1:18:59.0	+9:35.0
					2	Bike	0:40:09.0	(12)		
					3	Run	0:25:10.0	(15)		
13	22	Mario Ciccone	STM 50+	2/4	1	Swim	0:16:53.0	(15)	1:20:10.0	+10:46.0
					2	Bike	0:40:12.0	(13)		
					3	Run	0:23:05.0	(11)		
14	20	Joshua Breau	STM 30-39	5/7	1	Swim	0:18:45.0	(18)	1:22:32.0	+13:08.0
					2	Bike	0:38:24.0	(9)		
					3	Run	0:25:23.0	(16)		
15	18	Dale Cox	STM 40-49	4/7	1	Swim	0:15:40.0	(10)	1:22:53.0	+13:29.0
					2	Bike	0:41:28.0	(15)		
					3	Run	0:25:45.0	(17)		
16	30	Joel McCartney	STM 40-49	5/7	1	Swim	0:18:33.0	(17)	1:23:31.0	+14:07.0
					2	Bike	0:41:17.0	(14)		
					3	Run	0:23:41.0	(12)		
17	24	Ryan Buck	STM U20	3/3	1	Swim	0:16:50.0	(14)	1:25:26.0	+16:02.0
					2	Bike	0:44:35.0	(21)		
					3	Run	0:24:01.0	(14)		
18	9	Derrick Cremin	STM 30-39	6/7	1	Swim	0:18:00.0	(16)	1:26:50.0	+17:26.0
					2	Bike	0:41:38.0	(16)		
					3	Run	0:27:12.0	(20)		
19	15	Kyle MacGregor	STM 20-29	3/4	1	Swim	0:19:15.0	(19)	1:27:32.0	+18:08.0
					2	Bike	0:42:05.0	(18)		
					3	Run	0:26:12.0	(19)		

Sprint Tri Male 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
20	25	Corey Whitehead	STM 30-39	7/7	1	Swim	0:19:19.0	(20)	1:28:18.0	+18:54.0
					2	Bike	0:43:05.0	(19)		
					3	Run	0:25:54.0	(18)		
21	27	Ryan Ranson	STM 20-29	4/4	1	Swim	0:24:30.0	(22)	1:37:15.0	+27:51.0
					2	Bike	0:44:01.0	(20)		
					3	Run	0:28:44.0	(21)		
22	29	Anthony Fleming	STM 40-49	6/7	1	Swim	0:20:45.0	(21)	1:39:47.0	+30:23.0
					2	Bike	0:47:09.0	(22)		
					3	Run	0:31:53.0	(23)		
23	19	Frank Santaguida	STM 40-49	7/7	1	Swim	0:27:12.0	(23)	1:46:24.0	+37:00.0
					2	Bike	0:48:12.0	(23)		
					3	Run	0:31:00.0	(22)		
24	10	Marc Perreault	STM 50+	3/4	1	Swim	0:27:50.0	(25)	1:54:51.0	+45:27.0
					2	Bike	0:54:36.0	(24)		
					3	Run	0:32:25.0	(24)		
25	7	Bernie Gauthier	STM 50+	4/4	1	Swim	0:27:43.0	(24)	1:54:57.0	+45:33.0
					2	Bike	0:54:43.0	(25)		
					3	Run	0:32:31.0	(25)		
DNF	8	James Power	STM 50+	*	1	Swim	***	(*)	***	***
					2	Bike	***	(*)		
					3	Run	***	(*)		
DNF	21	Gilbert Picard	STM 30-39	*	1	Swim	***	(*)	***	***
					2	Bike	***	(*)		
					3	Run	***	(*)		
DNF	26	James McBean	STM 30-39	*	1	Swim	0:18:39.0	(*)	***	***
					2	Bike	***	(*)		
					3	Run	***	(*)		

Sprint Tri Female 3 x 0 km. Relay

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
1	106	Jen Corner Gardiner	STF 30-39	1/15	1	Swim	0:12:25.0	(1)	1:16:14.0	+0.0
					2	Bike	0:40:01.0	(2)		
					3	Run	0:23:48.0	(3)		
2	115	Karin Lucas	STF 30-39	2/15	1	Swim	0:13:40.0	(3)	1:16:53.0	+39.0
					2	Bike	0:39:31.0	(1)		
					3	Run	0:23:42.0	(2)		
3	117	Natasha Kullas	STF 20-29	1/5	1	Swim	0:14:00.0	(6)	1:19:16.0	+3:02.0
					2	Bike	0:40:48.0	(3)		
					3	Run	0:24:28.0	(7)		
4	104	Kelly Baker	STF 40-49	1/9	1	Swim	0:15:20.0	(10)	1:20:19.0	+4:05.0
					2	Bike	0:41:50.0	(4)		
					3	Run	0:23:09.0	(1)		
5	108	Laurie Bezzubetz	STF 40-49	2/9	1	Swim	0:14:15.0	(7)	1:21:49.0	+5:35.0
					2	Bike	0:43:40.0	(7)		
					3	Run	0:23:54.0	(4)		
6	109	Julie Samson	STF 30-39	3/15	1	Swim	0:15:55.0	(11)	1:23:08.0	+6:54.0
					2	Bike	0:41:55.0	(5)		
					3	Run	0:25:18.0	(10)		
7	125	Christine McBean	STF 30-39	4/15	1	Swim	0:15:00.0	(9)	1:25:23.0	+9:09.0
					2	Bike	0:46:24.0	(11)		
					3	Run	0:23:59.0	(5)		
8	111	April Rimmer	STF 20-29	2/5	1	Swim	0:17:20.0	(15)	1:25:35.0	+9:21.0
					2	Bike	0:43:16.0	(6)		
					3	Run	0:24:59.0	(9)		
9	102	Louisa Marion-Bellem	STF 30-39	5/15	1	Swim	0:16:40.0	(14)	1:25:42.0	+9:28.0
					2	Bike	0:44:39.0	(8)		
					3	Run	0:24:23.0	(6)		
10	126	Annie Hebert	STF 20-29	3/5	1	Swim	0:13:20.0	(2)	1:26:35.0	+10:21.0
					2	Bike	0:45:05.0	(10)		
					3	Run	0:28:10.0	(21)		

Sprint Tri Female 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
11	113	Sheri Ginglo	STF 30-39	6/15	1	Swim	0:13:40.0	(3)	1:27:34.0	+11:20.0
					2	Bike	0:46:28.0	(12)		
					3	Run	0:27:26.0	(17)		
12	127	Marie-Noelle Lacroix	STF U20	1/1	1	Swim	0:13:40.0	(3)	1:28:01.0	+11:47.0
					2	Bike	0:47:43.0	(20)		
					3	Run	0:26:38.0	(13)		
13	131	Natalie Ethier	STF 30-39	7/15	1	Swim	0:16:37.0	(13)	1:30:48.0	+14:34.0
					2	Bike	0:47:15.0	(18)		
					3	Run	0:26:56.0	(15)		
14	105	Cheryl Allard	STF 40-49	3/9	1	Swim	0:16:30.0	(12)	1:32:03.0	+15:49.0
					2	Bike	0:46:56.0	(14)		
					3	Run	0:28:37.0	(23)		
15	118	Caitlin McCullam	STF 30-39	8/15	1	Swim	0:17:45.0	(17)	1:32:15.0	+16:01.0
					2	Bike	0:47:03.0	(16)		
					3	Run	0:27:27.0	(18)		
16	129	Peggy Nycz	STF 30-39	9/15	1	Swim	0:18:30.0	(20)	1:33:35.0	+17:21.0
					2	Bike	0:46:57.0	(15)		
					3	Run	0:28:08.0	(20)		
17	120	Susan Thorne	STF 40-49	4/9	1	Swim	0:18:39.0	(23)	1:34:22.0	+18:08.0
					2	Bike	0:50:49.0	(25)		
					3	Run	0:24:54.0	(8)		
17	119	Aline Cote	STF 30-39	10/15	1	Swim	0:20:49.0	(26)	1:34:22.0	+18:08.0
					2	Bike	0:45:03.0	(9)		
					3	Run	0:28:30.0	(22)		
19	112	Sue Turcotte	STF 30-39	11/15	1	Swim	0:18:00.0	(18)	1:34:45.0	+18:31.0
					2	Bike	0:50:37.0	(24)		
					3	Run	0:26:08.0	(11)		
20	103	Tina Lambert-Thibaul	STF 40-49	5/9	1	Swim	0:18:28.0	(19)	1:34:50.0	+18:36.0
					2	Bike	0:49:02.0	(22)		
					3	Run	0:27:20.0	(16)		

Sprint Tri Female 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
21	116	Suzanne Santaguida	STF 40-49	6/9	1	Swim	0:17:38.0	(16)	1:35:00.0	+18:46.0
					2	Bike	0:49:20.0	(23)		
					3	Run	0:28:02.0	(19)		
22	121	Jennifer Bienias	STF 30-39	12/15	1	Swim	0:20:23.0	(25)	1:36:09.0	+19:55.0
					2	Bike	0:48:52.0	(21)		
					3	Run	0:26:54.0	(14)		
23	128	Sarah Campbell	STF 30-39	13/15	1	Swim	0:18:30.0	(20)	1:36:36.0	+20:22.0
					2	Bike	0:47:03.0	(16)		
					3	Run	0:31:03.0	(25)		
24	130	Sabrina Manitouabi	STF 20-29	4/5	1	Swim	0:18:30.0	(20)	1:39:26.0	+23:12.0
					2	Bike	0:54:45.0	(28)		
					3	Run	0:26:11.0	(12)		
25	101	Nicole Dallaire	STF 30-39	14/15	1	Swim	0:21:37.0	(28)	1:39:54.0	+23:40.0
					2	Bike	0:47:39.0	(19)		
					3	Run	0:30:38.0	(24)		
26	124	Candice Aston	STF 30-39	15/15	1	Swim	0:21:00.0	(27)	1:41:03.0	+24:49.0
					2	Bike	0:46:52.0	(13)		
					3	Run	0:33:11.0	(26)		
27	114	Courtney Lapointe	STF 20-29	5/5	1	Swim	0:14:20.0	(8)	1:41:05.0	+24:51.0
					2	Bike	0:52:21.0	(26)		
					3	Run	0:34:24.0	(27)		
28	110	Carla Watt	STF 40-49	7/9	1	Swim	0:19:00.0	(24)	1:48:23.0	+32:09.0
					2	Bike	0:52:48.0	(27)		
					3	Run	0:36:35.0	(28)		
29	122	S Charbonneau	STF 40-49	8/9	1	Swim	0:22:02.0	(29)	2:08:46.0	+52:32.0
					2	Bike	1:09:39.0	(29)		
					3	Run	0:37:05.0	(29)		
30	123	Sue Gauthier	STF 40-49	9/9	1	Swim	0:31:00.0	(30)	2:43:46.0	+1:27:32.0
					2	Bike	1:18:36.0	(30)		
					3	Run	0:54:10.0	(30)		

Sprint Tri Female 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
DNF	107	Lori Power	STF 50+	*	1	Swim	***	(*)	***	***
					2	Bike	***	(*)		
					3	Run	***	(*)		

Try-aTri Male 3 x 0 km. Relay

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
1	214	Ryan Allard	TTM U20	1/2	1	Swim	0:07:45.0	(1)	0:40:23.0	+0.0
					2	Bike	0:21:05.0	(4)		
					3	Run	0:11:33.0	(2)		
2	220	Martin Rocheleau	TTM 30-39	1/3	1	Swim	0:10:01.0	(3)	0:42:46.0	+2:23.0
					2	Bike	0:18:53.0	(1)		
					3	Run	0:13:52.0	(6)		
3	221	Jeffery Higgs	TTM U20	2/2	1	Swim	0:09:35.0	(2)	0:43:44.0	+3:21.0
					2	Bike	0:22:39.0	(7)		
					3	Run	0:11:30.0	(1)		
4	219	Brandon Webber	TTM 20-29	1/3	1	Swim	***	(*)	0:45:30.0	+5:07.0
					2	Bike	***	(*)		
					3	Run	0:13:45.0	(5)		
5	215	Henry Olkkonen	TTM 40-49	1/3	1	Swim	0:11:50.0	(5)	0:45:51.0	+5:28.0
					2	Bike	0:20:27.0	(2)		
					3	Run	0:13:34.0	(4)		
6	223	Brad Duclos	TTM 20-29	2/3	1	Swim	0:11:30.0	(4)	0:47:40.0	+7:17.0
					2	Bike	0:23:00.0	(8)		
					3	Run	0:13:10.0	(3)		
7	217	Richard Delarosbil	TTM 40-49	2/3	1	Swim	0:12:00.0	(7)	0:48:19.0	+7:56.0
					2	Bike	0:21:58.0	(5)		
					3	Run	0:14:21.0	(7)		
8	224	Ryan Braden	TTM 20-29	3/3	1	Swim	0:12:05.0	(8)	0:49:28.0	+9:05.0
					2	Bike	0:22:04.0	(6)		
					3	Run	0:15:19.0	(9)		

Try-aTri Male 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
9	213	Andrew Coholic	TTM 30-39	2/3	1	Swim	0:14:30.0	(11)	0:52:34.0	+12:11.0
					2	Bike	0:20:52.0	(3)		
					3	Run	0:17:12.0	(11)		
10	225	Gordon King	TTM 50+	1/2	1	Swim	0:11:57.0	(6)	0:52:56.0	+12:33.0
					2	Bike	0:23:25.0	(9)		
					3	Run	0:17:34.0	(12)		
11	222	Lou Favretto	TTM 50+	2/2	1	Swim	0:12:10.0	(9)	0:53:30.0	+13:07.0
					2	Bike	0:26:19.0	(11)		
					3	Run	0:15:01.0	(8)		
12	218	Chris Clark	TTM 30-39	3/3	1	Swim	0:13:50.0	(10)	0:54:32.0	+14:09.0
					2	Bike	0:24:18.0	(10)		
					3	Run	0:16:24.0	(10)		
13	211	Robert MacLeod	TTM 40-49	3/3	1	Swim	0:22:00.0	(12)	1:11:20.0	+30:57.0
					2	Bike	0:31:18.0	(12)		
					3	Run	0:18:02.0	(13)		
DNF	212	Jeff White	TTM 30-39	*	1	Swim	***	(*)	***	***
					2	Bike	***	(*)		
					3	Run	***	(*)		
DNF	216	Al Zablockas	TTM 40-49	*	1	Swim	0:12:45.0	(*)	***	***
					2	Bike	***	(*)		
					3	Run	***	(*)		

Try-aTri Female 3 x 0 km. Relay

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
1	277	Lesley Griffiths	TTF 30-39	1/9	1	Swim	0:09:20.0	(2)	0:45:22.0	+0.0
					2	Bike	0:21:50.0	(2)		
					3	Run	0:14:12.0	(5)		
2	273	Maria McInnis	TTF 20-29	1/4	1	Swim	0:10:11.0	(7)	0:47:00.0	+1:38.0
					2	Bike	0:23:02.0	(4)		
					3	Run	0:13:47.0	(1)		

Try-aTri Female 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
3	272	Alana Favretto	TTF U20	1/2	1	Swim	0:09:40.0	(3)	0:47:23.0	+2:01.0
					2	Bike	0:23:52.0	(5)		
					3	Run	0:13:51.0	(2)		
4	261	Kelleigh Manseau	TTF 40-49	1/4	1	Swim	0:10:50.0	(8)	0:49:16.0	+3:54.0
					2	Bike	0:22:09.0	(3)		
					3	Run	0:16:17.0	(8)		
5	274	Joy Tayona	TTF 30-39	2/9	1	Swim	0:11:43.0	(13)	0:50:01.0	+4:39.0
					2	Bike	0:24:17.0	(8)		
					3	Run	0:14:01.0	(3)		
6	278	Heather Fairhurst	TTF 30-39	3/9	1	Swim	0:11:35.0	(12)	0:50:21.0	+4:59.0
					2	Bike	0:24:40.0	(9)		
					3	Run	0:14:06.0	(4)		
7	269	Amy Clark	TTF 30-39	4/9	1	Swim	0:11:12.0	(10)	0:50:54.0	+5:32.0
					2	Bike	0:24:42.0	(10)		
					3	Run	0:15:00.0	(6)		
8	263	Carole Delarosbil	TTF 40-49	2/4	1	Swim	0:13:55.0	(17)	0:51:08.0	+5:46.0
					2	Bike	0:21:25.0	(1)		
					3	Run	0:15:48.0	(7)		
9	266	Katie Malo	TTF 20-29	2/4	1	Swim	0:10:08.0	(6)	0:51:09.0	+5:47.0
					2	Bike	0:23:59.0	(6)		
					3	Run	0:17:02.0	(11)		
10	275	Andrea Delost	TTF 20-29	3/4	1	Swim	0:08:55.0	(1)	0:52:05.0	+6:43.0
					2	Bike	0:25:53.0	(12)		
					3	Run	0:17:17.0	(12)		
11	268	Tracy Whitehead	TTF 30-39	5/9	1	Swim	0:09:50.0	(4)	0:53:20.0	+7:58.0
					2	Bike	0:26:41.0	(15)		
					3	Run	0:16:49.0	(10)		
12	270	Sue Walton	TTF 40-49	3/4	1	Swim	0:10:00.0	(5)	0:53:40.0	+8:18.0
					2	Bike	0:26:14.0	(14)		
					3	Run	0:17:26.0	(13)		

Try-aTri Female 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
13	265	Natalie Robitaille	TTF 30-39	6/9	1	Swim	0:12:55.0	(15)	0:54:51.0	+9:29.0
					2	Bike	0:25:33.0	(11)		
					3	Run	0:16:23.0	(9)		
14	267	Erica Hopson	TTF 20-29	4/4	1	Swim	0:13:05.0	(16)	0:57:00.0	+11:38.0
					2	Bike	0:23:59.0	(6)		
					3	Run	0:19:56.0	(15)		
15	264	Roxanne Campbell	TTF 30-39	7/9	1	Swim	0:11:10.0	(9)	0:57:30.0	+12:08.0
					2	Bike	0:26:05.0	(13)		
					3	Run	0:20:15.0	(16)		
16	276	Lucie Hudson	TTF 40-49	4/4	1	Swim	0:11:45.0	(14)	0:58:42.0	+13:20.0
					2	Bike	0:27:54.0	(16)		
					3	Run	0:19:03.0	(14)		
17	279	Eve Monture	TTF 30-39	8/9	1	Swim	0:11:25.0	(11)	1:02:30.0	+17:08.0
					2	Bike	0:29:34.0	(17)		
					3	Run	0:21:31.0	(17)		
18	271	Jennifer Jeffery	TTF 50+	1/1	1	Swim	0:22:20.0	(20)	1:14:25.0	+29:03.0
					2	Bike	0:30:04.0	(18)		
					3	Run	0:22:01.0	(19)		
19	262	Kara Franklin	TTF 30-39	9/9	1	Swim	0:15:20.0	(19)	1:14:50.0	+29:28.0
					2	Bike	0:37:30.0	(19)		
					3	Run	0:22:00.0	(18)		
20	260	Michelle MacLeod	TTF U20	2/2	1	Swim	0:14:40.0	(18)	1:25:08.0	+39:46.0
					2	Bike	0:37:51.0	(20)		
					3	Run	0:32:37.0	(20)		

Kids Triathlon Boys 3 x 0 km. Relay

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
1	418	Jordan Doucette	KTB 13-14	1/4	1	Swim	0:02:40.0	(2)	0:12:06.0	+0.0
					2	Bike	0:05:38.0	(1)		
					3	Run	0:03:48.0	(3)		
2	403	Francis Huot	KTB 11-12	1/7	1	Swim	0:02:37.0	(1)	0:12:34.0	+28.0
					2	Bike	0:06:07.0	(4)		
					3	Run	0:03:50.0	(4)		
3	422	Mathieu Plamondon	KTB 11-12	2/7	1	Swim	0:03:45.0	(6)	0:12:42.0	+36.0
					2	Bike	0:05:44.0	(2)		
					3	Run	0:03:13.0	(1)		
4	419	Ryan Jeffery	KTB 13-14	2/4	1	Swim	0:03:46.0	(8)	0:13:11.0	+1:05.0
					2	Bike	0:05:47.0	(3)		
					3	Run	0:03:38.0	(2)		
5	409	Lucas Dolanjski	KTB 9-10	1/6	1	Swim	0:03:42.0	(5)	0:13:58.0	+1:52.0
					2	Bike	0:06:15.0	(6)		
					3	Run	0:04:01.0	(6)		
6	420	Derek Jeffery	KTB 11-12	3/7	1	Swim	0:03:20.0	(4)	0:14:03.0	+1:57.0
					2	Bike	0:06:10.0	(5)		
					3	Run	0:04:33.0	(10)		
7	405	Theodore Manseau	KTB 13-14	3/4	1	Swim	0:03:46.0	(8)	0:14:26.0	+2:20.0
					2	Bike	0:06:22.0	(8)		
					3	Run	0:04:18.0	(9)		
8	417	Konnor Parisi	KTB 11-12	4/7	1	Swim	0:03:49.0	(11)	0:14:49.0	+2:43.0
					2	Bike	0:07:03.0	(9)		
					3	Run	0:03:57.0	(5)		
9	413	Richard Zachery Noel	KTB 11-12	5/7	1	Swim	0:03:45.0	(6)	0:14:55.0	+2:49.0
					2	Bike	0:06:17.0	(7)		
					3	Run	0:04:53.0	(14)		
10	402	Tristan Burns	KTB 11-12	6/7	1	Swim	0:03:07.0	(3)	0:15:07.0	+3:01.0
					2	Bike	0:07:46.0	(10)		
					3	Run	0:04:14.0	(8)		

Kids Triathlon Boys 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
11	411	Jackson Clark	KTB 9-10	2/6	1	Swim	0:03:50.0	(12)	0:16:59.0	+4:53.0
					2	Bike	0:09:00.0	(17)		
					3	Run	0:04:09.0	(7)		
12	407	Mathieu Delli Quadri	KTB 7-8	1/4	1	Swim	0:04:08.0	(15)	0:17:12.0	+5:06.0
					2	Bike	0:08:29.0	(13)		
					3	Run	0:04:35.0	(11)		
12	406	Samuel Harterre	KTB 7-8	1/4	1	Swim	0:04:00.0	(14)	0:17:12.0	+5:06.0
					2	Bike	0:08:36.0	(16)		
					3	Run	0:04:36.0	(12)		
14	404	Nicholas Harterre	KTB 9-10	3/6	1	Swim	0:03:50.0	(12)	0:17:18.0	+5:12.0
					2	Bike	0:08:30.0	(14)		
					3	Run	0:04:58.0	(15)		
15	415	Owen Whitehead	KTB 7-8	3/4	1	Swim	0:05:24.0	(19)	0:18:08.0	+6:02.0
					2	Bike	0:08:00.0	(11)		
					3	Run	0:04:44.0	(13)		
16	408	Derek Franklin	KTB 13-14	4/4	1	Swim	0:03:46.0	(8)	0:18:29.0	+6:23.0
					2	Bike	0:09:18.0	(19)		
					3	Run	0:05:25.0	(17)		
17	421	Noah Basaraba	KTB 9-10	4/6	1	Swim	0:05:12.0	(18)	0:18:33.0	+6:27.0
					2	Bike	0:08:19.0	(12)		
					3	Run	0:05:02.0	(16)		
18	410	Riley Robitaille	KTB 9-10	5/6	1	Swim	0:04:49.0	(16)	0:19:36.0	+7:30.0
					2	Bike	0:09:02.0	(18)		
					3	Run	0:05:45.0	(18)		
19	423	Cole Boily	KTB 7-8	4/4	1	Swim	0:05:28.0	(20)	0:20:52.0	+8:46.0
					2	Bike	0:08:35.0	(15)		
					3	Run	0:06:49.0	(19)		
20	416	Bruno Fregonese	KTB 11-12	7/7	1	Swim	0:07:12.0	(21)	0:24:12.0	+12:06.0
					2	Bike	0:09:54.0	(20)		
					3	Run	0:07:06.0	(20)		

Kids Triathlon Boys 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
21	414	Kai Baranyk	KTB 9-10	6/6	1	Swim	0:04:49.0	(16)	0:37:39.0	+25:33.0
					2	Bike	0:10:49.0	(21)		
					3	Run	0:22:01.0	(21)		
DNF	412	Thomas Verbeek	KTB 9-10	*	1	Swim	***	(*)	***	***
					2	Bike	***	(*)		
					3	Run	***	(*)		

Kids Triathlon Girls 3 x 0 km. Relay

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
1	439	Rebecca Jezic	KTG 13-14	1/1	1	Swim	0:02:57.0	(1)	0:13:12.0	+0.0
					2	Bike	0:06:48.0	(2)		
					3	Run	0:03:27.0	(3)		
2	452	Ashley Gillies	KTG 11-12	1/6	1	Swim	0:02:59.0	(2)	0:14:06.0	+54.0
					2	Bike	0:06:54.0	(3)		
					3	Run	0:04:13.0	(6)		
3	453	Alicia Gillies	KTG 11-12	2/6	1	Swim	0:03:20.0	(3)	0:14:40.0	+1:28.0
					2	Bike	0:06:57.0	(4)		
					3	Run	0:04:23.0	(7)		
4	440	Nadia Dagenais	KTG 11-12	3/6	1	Swim	0:04:25.0	(9)	0:15:17.0	+2:05.0
					2	Bike	0:06:58.0	(5)		
					3	Run	0:03:54.0	(4)		
5	448	Julia Kim	KTG 9-10	1/8	1	Swim	0:04:11.0	(7)	0:16:13.0	+3:01.0
					2	Bike	0:08:07.0	(9)		
					3	Run	0:03:55.0	(5)		
6	431	Naomi Allard	KTG 9-10	2/8	1	Swim	0:04:43.0	(10)	0:16:41.0	+3:29.0
					2	Bike	0:07:32.0	(6)		
					3	Run	0:04:26.0	(8)		
7	443	Emma Weltz	KTG 9-10	3/8	1	Swim	0:04:04.0	(5)	0:16:46.0	+3:34.0
					2	Bike	0:08:10.0	(10)		
					3	Run	0:04:32.0	(10)		

Kids Triathlon Girls 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
8	433	Mykayla Dacosta	KTG 9-10	4/8	1	Swim	0:04:04.0	(5)	0:17:02.0	+3:50.0
					2	Bike	0:12:58.0	(21)		
					3	Run	0:00:00.0	(1)		
9	432	Kristen Kornell	KTG 7-8	1/8	1	Swim	0:05:05.0	(15)	0:17:20.0	+4:08.0
					2	Bike	0:07:43.0	(7)		
					3	Run	0:04:32.0	(10)		
10	437	Olivia Robert Ginglo	KTG 11-12	4/6	1	Swim	0:04:46.0	(11)	0:18:21.0	+5:09.0
					2	Bike	0:09:05.0	(12)		
					3	Run	0:04:30.0	(9)		
11	446	Olivia Fregonese	KTG 9-10	5/8	1	Swim	0:04:48.0	(13)	0:18:49.0	+5:37.0
					2	Bike	0:09:00.0	(11)		
					3	Run	0:05:01.0	(12)		
12	445	Ava Fregonese	KTG 7-8	2/8	1	Swim	0:04:55.0	(14)	0:18:51.0	+5:39.0
					2	Bike	0:04:24.0	(1)		
					3	Run	0:09:32.0	(23)		
13	454	Chancy Trottier	KTG 9-10	6/8	1	Swim	0:03:50.0	(4)	0:19:06.0	+5:54.0
					2	Bike	0:10:00.0	(17)		
					3	Run	0:05:16.0	(14)		
14	441	Marie Bourdages-Cote	KTG 7-8	3/8	1	Swim	0:04:23.0	(8)	0:19:16.0	+6:04.0
					2	Bike	0:08:00.0	(8)		
					3	Run	0:06:53.0	(21)		
15	451	Alexandra Hall	KTG 11-12	5/6	1	Swim	0:05:35.0	(17)	0:20:06.0	+6:54.0
					2	Bike	0:09:12.0	(13)		
					3	Run	0:05:19.0	(15)		
16	434	Mallory Turcotte	KTG 7-8	4/8	1	Swim	0:04:47.0	(12)	0:20:22.0	+7:10.0
					2	Bike	0:09:24.0	(15)		
					3	Run	0:06:11.0	(18)		
17	438	Daphne Ginglo Robert	KTG 9-10	7/8	1	Swim	0:05:28.0	(16)	0:20:25.0	+7:13.0
					2	Bike	0:14:57.0	(23)		
					3	Run	0:00:00.0	(1)		

Kids Triathlon Girls 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
18	450	Island Hudson	KTG 11-12	6/6	1	Swim	0:06:04.0	(20)	0:21:32.0	+8:20.0
					2	Bike	0:09:15.0	(14)		
					3	Run	0:06:13.0	(19)		
19	436	Hannah Bellec	KTG 9-10	8/8	1	Swim	0:06:43.0	(23)	0:21:36.0	+8:24.0
					2	Bike	0:09:31.0	(16)		
					3	Run	0:05:22.0	(16)		
20	447	Jessica Kim	KTG 7-8	5/8	1	Swim	0:05:36.0	(18)	0:22:42.0	+9:30.0
					2	Bike	0:11:57.0	(20)		
					3	Run	0:05:09.0	(13)		
21	455	Summer Basaraba	KTG 7-8	6/8	1	Swim	0:05:36.0	(18)	0:23:29.0	+10:17.0
					2	Bike	0:11:54.0	(19)		
					3	Run	0:05:59.0	(17)		
22	435	Ellisa Franklin	KTG 7-8	7/8	1	Swim	0:06:17.0	(21)	0:23:57.0	+10:45.0
					2	Bike	0:11:02.0	(18)		
					3	Run	0:06:38.0	(20)		
23	449	Ada Dagg-Labine	KTG 7-8	8/8	1	Swim	0:06:17.0	(21)	0:28:25.0	+15:13.0
					2	Bike	0:13:14.0	(22)		
					3	Run	0:08:54.0	(22)		
DNF	442	Kennedy Verbeek	KTG 7-8	*	1	Swim	***	(*)	***	***
					2	Bike	***	(*)		
					3	Run	***	(*)		
DNF	444	Jayden Weltz	KTG 7-8	*	1	Swim	0:04:44.0	(*)	***	***
					2	Bike	***	(*)		
					3	Run	***	(*)		

Sprint Relay Tri 3 x 0 km. Relay

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
1	342	Athletic Triad	Relay Male	1/6	1	Matthew Lapointe	0:10:30.0	(2)	1:03:38.0	+0.0
					2	Pierre Lemire	0:34:51.0	(4)		
					3	Brandon Blais	0:18:17.0	(1)		
2	310	Justice League	Relay Mixed	1/12	1	Anne-Marie Baranyk	0:11:05.0	(4)	1:04:31.0	+53.0
					2	Rick Dagenais	0:31:13.0	(1)		
					3	Manon Bourdages	0:22:13.0	(7)		
3	345	Northern Sports	Relay Male	2/6	1	Roddy Huot	0:12:40.0	(10)	1:06:16.0	+2:38.0
					2	Guy Chenier	0:34:01.0	(2)		
					3	Guy Chenier	0:19:35.0	(4)		
4	312	Silver Bullet	Relay Mixed	2/12	1	Julia Vacchino	0:13:50.0	(14)	1:06:33.0	+2:55.0
					2	Darcey Brunet	0:34:12.0	(3)		
					3	Marc Charlebois	0:18:31.0	(2)		
5	343	Triple Threat	Relay Male	3/6	1	Nicholas Lapointe	0:10:50.0	(3)	1:08:42.0	+5:04.0
					2	Eric Ciccone	0:37:48.0	(7)		
					3	Colin Allard	0:20:04.0	(5)		
6	341	Rush Hour	Relay Male	4/6	1	Nolan Cox	0:12:45.0	(11)	1:13:24.0	+9:46.0
					2	Robert Parson	0:41:36.0	(10)		
					3	Russel James Wood	0:19:03.0	(3)		
7	308	The Three Amigos	Relay Mixed	3/12	1	Blake Parisi	0:10:20.0	(1)	1:13:29.0	+9:51.0
					2	Jessica Demers	0:39:12.0	(8)		
					3	Martin Seguin	0:23:57.0	(10)		
8	306	Three C's	Relay Mixed	4/12	1	Elisa Colantonio	0:11:15.0	(6)	1:14:03.0	+10:25.0
					2	Claude Castilloux	0:40:15.0	(9)		
					3	Bruno Colantonio	0:22:33.0	(8)		
9	311	TLS	Relay Mixed	5/12	1	Mathew Mahaffy	0:11:10.0	(5)	1:16:14.0	+12:36.0
					2	Ray Denis	0:37:20.0	(6)		
					3	Briana Yard	0:27:44.0	(18)		
10	314	Three's Company	Relay Mixed	6/12	1	Julie Paquette	0:20:51.0	(22)	1:19:38.0	+16:00.0
					2	Jean Francois Duroche	0:35:21.0	(5)		
					3	Brianne Roy	0:23:26.0	(9)		

Sprint Relay Tri 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
11	307	JAM	Relay Mixed	7/12	1	Jayna Kuhn	0:13:30.0	(13)	1:19:50.0	+16:12.0
					2	Al Bellemare	0:42:18.0	(13)		
					3	Mellisa Tarlton	0:24:02.0	(11)		
12	327	Rehab Plus	Relay Female	1/6	1	Becky Millson	0:12:35.0	(8)	1:19:52.0	+16:14.0
					2	Linda Dagenais	0:41:58.0	(11)		
					3	Becky Millson	0:25:19.0	(13)		
13	340	The Stella Boys	Relay Male	5/6	1	Dave Mullen	0:18:22.0	(17)	1:24:56.0	+21:18.0
					2	Nick Kanya-Forsnter	0:44:36.0	(14)		
					3	Stan Kaczmarek	0:21:58.0	(6)		
14	330	Hot Tracks	Relay Female	2/6	1	Michelle Lawrence	0:11:38.0	(7)	1:25:16.0	+21:38.0
					2	Sophie Debrosoil	0:46:07.0	(17)		
					3	Ariel Gillies	0:27:31.0	(17)		
15	315	Given'er a Tri	Relay Mixed	8/12	1	Adam Wessman	0:15:25.0	(15)	1:27:21.0	+23:43.0
					2	Steve Mills	0:45:31.0	(15)		
					3	Lisa Banerjee	0:26:25.0	(15)		
16	328	Vini Vidi Vici	Relay Female	3/6	1	Carla Dolanjski	0:16:55.0	(16)	1:32:38.0	+29:00.0
					2	Therese Beraeron-Hop	0:48:33.0	(20)		
					3	Brenda Ceasar	0:27:10.0	(16)		
17	319	Altitude Crew	Relay Mixed	9/12	1	Brent Miller	0:20:20.0	(20)	1:32:44.0	+29:06.0
					2	Zac Lim	0:42:13.0	(12)		
					3	Shea Sullivan	0:30:11.0	(21)		
18	309	The Odd Couple	Relay Mixed	10/12	1	Donalda Garland	0:19:40.0	(19)	1:35:10.0	+31:32.0
					2	James Aston	0:45:44.0	(16)		
					3	James Aston	0:29:46.0	(20)		
19	313	Triple Threat II	Relay Mixed	11/12	1	Mike Bouillon	0:13:25.0	(12)	1:35:44.0	+32:06.0
					2	Christine Girard	0:56:43.0	(24)		
					3	Lindsey Charette	0:25:36.0	(14)		
20	344	Cheerful Participant	Relay Male	6/6	1	John Sullivan	0:20:35.0	(21)	1:36:23.0	+32:45.0
					2	Larry Martichenko	0:47:04.0	(19)		
					3	Andy Ringuette	0:28:44.0	(19)		

Sprint Relay Tri 3 x 0 km. Relay Continued ...

PL	Bib	Team	SubCategory	Rnk	Lg	Name	Time	Rnk	Total	Diff
21	326	Heres 2 Friends	Relay Female	4/6	1	Beverly Greco	0:18:22.0	(17)	1:36:50.0	+33:12.0
					2	Marilyn McRae	0:54:16.0	(23)		
					3	Beverly Greco	0:24:12.0	(12)		
22	325	Splash,Flash and Das	Relay Female	5/6	1	Nadia Lapointe	0:12:38.0	(9)	1:38:54.0	+35:16.0
					2	Bobbie-Jean Dacosta	0:53:17.0	(22)		
					3	Karine Trembaly	0:32:59.0	(23)		
23	318	No-Name	Relay Mixed	12/12	1	Jodi Cassidy	0:22:17.0	(24)	1:41:52.0	+38:14.0
					2	Dan Wiggins	0:46:32.0	(18)		
					3	Jack Levert	0:33:03.0	(24)		
24	329	Die Tri "N"	Relay Female	6/6	1	Leigh-Anne Kiely	0:21:10.0	(23)	1:44:18.0	+40:40.0
					2	Natalie Osborne	0:52:53.0	(21)		
					3	Pamela Pecjak	0:30:15.0	(22)		