

Heart of Gold Triathlon  
Gillies Lake Beach, Timmins, Ontario  
August 2, 2009

OVERALL	NAME	CITY	BIB NUMBER	TIME	CATEGORY	SWIM		BIKE		RUN	
						750m	/ 100m	20 km	km/hr	5.1km	/ km
1	Armstrong, Paul	Timmins	6	1:07:05	Men 30 to 39	0:11:04	0:01:29	0:35:12	34.1	0:20:49	0:04:05
2	Harterre, Trevor	Timmins	2	1:10:24	Men 40 to 49	0:13:44	0:01:50	0:36:12	33.1	0:20:28	0:04:01
3	Boily, Patrick	Timmins	21	1:13:42	Men 20 to 29	0:16:11	0:02:09	0:37:11	32.3	0:20:20	0:03:59
4	Tremblay, Patrick	South Porcupine	1	1:13:54	Men 20 to 29	0:13:51	0:01:51	0:39:40	30.3	0:20:23	0:04:00
5	Demers, Rick	Timmins	11	1:14:59	Men 40 to 49	0:15:36	0:02:05	0:36:36	32.8	0:22:47	0:04:28
6	Luhta, Erik	South Porcupine	20	1:15:35	Men 30 to 39	0:15:18	0:02:02	0:35:38	33.7	0:24:39	0:04:50
7	Nadeau, Darren	Timmins	19	1:17:14	Men 30 to 39	0:14:23	0:01:55	0:40:01	30.0	0:22:50	0:04:29
8	Baker, Kelly	Timmins	102	1:17:27	Women 40 to 49	0:14:52	0:01:59	0:39:01	30.8	0:23:34	0:04:37
9	Gagnon, Julie	Timmins	106	1:17:40	Women 30 to 39	0:14:58	0:02:00	0:39:25	30.4	0:23:17	0:04:34
10	Ciccone, Eric	Timmins	14	1:19:34	Men 19 & Under	0:17:19	0:02:19	0:38:38	31.1	0:23:37	0:04:38
11	Ciccone, Mario	Timmins	13	1:19:36	Men 50 & Over	0:17:43	0:02:22	0:39:09	30.7	0:22:44	0:04:27
12	Ciccone, Alex	Timmins	15	1:20:04	Men 19 & Under	0:17:45	0:02:22	0:39:24	30.5	0:22:55	0:04:30
13	Coderre, Robert	South Porcupine	16	1:21:12	Men 40 to 49	0:18:31	0:02:28	0:39:08	30.7	0:23:33	0:04:37
14	Samson, Julie	Timmins	100	1:21:57	Women 30 to 39	0:16:01	0:02:08	0:41:09	29.2	0:24:47	0:04:52
15	Armstrong, Karen	Timmins	108	1:23:16	Women 30 to 39	0:16:25	0:02:11	0:41:59	28.6	0:24:52	0:04:53
16	Bouillon, Mike	Timmins	9	1:24:33	Men 20 to 29	0:15:44	0:02:06	0:43:53	27.3	0:24:56	0:04:53
17	Klassen, Erik	Timmins	22	1:26:58	Men 20 to 29	0:17:09	0:02:17	0:44:59	26.7	0:24:50	0:04:52
18	Coon, Bill	Huntsville	3	1:27:04	Men 40 to 49	0:16:00	0:02:08	0:40:50	29.4	0:30:14	0:05:56
19	Lever, Todd	Timmins	7	1:28:08	Men 30 to 39	0:19:04	0:02:33	0:44:46	26.8	0:24:18	0:04:46
20	Ginglo, Sheri	Timmins	104	1:28:38	Women 30 to 39	0:14:19	0:01:55	0:46:17	25.9	0:28:02	0:05:30
21	Ginglo-Robert, Natalie	Timmins	103	1:28:45	Women 30 to 39	0:15:43	0:02:06	0:47:15	25.4	0:25:47	0:05:03
22	Watt, James	Timmins	4	1:30:07	Men 20 to 29	0:15:11	0:02:01	0:47:01	25.5	0:27:55	0:05:28
23	Cremin, Derrick	Timmins	10	1:30:59	Men 30 to 39	0:22:12	0:02:58	0:40:10	29.9	0:28:37	0:05:37
24	Santaguida, Suzi	Timmins	110	1:31:26	Women 40 to 49	0:16:30	0:02:12	0:47:27	25.3	0:27:29	0:05:23
25	Dolanjski, Carla	Timmins	107	1:33:45	Women 30 to 39	0:19:49	0:02:39	0:48:03	25.0	0:25:53	0:05:05
26	Whitehead, Corey	Timmins	18	1:34:32	Men 30 to 39	0:21:09	0:02:49	0:45:31	26.4	0:27:52	0:05:28
27	Campbell, Sarah	South Porcupine	115	1:36:27	Women 30 to 39	0:19:42	0:02:38	0:45:48	26.2	0:30:57	0:06:04
28	Turcotte, Sue	Timmins	105	1:36:59	Women 30 to 39	0:20:42	0:02:46	0:49:59	24.0	0:26:18	0:05:09
29	Fecteau, Simon	Timmins	17	1:40:01	Men 40 to 49	0:27:36	0:03:41	0:46:14	26.0	0:26:11	0:05:08
30	Martichenk, Larry	Timmins	12	1:42:29	Men 40 to 49	0:23:08	0:03:05	0:47:15	25.4	0:32:06	0:06:18
31	Robert, Serge	Timmins	5	1:44:38	Men 30 to 39	0:24:04	0:03:13	0:49:38	24.2	0:30:56	0:06:04
32	Eide, Victoria	Timmins	114	1:49:25	Women 19 & Under	0:15:53	0:02:07	0:53:20	22.5	0:40:12	0:07:53
33	Watt, Carla	Timmins	101	1:50:21	Women 40 to 49	0:21:43	0:02:54	0:51:29	23.3	0:37:09	0:07:17
34	Faucher, Natasha	Timmins	109	1:51:47	Women 20 to 29	0:27:53	0:03:43	0:52:55	22.7	0:30:59	0:06:05
35	Kulas, Ashley	Timmins	113	1:52:32	Women 20 to 29	0:20:04	0:02:41	0:55:29	21.6	0:36:59	0:07:15
36	Chokemelin, Treena	Timmins	111	2:05:39	Women 20 to 29	0:21:47	0:02:54	1:07:32	17.8	0:36:20	0:07:07
37	Fecteau, Richard	Timmins	8	375 m Swim	Men 30 to 39	0:27:05	0:03:37	0:46:46	25.7	0:26:10	0:05:08
38	Ethier, Natalie	Timmins	112	DNF	Women 30 to 39	-	-	-	-	-	-

NOTE: Swim times include T1 and bike times include T2.

Heart of Gold Triathlon Relay Results  
Gillies Lake Beach, Timmins, Ontario  
August 2, 2009

OVERALL	NAME	CITY	BIB NUMBER	TIME	CATEGORY	PLACING	SWIM		BIKE		RUN	
							750m	/ 100m	20 km	km/hr	5.1km	/ km
1	Team Testosterone Lapointe, Matt (Swim) Bourget, Jeremie (Bike) Brandon, Blais (Run)	Timmins	305	1:05:46	Mens Relay	1	0:11:30	0:01:32	0:34:28	34.8	0:19:48	0:03:53
2	Young Guns Jardine, Whitney (Swim) Leishman, Eric (Bike) Leishman, Eric (Run)	Chapleau	332	1:08:15	Mix Relay	1	0:10:48	0:01:26	0:37:46	31.8	0:19:41	0:03:52
3	Team Kvas, Durante & Gosselin Kvas, Rick (Swim) Durante, Lino (Bike) Gosselin, James (Run)	Timmins	302	1:08:19	Mens Relay	2	0:15:04	0:02:01	0:36:29	32.9	0:16:46	0:03:17
4	Team Mahaffy, Nadon & Allard Mahaffy, Mathew (Swim) Nadon, Marc-Antoine (Bike) Allard, Collin (Run)	Timmins	303	1:08:52	Mens Relay	3	0:13:52	0:01:51	0:34:36	34.7	0:20:24	0:04:00
5	N & R Express Cox, Nolan (Swim) Wood, Russell (Bike) Wood, Russell (Run)	Timmins	301	1:13:05	Mens Relay	4	0:12:53	0:01:43	0:39:52	30.1	0:20:20	0:03:59
6	Young & Useless LePage, Michele (Swim) Nadon, Jean-Pierre (Bike) Nadeau, Marie-Pierre (Run)	Timmins	336	1:14:53	Mix Relay	2	0:17:24	0:02:19	0:35:57	33.4	0:21:32	0:04:13
7	Marlin Ski Parisi, Blake (Swim) Whittig, Devin (Bike) Whittig, Devin (Run)	Timmins	304	1:15:39	Mens Relay	5	0:12:19	0:01:39	0:41:19	29.0	0:22:01	0:04:19
8	Mucles Lapointe, Nicholas (Swim) Demers, Samantha (Bike) Allard, Britney (Run)	Timmins	335	1:16:03	Mix Relay	3	0:11:31	0:01:32	0:43:19	27.7	0:21:13	0:04:10
9	Tom's Lockshop Loranger, Jacques (Swim) Denis, Raymond (Bike) Yard, Brianna (Run)	Timmins	337	1:18:06	Corporate Team	1	0:15:14	0:02:02	0:36:17	33.1	0:26:35	0:05:13
10	Benny & the Vets Lambert, Tina (Swim) Lambert, Mike (Bike) Lambert, Benoit (Run)	Timmins	328	1:20:30	Mix Relay	4	0:17:34	0:02:21	0:43:20	27.7	0:19:36	0:03:51
11	Next Generation Team Roy, Elizabeth (Swim) Demers, Jessica (Bike) Roy, Francis (Run)	Timmins	331	1:23:27	Mix Relay	5	0:20:18	0:02:42	0:38:33	31.1	0:24:36	0:04:49
12	BLT Greco, Bev (Swim) Dolanjski, Tom (Bike) Smith, Lori (Run)	Timmins	333	1:27:46	Mix Relay	6	0:20:28	0:02:44	0:44:55	26.7	0:22:23	0:04:23
13	Team Whitehead & Walton Whitehead, Tracy (Swim) Walton, Lyle (Bike) Whitehead, Tracy (Run)	Timmins	338	1:28:25	Mix Relay	7	0:17:25	0:02:19	0:41:17	29.1	0:29:43	0:05:50
14	Yukon Gold Labine, Colton (Swim) Roy, Marie-Louise (Bike) Allard, Ryan (Run)	Timmins	329	1:28:34	Mix Relay	8	0:19:14	0:02:34	0:47:55	25.0	0:21:25	0:04:12
15	Piece of Cake Coderre, Caroline (Swim) Coderre, Johanna (Bike) Gignac, Donovan (Run)	Timmins	330	1:29:58	Mix Relay	9	0:20:44	0:02:46	0:48:46	24.6	0:20:28	0:04:01
16	Lady Bugs Manseau, Kelliegh (Swim) Carriere, Lyne (Bike) Allard, Cheryl (Run)	Timmins	316	1:34:56	Womens Relay	1	0:19:23	0:02:35	0:47:45	25.1	0:27:48	0:05:27
17	Anonymous Coulombe, Jerra (Swim) McRae, Marilyn (Bike) McRae, Don (Run)	Timmins	334	1:38:46	Mix Relay	10	0:16:29	0:02:12	0:58:29	20.5	0:23:48	0:04:40
18	Blind Leading the Bride Garland, Donalda (Swim) O'Connor, Maggie (Bike) O'Connor, Maggie (Run)	Timmins	334	1:39:20	Womens Relay	2	0:20:30	0:02:44	0:46:27	25.8	0:32:23	0:06:21
19	Team Eastlink News Aube, Ghislain (Swim) Hopson, Erica (Bike) Patterson, Jaius (Run)	Timmins	339	1:45:59	Corporate Team	2	0:21:56	0:02:55	0:51:25	23.3	0:32:38	0:06:24

NOTE: Swim times include T1 and Bike times include T2.

## 2009 Heart of Gold Triathlon IronKids Results

Gillies Lake Beach, Timmins, Ontario

August 2, 2009

OVERALL	NAME	CITY	BIB NUMBER	TIME	CATEGORY	
					Age Group	Place
1	Plamondon, Mathieu	Timmins	427	00:13:03	Boys 9 & 10	1
2	Mackenzie, Olivia	Timmins	415	00:13:30	Girls 11 & 12	1
3	Delage, Samuel	Timmins	421	00:14:00	Boys 11 & 12	1
4	Manseau, Theodore	Timmins	426	00:14:08	Boys 11 & 12	2
5	Sharp, Carson	Timmins	430	00:14:20	Boys 13 & 14	1
6	Wucher, Thea	Timmins	401	00:14:21	Girls 9 & 10	1
7	Kvas, Maia	Timmins	418	00:14:51	Girls 11 & 12	2
8	Allard, Naomi	South Porcupine	413	00:15:40	Girls 9 & 10	2
9	Passmore, Dana	Timmins	432	00:16:11	Girls 11 & 12	3
10	Dagenais, Nadia	Timmins	414	00:16:19	Girls 9 & 10	3
11	Wright, Alex	Timmins	428	00:16:27	Boys 13 & 14	2
12	Fecteau, Martine	Timmins	405	00:16:37	Girls 11 & 12	4
13	Rondeau, Melanie	Timmins	409	00:16:52	Girls 11 & 12	5
14	Harterre, Samuel	Timmins	433	00:17:18	Boys 7 & 8	1
15	Fecteau, Amelie	Timmins	403	00:17:28	Girls 11 & 12	6
16	Parisi, Konnor	Timmins	429	00:17:30	Boys 9 & 10	2
17	Rondeau, Allison	Timmins	412	00:17:35	Girls 7 & 8	1
18	Ginglo-Robert, Olivia	Timmins	402	00:17:36	Girls 9 & 10	4
19	Fecteau, Valerie	Timmins	406	00:17:38	Girls 13 & 14	1
20	Rondeau, Briann	Timmins	411	00:18:08	Girls 9 & 10	5
21	Frechette, Kristina	Timmins	407	00:18:22	Girls 11 & 12	7
22	Rondeau, Stephanie	Timmins	410	00:18:29	Girls 11 & 12	8
23	Lamarch, Geneive	Timmins	419	00:18:43	Girls 13 & 14	2
24	Farrell, Titus	Timmins	421	00:19:03	Boys 7 & 8	2
25	Loreto, Nico	Timmins	425	00:19:31	Boys 9 & 10	3
26	Fecteau, Gabrielle	Timmins	404	00:19:34	Girls 13 & 14	3
27	Poupart, Selena	Timmins	434	00:19:41	Girls 9 & 10	6
28	Farrell, Demetrious	Timmins	422	00:20:34	Boys 9 & 10	4
29	Bourdages-Cote, Marie	Timmins	416	00:21:24	Girls 7 & 8	2
30	Passmore, Rebecca	Timmins	431	00:21:32	Girls 7 & 8	3
31	Harterre, Nicholas	Timmins	424	00:23:19	Boys 9 & 10	5
32	Armstrong, Robyn	Timmins	408	00:25:46	Girls 9 & 10	7
33	Ferron, Cassie	Timmins	417	-	Girls 7 & 8	4