

## RACE RESULTS LIST

| RANK | J#  | TIME     | NAME                 | SEX | AGE | CAT-RANK | ADDRESS              | SWIM     | Over Cat | BIKE        | Over Cat | RUN         | Over Cat |
|------|-----|----------|----------------------|-----|-----|----------|----------------------|----------|----------|-------------|----------|-------------|----------|
| 1    | 2   | 01:17:47 | Hellard, Rick        | M   | 21  | M2       | 1 Ottawa, Ont        | 00:18:20 | 2        | 2 00:35:18  | 1        | 1 00:23:09  | 2 2      |
| 2    | 9   | 01:21:35 | Ryan, Tony           | M   | 25  | M2       | 2 Bermuda, Ber       | 00:21:23 | 21       | 10 00:37:32 | 4        | 2 00:22:40  | 1 1      |
| 3    | 8   | 01:21:43 | Jamelle, Paul        | M   | 21  | M2       | 3 Ottawa, Ont        | 00:18:17 | 1        | 1 00:38:58  | 14       | 11 00:24:28 | 5 5      |
| 4    | 3   | 01:22:01 | Ouellette, Daniel    | M   | 24  | M2       | 4 Gatineau, Que      | 00:21:08 | 20       | 9 00:37:41  | 6        | 4 00:23:12  | 3 3      |
| 5    | 18  | 01:22:30 | Westdal, John        | M   | 19  | M1       | 1 Ottawa, Ont        | 00:20:47 | 14       | 7 00:38:34  | 2        | 1 00:25:09  | 8 1      |
| 6    | 8   | 01:23:11 | Landry, Pierre       | M   | 23  | M2       | 5 Ste Foy, Que       | 00:19:18 | 4        | 3 00:38:22  | 9        | 7 00:25:31  | 11 10    |
| 7    | 4   | 01:23:43 | Pelletier, Marc      | M   | 27  | M2       | 6 Ottawa, Ont        | 00:20:44 | 13       | 5 00:37:40  | 5        | 3 00:25:19  | 9 8      |
| 8    | 23  | 01:24:07 | Ketchum, Bruce       | M   | 18  | M1       | 2 Ottawa, Ont        | 00:20:49 | 15       | 8 00:37:16  | 3        | 2 00:26:02  | 13 3     |
| 9    | 6   | 01:25:24 | Pilcher, Al          | M   | 22  | M2       | 7 Orangeville, Ont   | 00:23:09 | 41       | 22 00:37:43 | 7        | 5 00:24:32  | 6 6      |
| 10   | 15  | 01:25:38 | Davel, Greg          | M   | 23  | M2       | 8 Ottawa, Ont        | 00:21:34 | 24       | 13 00:38:40 | 10       | 8 00:25:24  | 10 9     |
| 11   | 7   | 01:26:43 | Wilson, Hugh         | M   | 18  | M1       | 3 Brockville, Ont    | 00:20:09 | 10       | 5 00:39:12  | 15       | 4 00:27:22  | 24 4     |
| 12   | 37  | 01:27:09 | Downing, Mike        | M   | 19  | M1       | 4 Ottawa, Ont        | 00:19:38 | 6        | 1 00:38:53  | 13       | 3 00:28:36  | 53 10    |
| 13   | 175 | 01:27:23 | Bielecki, Andrew     | M   | 28  | M2       | 9 Ottawa, Ont        | 00:23:37 | 49       | 24 00:39:57 | 24       | 15 00:23:49 | 4 4      |
| 14   | 31  | 01:27:39 | Wilhelm, Albert      | M   | 21  | M2       | 10 Victoria, BC      | 00:20:56 | 19       | 8 00:40:26  | 29       | 19 00:26:17 | 17 14    |
| 15   | 27  | 01:28:45 | Taylor, Andrew       | M   | 16  | M1       | 5 Deep River, Ont    | 00:20:10 | 11       | 6 00:40:44  | 36       | 8 00:27:51  | 34 6     |
| 16   | 14  | 01:28:55 | Trudel, Bernard      | M   | 28  | M2       | 11 Ottawa, Ont       | 00:21:42 | 25       | 14 00:41:00 | 42       | 25 00:26:13 | 16 13    |
| 17   | 26  | 01:28:57 | Leger, Andre         | M   | 32  | M3       | 1 Orleans, Ont       | 00:21:55 | 28       | 3 00:39:16  | 16       | 1 00:27:46  | 31 3     |
| 18   | 11  | 01:28:58 | Hardy, Paul          | M   | 32  | M3       | 2 Gloucester, Ont    | 00:20:19 | 12       | 2 00:40:58  | 40       | 7 00:27:41  | 28 2     |
| 19   | 22  | 01:29:10 | Serval, Jean-Pierre  | M   | 26  | M2       | 12 Charlesbourg, Que | 00:22:38 | 34       | 19 00:39:59 | 26       | 16 00:26:33 | 19 16    |
| 20   | 46  | 01:29:37 | Reid, Grant          | M   | 22  | M2       | 13 Ottawa, Ont       | 00:22:58 | 37       | 20 00:41:45 | 57       | 34 00:24:54 | 7 7      |
| 21   | 33  | 01:29:57 | Carlsson, Alan       | M   | 18  | M1       | 6 Gloucester, Ont    | 00:20:53 | 17       | 9 00:40:48  | 38       | 9 00:28:18  | 47 9     |
| 22   | 104 | 01:30:21 | Dufresne, Guy        | M   | 28  | M2       | 14 Quebec, Que       | 00:28:20 | 114      | 54 00:37:56 | 8        | 8 00:26:05  | 14 11    |
| 23   | 52  | 01:31:11 | Girouard, Luc        | M   | 21  | M2       | 15 Hull, Que         | 00:25:46 | 96       | 48 00:38:49 | 12       | 10 00:26:36 | 20 17    |
| 24   | 18  | 01:32:13 | McGee, Tom           | M   | 30  | M3       | 3 Ottawa, Ont        | 00:22:14 | 30       | 4 00:40:50  | 39       | 5 00:29:09  | 72 12    |
| 25   | 47  | 01:32:13 | Schmidt, Bevin       | M   | 24  | M2       | 16 Ottawa, Ont       | 00:22:07 | 29       | 15 00:41:09 | 44       | 26 00:28:57 | 68 40    |
| 26   | 90  | 01:32:19 | Allain, Carol        | M   | 25  | M2       | 17 Gatineau, Que     | 00:27:19 | 143      | 68 00:38:42 | 11       | 9 00:26:18  | 18 15    |
| 27   | 28  | 01:32:33 | Eybel, Edward        | M   | 27  | M2       | 18 Toronto, Ont      | 00:22:24 | 32       | 17 00:43:30 | 99       | 54 00:26:39 | 22 19    |
| 28   | 92  | 01:32:37 | Lanthier, Marc       | M   | 23  | M2       | 19 Ottawa, Ont       | 00:21:29 | 22       | 11 00:42:01 | 64       | 37 00:29:07 | 71 43    |
| 29   | 25  | 01:32:45 | Laroche, Marc        | M   | 26  | M2       | 20 St Augustin, Que  | 00:20:54 | 18       | 7 00:44:15  | 128      | 70 00:27:36 | 27 22    |
| 30   | 17  | 01:33:09 | Whelan, James        | M   | 22  | M2       | 21 Toronto, Ont      | 00:20:50 | 16       | 6 00:42:41  | 77       | 41 00:29:38 | 92 51    |
| 31   | 50  | 01:33:18 | Ross, Dugie          | M   | 35  | M3       | 4 Pointe-Claire, Que | 00:23:04 | 38       | 6 00:42:17  | 69       | 15 00:27:57 | 36 4     |
| 32   | 176 | 01:33:20 | Manstan, Ken         | M   | 18  | M1       | 7 Gloucester, Ont    | 00:26:08 | 107      | 17 00:39:21 | 17       | 5 00:27:51  | 33 5     |
| 33   | 183 | 01:33:24 | Calof, Dan           | M   | 24  | M2       | 22 Ottawa, Ont       | 00:23:39 | 50       | 25 00:42:01 | 65       | 38 00:27:44 | 29 23    |
| 34   | 91  | 01:33:26 | Budd, Daniel         | M   | 22  | M2       | 23 Gloucester, Ont   | 00:25:47 | 97       | 47 00:39:52 | 22       | 13 00:27:47 | 32 25    |
| 35   | 86  | 01:33:43 | Burns, Bruce F.      | M   | 35  | M3       | 5 Nepean, Ont        | 00:23:54 | 56       | 8 00:41:35  | 54       | 11 00:28:14 | 45 6     |
| 36   | 168 | 01:33:43 | Skubnik, Milan       | M   | 30  | M3       | 6 Nepean, Ont        | 00:24:58 | 78       | 12 00:40:40 | 35       | 4 00:28:05  | 42 7     |
| 37   | 30  | 01:33:53 | Geddes, Brent        | M   | 18  | M1       | 8 Nepean, Ont        | 00:20:07 | 9        | 4 00:45:02  | 152      | 29 00:28:44 | 59 11    |
| 38   | 201 | 01:34:01 | Turcotte, Yves       | M   | 26  | M2       | 24 Levis, Que        | 00:24:00 | 58       | 28 00:41:38 | 55       | 32 00:28:23 | 49 31    |
| 39   | 13  | 01:34:12 | Schmidt, Brent       | M   | 22  | M2       | 25 North Bay, Ont    | 00:21:31 | 23       | 12 00:42:42 | 78       | 42 00:29:59 | 104 58   |
| 40   | 38  | 01:34:14 | Portner, Eric        | M   | 18  | M1       | 9 Gloucester, Ont    | 00:19:48 | 6        | 2 00:41:53  | 62       | 12 00:32:33 | 186 24   |
| 41   | 96  | 01:34:17 | Brown, David         | M   | 21  | M2       | 26 Almonte, Ont      | 00:27:06 | 138      | 64 00:40:32 | 32       | 21 00:26:39 | 21 18    |
| 42   | 112 | 01:34:21 | Courtenanche, Marc   | M   | 21  | M2       | 27 Montreal, Que     | 00:25:51 | 101      | 49 00:40:45 | 37       | 24 00:27:45 | 30 24    |
| 43   | 53  | 01:34:28 | Periard, Marc        | M   | 21  | M2       | 28 Hull, Que         | 00:25:50 | 100      | 48 00:40:00 | 27       | 17 00:26:38 | 54 33    |
| 44   | 43  | 01:34:29 | Tajbakhsh, Shehragim | M   | 25  | M2       | 29 Ottawa, Ont       | 00:23:25 | 47       | 23 00:41:48 | 60       | 35 00:29:16 | 79 48    |
| 45   | 32  | 01:34:32 | Zuro, Dan            | M   | 25  | M2       | 30 Ottawa, Ont       | 00:20:01 | 8        | 4 00:45:14  | 161      | 85 00:29:17 | 81 49    |
| 46   | 113 | 01:34:33 | Wardlaw, Michael     | M   | 26  | M2       | 31 Gloucester, Ont   | 00:26:22 | 116      | 55 00:40:38 | 34       | 23 00:27:33 | 26 21    |
| 47   | 38  | 01:34:42 | Piangger, Pierre     | M   | 17  | M1       | 10 Gatineau, Que     | 00:19:51 | 7        | 3 00:44:48  | 142      | 28 00:30:03 | 107 17   |
| 48   | 88  | 01:34:48 | Young, Andrew        | M   | 28  | M2       | 32 Ottawa, Ont       | 00:25:24 | 85       | 43 00:40:34 | 33       | 22 00:28:50 | 64 38    |
| 49   | 84  | 01:35:14 | Webb, Ron            | M   | 33  | M3       | 7 Ottawa, Ont        | 00:25:28 | 89       | 13 00:41:47 | 59       | 13 00:27:59 | 39 5     |

## RACE RESULTS LIST

| RANK | J#  | TIME     | NAME                 | SEX | AGE | CAT-RANK | ADDRESS                  | SWIM     | Over Cat | BIKE        | Over Cat | RUN         | Over Cat |
|------|-----|----------|----------------------|-----|-----|----------|--------------------------|----------|----------|-------------|----------|-------------|----------|
| 50   | 208 | 01:35:18 | Robinson, Glenn      | M   | 18  | M1       | 11 Nepean, Ont           | 00:29:36 | 192      | 32 00:39:59 | 25       | 7 00:25:43  | 12 2     |
| 51   | 85  | 01:35:28 | Morrison, Jay        | M   | 38  | M3       | 8 Gloucester, Ont        | 00:24:19 | 64       | 10 00:41:39 | 56       | 12 00:29:30 | 88 16    |
| 52   | 270 | 01:35:34 | Valiquette, Jean     | M   | 25  | M2       | 33 Montreal, Que         | 00:29:27 | 190      | 79 00:39:56 | 23       | 14 00:28:11 | 15 12    |
| 53   | 161 | 01:35:38 | Sinclair, James      | M   | 26  | M2       | 34 Scarborough, Ont      | 00:25:15 | 83       | 41 00:41:45 | 58       | 33 00:28:38 | 56 34    |
| 54   | 44  | 01:35:58 | Bernie, Don          | M   | 30  | M3       | 9 Hull, Que              | 00:27:57 | 158      | 28 00:41:02 | 43       | 8 00:25:59  | 23 1     |
| 55   | 253 | 01:36:10 | Paradine, Dennis     | M   | 17  | M1       | 12 Ottawa, Ont           | 00:24:25 | 68       | 12 00:43:49 | 112      | 21 00:27:56 | 35 7     |
| 56   | 179 | 01:36:25 | Nadeau-DeBoie, J. Ch | M   | 24  | M2       | 35 Ottawa, Ont           | 00:26:19 | 110      | 53 00:40:18 | 28       | 16 00:29:48 | 99 55    |
| 57   | 144 | 01:36:46 | Chiasson, Robert     | M   | 45  | M4       | 1 Ottawa, Ont            | 00:26:19 | 111      | 4 00:42:11  | 68       | 2 00:28:16  | 46 2     |
| 58   | 185 | 01:36:51 | Conway, Thomas       | M   | 30  | M3       | 10 Ottawa, Ont           | 00:24:21 | 65       | 11 00:42:55 | 85       | 22 00:29:35 | 90 19    |
| 59   | 56  | 01:37:16 | Hunter, Phil         | M   | 18  | M1       | 13 Nepean, Ont           | 00:26:23 | 117      | 19 00:42:02 | 66       | 13 00:28:51 | 65 13    |
| 60   | 51  | 01:37:17 | Arif, Alex           | M   | 29  | M2       | 36 Ottawa, Ont           | 00:23:51 | 55       | 27 00:43:20 | 96       | 53 00:30:06 | 110 60   |
| 61   | 148 | 01:37:37 | Moerman, Bram        | M   | 42  | M4       | 2 Orleans, Ont           | 00:25:26 | 87       | 1 00:39:39  | 18       | 1 00:32:32  | 185 11   |
| 62   | 289 | 01:37:44 | Fournier, Mario      | M   | 32  | M3       | 11 Aylmer, Que           | 00:26:31 | 119      | 17 00:42:45 | 82       | 20 00:28:28 | 51 9     |
| 63   | 89  | 01:38:00 | Rozon, Daniel        | M   | 22  | M2       | 37 Gatineau, Que         | 00:24:15 | 63       | 31 00:44:35 | 137      | 74 00:29:10 | 73 44    |
| 64   | 48  | 01:38:03 | Abraham, Michael Q.  | M   | 21  | M2       | 38 Ottawa, Ont           | 00:23:45 | 52       | 26 00:45:32 | 172      | 91 00:28:46 | 60 37    |
| 65   | 125 | 01:38:05 | Olsen, Anne-Marie    | F   | 18  | F1       | 1 Ottawa, Ont            | 00:21:52 | 27       | 1 00:44:02  | 122      | 1 00:32:11  | 177 1    |
| 66   | 254 | 01:38:05 | McCulloch, Rob       | M   | 24  | M2       | 39 Ottawa, Ont           | 00:29:39 | 193      | 81 00:39:46 | 20       | 12 00:28:40 | 58 36    |
| 67   | 167 | 01:38:07 | Wilenius, Peter      | M   | 27  | M2       | 40 Ottawa, Ont           | 00:25:10 | 82       | 40 00:42:40 | 76       | 40 00:30:17 | 114 62   |
| 68   | 24  | 01:38:11 | Paris, Raymond       | M   | 21  | M2       | 41 Aylmer, Que           | 00:25:07 | 81       | 39 00:43:00 | 88       | 47 00:30:04 | 108 59   |
| 69   | 59  | 01:38:21 | Herenger, Daniel     | M   | 18  | M1       | 14 Gatineau, Que         | 00:25:30 | 92       | 15 00:43:35 | 102      | 20 00:29:18 | 77 14    |
| 70   | 55  | 01:38:28 | Neff, Peter          | M   | 14  | M1       | 15 Ottawa, Ont           | 00:23:09 | 42       | 10 00:43:54 | 114      | 22 00:31:25 | 155 21   |
| 71   | 211 | 01:38:28 | Irwin, Steve         | M   | 21  | M2       | 42 Nepean, Ont           | 00:26:32 | 122      | 58 00:43:52 | 113      | 53 00:28:04 | 41 27    |
| 72   | 402 | 01:38:31 | Roy, Patrick         | M   | 33  | M3       | 12 Ottawa, Ont           | 00:26:24 | 118      | 16 00:43:27 | 98       | 24 00:28:40 | 57 10    |
| 73   | 200 | 01:38:46 | Cassan, Gerry        | M   | 32  | M3       | 13 Ottawa, Ont           | 00:28:31 | 171      | 27 00:41:25 | 48       | 9 00:28:50  | 63 11    |
| 74   | 60  | 01:38:48 | Tramblay, Michelle   | F   | 22  | F2       | 1 Ottawa, Ont            | 00:23:58 | 57       | 7 00:44:08  | 124      | 2 00:30:42  | 133 5    |
| 75   | 307 | 01:38:50 | Chartrand, James     | M   | 18  | M1       | 16 Ottawa, Ont           | 00:27:04 | 135      | 21 00:43:33 | 101      | 19 00:28:13 | 44 8     |
| 76   | 13  | 01:38:51 | St. Jacques, Pierre  | M   | 23  | M2       | 43 Nepean, Ont           | 00:24:56 | 77       | 37 00:44:17 | 130      | 72 00:29:38 | 93 50    |
| 77   | 243 | 01:38:55 | Jostman, Alan        | M   | 31  | M3       | 14 Niagara Lake, Ont     | 00:26:45 | 132      | 18 00:41:27 | 50       | 10 00:30:43 | 136 33   |
| 78   | 146 | 01:39:05 | Hollywood, Rudy      | M   | 41  | M4       | 3 Nepean, Ont            | 00:25:58 | 103      | 2 00:45:10  | 157      | 5 00:27:57  | 37 1     |
| 79   | 197 | 01:39:07 | Parkin, Brian        | M   | 29  | M2       | 44 Ottawa, Ont           | 00:24:25 | 67       | 32 00:40:29 | 31       | 20 00:34:13 | 239 113  |
| 80   | 42  | 01:39:21 | Plaskacz, Todd       | M   | 34  | M3       | 15 Chelsea, Que          | 00:25:42 | 95       | 15 00:44:12 | 126      | 28 00:29:27 | 86 16    |
| 81   | 222 | 01:39:42 | Herdy, Marianne      | F   | 28  | F2       | 2 Kirkland, Ont          | 00:25:47 | 98       | 13 00:43:28 | 97       | 1 00:30:29  | 123 2    |
| 82   | 390 | 01:39:51 | Westeinde, Jeff      | M   | 20  | M2       | 45 Nepean, Ont           | 00:28:38 | 172      | 74 00:41:59 | 83       | 36 00:29:14 | 76 47    |
| 83   | 166 | 01:39:56 | Kryger, Joseph S.    | M   | 32  | M3       | 16 Navan, Ont            | 00:28:52 | 178      | 28 00:40:58 | 41       | 6 00:30:06  | 109 26   |
| 84   | 115 | 01:39:57 | Hunter, Darrell      | M   | 21  | M2       | 46 Ottawa, Ont           | 00:26:16 | 109      | 52 00:43:19 | 94       | 52 00:30:22 | 116 64   |
| 85   | 170 | 01:40:00 | Lashley, Stephen     | M   | 33  | M3       | 17 Ottawa, Ont           | 00:24:12 | 62       | 9 00:45:50  | 187      | 39 00:29:58 | 103 23   |
| 86   | 205 | 01:40:09 | Dillon, Mark         | M   | 20  | M2       | 47 Gloucester, Ont       | 00:30:20 | 211      | 68 00:41:28 | 51       | 29 00:28:21 | 48 29    |
| 87   | 207 | 01:40:11 | Simard, Paul         | M   | 37  | M3       | 18 Aylmer, Que           | 00:27:07 | 139      | 19 00:43:39 | 104      | 25 00:28:25 | 85 15    |
| 88   | 173 | 01:40:12 | Davis, Stephen       | M   | 23  | M2       | 48 Gloucester, Ont       | 00:25:29 | 91       | 44 00:44:57 | 148      | 81 00:29:46 | 97 53    |
| 89   | 187 | 01:40:14 | Roberts, Michael     | M   | 26  | M2       | 49 Ottawa, Ont           | 00:22:25 | 33       | 18 00:45:49 | 186      | 95 00:32:00 | 169 88   |
| 90   | 217 | 01:40:15 | Lewis, John          | M   | 22  | M2       | 50 Greenfield Park, Que  | 00:29:07 | 186      | 78 00:42:45 | 81       | 44 00:28:23 | 50 30    |
| 91   | 46  | 01:40:21 | Marion, Jacques      | M   | 27  | M2       | 51 Ancienne Lorette, Que | 00:23:08 | 40       | 21 00:45:16 | 164      | 87 00:31:57 | 167 86   |
| 92   | 178 | 01:40:21 | Klassen, Rodney      | M   | 37  | M3       | 19 Kanata, Ont           | 00:27:56 | 155      | 25 00:42:25 | 70       | 16 00:30:00 | 105 24   |
| 93   | 214 | 01:40:23 | Mallet, Patrick      | M   | 15  | M1       | 17 Beconsfield, Que      | 00:28:40 | 173      | 26 00:42:56 | 87       | 17 00:28:47 | 61 12    |
| 94   | 458 | 01:40:23 | Flaegel, Mark        | M   | 25  | M2       | 52 Nepean, Ont           | 00:27:21 | 145      | 67 00:44:10 | 125      | 68 00:28:52 | 66 39    |
| 95   | 34  | 01:40:26 | De Beaumont, Jean-Ma | M   | 19  | M1       | 18 Hull, Que             | 00:26:37 | 128      | 20 00:42:37 | 73       | 14 00:31:12 | 147 20   |
| 96   | 216 | 01:40:37 | Kim, John            | M   | 18  | M1       | 19 Kanata, Ont           | 00:31:31 | 243      | 38 00:39:41 | 19       | 6 00:29:25  | 84 15    |
| 97   | 160 | 01:40:48 | Cyr, Daniel          | M   | 21  | M2       | 53 Aylmer, Que           | 00:25:33 | 123      | 57 00:43:39 | 105      | 57 00:30:36 | 127 68   |
| 98   | 245 | 01:40:48 | Jackson, Stephen     | M   | 18  | M1       | 20 Ottawa, Ont           | 00:29:07 | 187      | 30 00:41:12 | 45       | 10 00:30:29 | 121 18   |

## RACE RESULTS LIST

| RANK | J#  | TIME     | NAME                | SEX | AGE | CAT-RANK | ADDRESS                  | SWIM     | Over Cat | BIKE         | Over Cat | RUN          | Over Cat |
|------|-----|----------|---------------------|-----|-----|----------|--------------------------|----------|----------|--------------|----------|--------------|----------|
| 99   | 312 | 01:40:51 | Blais, Michel       | M   | 28  | M2       | 54 Pte Gatineau, Que     | 00:24:43 | 75       | 36 00:44:39  | 139      | 76 00:31:29  | 156 81   |
| 100  | 114 | 01:40:54 | Johnson, George     | M   | 28  | M2       | 55 Ottawa, Ont           | 00:27:15 | 142      | 85 00:43:15  | 93       | 50 00:30:24  | 117 65   |
| 101  | 66  | 01:41:00 | Brancato, Wandy     | F   | 26  | F2       | 3 Peterborough, Ont      | 00:24:29 | 70       | 8 00:45:48   | 185      | 7 00:30:42   | 132 4    |
| 102  | 481 | 01:41:00 | Foerstel, Gunnar    | M   | 22  | M2       | 56 Ottawa, Ont           | 00:27:56 | 156      | 70 00:44:00  | 119      | 65 00:29:04  | 70 42    |
| 103  | 45  | 01:41:06 | Shank, Marc         | M   | 19  | M1       | 21 Hull, Que             | 00:30:08 | 202      | 34 00:41:17  | 46       | 11 00:29:41  | 94 16    |
| 104  | 95  | 01:41:11 | Boyd, Gary          | M   | 31  | M3       | 20 Stittsville, Ont      | 00:27:14 | 141      | 21 00:42:38  | 74       | 19 00:31:19  | 152 37   |
| 105  | 189 | 01:41:18 | Page, David J.      | M   | 26  | M2       | 57 Gloucester, Ont       | 00:24:07 | 59       | 29 00:47:24  | 218      | 104 00:29:47 | 98 54    |
| 106  | 68  | 01:41:36 | Johannsen, Shirley  | F   | 30  | F3       | 1 Old Chelsea, Que       | 00:24:23 | 66       | 2 00:45:07   | 155      | 1 00:32:06   | 174 2    |
| 107  | 202 | 01:41:39 | Wendling, Dave      | M   | 24  | M2       | 58 Ottawa, Ont           | 00:27:05 | 137      | 63 00:43:46  | 111      | 62 00:30:46  | 140 74   |
| 108  | 80  | 01:41:47 | Moorman, Matt       | M   | 29  | M2       | 59 Gloucester, Ont       | 00:22:20 | 31       | 16 00:45:36  | 179      | 92 00:33:51  | 230 111  |
| 109  | 206 | 01:41:54 | Smith, James        | M   | 39  | M3       | 21 Swastika, Ont         | 00:31:41 | 249      | 43 00:40:28  | 30       | 3 00:29:45   | 95 21    |
| 110  | 151 | 01:42:02 | Ray, Brian          | M   | 41  | M4       | 4 Ottawa, Ont            | 00:26:02 | 105      | 3 00:44:08   | 123      | 3 00:31:52   | 165 9    |
| 111  | 244 | 01:42:12 | Redding, Neil       | M   | 33  | M3       | 22 Ottawa, Ont           | 00:30:22 | 212      | 36 00:39:50  | 21       | 2 00:32:00   | 170 39   |
| 112  | 289 | 01:42:12 | Lewis, Tim          | M   | 21  | M2       | 80 Greenfield Park, Que  | 00:31:29 | 241      | 102 00:43:19 | 96       | 51 00:27:24  | 25 20    |
| 113  | 64  | 01:42:13 | Motivier, Chantal   | F   | 27  | F2       | 4 Hull, Que              | 00:27:49 | 152      | 22 00:44:50  | 144      | 3 00:29:34   | 89 1     |
| 114  | 29  | 01:42:17 | Pereira, Luis       | M   | 23  | M2       | 61 Ottawa, Ont           | 00:24:58 | 79       | 38 00:45:54  | 189      | 96 00:31:25  | 154 80   |
| 115  | 54  | 01:42:17 | Lang, Mark          | M   | 22  | M2       | 62 Ottawa, Ont           | 00:27:04 | 136      | 62 00:43:38  | 103      | 56 00:31:35  | 159 82   |
| 116  | 49  | 01:42:18 | Broster, Brian      | M   | 23  | M2       | 63 Ottawa, Ont           | 00:24:35 | 73       | 34 00:47:01  | 210      | 99 00:30:42  | 135 73   |
| 117  | 195 | 01:42:18 | Heatherington, John | M   | 38  | M3       | 23 McDonald's Corners, O | 00:27:31 | 149      | 23 00:44:02  | 121      | 27 00:30:45  | 139 35   |
| 118  | 193 | 01:42:21 | Pavelich, John      | M   | 31  | M3       | 24 Ottawa, Ont           | 00:31:00 | 232      | 40 00:41:53  | 81       | 14 00:29:28  | 87 17    |
| 119  | 133 | 01:42:28 | Poirier, Louise     | F   | 34  | F3       | 2 Hull, Que              | 00:24:47 | 76       | 3 00:48:20   | 197      | 3 00:31:19   | 151 1    |
| 120  | 97  | 01:42:28 | MacKechnie, Peter   | M   | 25  | M2       | 64 Ottawa, Ont           | 00:26:37 | 127      | 58 00:45:14  | 160      | 84 00:30:37  | 128 70   |
| 121  | 209 | 01:42:29 | DeGuire, Yves       | M   | 25  | M2       | 65 Hull, Que             | 00:26:29 | 170      | 73 00:45:27  | 170      | 90 00:28:33  | 52 32    |
| 122  | 194 | 01:42:30 | Carter, Chris       | M   | 31  | M3       | 25 Ottawa, Ont           | 00:29:12 | 188      | 30 00:43:11  | 92       | 23 00:30:07  | 112 27   |
| 123  | 247 | 01:42:33 | Hughes, Bevan       | M   | 16  | M1       | 22 Ottawa, Ont           | 00:27:20 | 144      | 22 00:42:39  | 75       | 15 00:32:34  | 188 25   |
| 124  | 70  | 01:42:42 | Kealey, Sheila      | F   | 22  | F2       | 5 Montreal, Que          | 00:26:44 | 131      | 29 00:44:55  | 147      | 4 00:31:03   | 145 6    |
| 125  | 213 | 01:42:42 | Bastien, Michel     | M   | 22  | M2       | 66 Chelsea, Que          | 00:26:55 | 134      | 61 00:45:07  | 154      | 83 00:30:40  | 130 71   |
| 126  | 251 | 01:42:47 | Dallaire, Ghyslain  | M   | 22  | M2       | 67 Orleans, Ont          | 00:28:00 | 104      | 50 00:43:31  | 100      | 55 00:33:16  | 211 101  |
| 127  | 291 | 01:42:52 | Murphy, Colin       | M   | 16  | M1       | 23 Nepean, Ont           | 00:25:41 | 94       | 15 00:43:59  | 116      | 24 00:33:12  | 208 29   |
| 128  | 108 | 01:42:55 | Beavon, Daniel      | M   | 30  | M3       | 26 Ottawa, Ont           | 00:25:29 | 90       | 14 00:45:24  | 169      | 33 00:32:02  | 171 40   |
| 129  | 69  | 01:42:57 | Belec, Nicole       | F   | 24  | F2       | 6 Ottawa, Ont            | 00:21:52 | 26       | 1 00:48:39   | 204      | 8 00:34:28   | 241 19   |
| 130  | 218 | 01:43:39 | Laurich, Peter      | M   | 28  | M2       | 68 Nepean, Ont           | 00:32:10 | 262      | 108 00:41:22 | 47       | 27 00:30:07  | 111 61   |
| 131  | 100 | 01:43:41 | Souliny, Jocelyn    | M   | 28  | M2       | 69 Clarence Creek, Ont   | 00:28:12 | 163      | 72 00:45:38  | 182      | 93 00:29:51  | 101 56   |
| 132  | 294 | 01:43:41 | Yachuk, Dwight      | M   | 32  | M3       | 27 Ottawa, Ont           | 00:30:24 | 213      | 37 00:42:35  | 72       | 18 00:30:42  | 134 31   |
| 133  | 496 | 01:43:47 | Gaudet, Pierre      | M   | 22  | M2       | 70 Aylmer, Que           | 00:29:47 | 196      | 83 00:43:40  | 106      | 58 00:30:20  | 115 63   |
| 134  | 464 | 01:43:51 | Lockett, Donna      | F   | 22  | F2       | 7 Ottawa, Ont            | 00:28:19 | 166      | 26 00:45:03  | 153      | 5 00:30:29   | 122 3    |
| 135  | 241 | 01:43:51 | Dutrisac, Daniel    | M   | 27  | M2       | 71 Gloucester, Ont       | 00:27:57 | 157      | 71 00:44:48  | 143      | 78 00:31:06  | 146 76   |
| 136  | 94  | 01:43:58 | Maughan, Ken        | M   | 28  | M2       | 72 Ottawa, Ont           | 00:25:17 | 84       | 42 00:43:44  | 110      | 61 00:34:57  | 253 116  |
| 137  | 128 | 01:44:08 | Moore, Heather      | F   | 25  | F2       | 8 Ottawa, Ont            | 00:22:40 | 35       | 2 00:48:50   | 253      | 19 00:32:38  | 194 11   |
| 138  | 393 | 01:44:09 | Clost, Mark         | M   | 25  | M2       | 73 Kanata, Ont           | 00:28:43 | 174      | 75 00:43:40  | 108      | 60 00:31:46  | 184 85   |
| 139  | 118 | 01:44:15 | MacMaster, John     | M   | 31  | M3       | 28 Ottawa, Ont           | 00:22:44 | 36       | 5 00:50:48   | 280      | 59 00:30:43  | 137 32   |
| 140  | 224 | 01:44:25 | Jarrett, Lynn       | F   | 28  | F2       | 9 Nepean, Ont            | 00:24:58 | 80       | 10 00:46:52  | 207      | 9 00:32:35   | 190 10   |
| 141  | 341 | 01:44:35 | Malboeuf, Gilles    | M   | 34  | M3       | 29 Hull, Que             | 00:30:55 | 229      | 39 00:43:40  | 109      | 28 00:30:01  | 106 25   |
| 142  | 262 | 01:44:43 | Pillar, John        | M   | 26  | M2       | 74 Nepean, Ont           | 00:32:02 | 258      | 107 00:42:44 | 79       | 43 00:29:57  | 102 57   |
| 143  | 256 | 01:44:44 | McGulloch, David    | M   | 23  | M2       | 75 Ottawa, Ont           | 00:32:15 | 267      | 111 00:41:27 | 49       | 28 00:31:02  | 144 77   |
| 144  | 286 | 01:44:46 | Lemay, Pierre       | M   | 32  | M3       | 30 Hull, Que             | 00:27:28 | 146      | 22 00:45:33  | 174      | 34 00:31:45  | 182 38   |
| 145  | 107 | 01:44:47 | Kirby, Jeff         | M   | 25  | M2       | 76 Ottawa, Ont           | 00:24:38 | 74       | 35 00:47:40  | 228      | 109 00:32:29 | 183 91   |
| 146  | 165 | 01:44:56 | Liuzzo, Greg        | M   | 20  | M2       | 77 Ottawa, Ont           | 00:32:27 | 272      | 113 00:41:29 | 52       | 30 00:31:00  | 142 76   |
| 147  | 62  | 01:45:19 | Deziel, Annie       | F   | 23  | F2       | 10 Ste Foy, Que          | 00:23:15 | 43       | 4 00:48:15   | 239      | 15 00:33:49  | 229 17   |



## RACE RESULTS LIST

| RANK | J#  | TIME     | NAME                 | SEX | AGE | CAT-RANK | ADDRESS                | SWIM     | Over Cat | BIKE         | Over Cat | RUN          | Over Cat |
|------|-----|----------|----------------------|-----|-----|----------|------------------------|----------|----------|--------------|----------|--------------|----------|
| 148  | 141 | 01:45:20 | Alier, Mo            | M   | 57  | M5       | 1 Ottawa, Ont          | 00:28:07 | 182      | 2 00:45:35   | 176      | 4 00:31:38   | 161 3    |
| 149  | 304 | 01:45:32 | Ray, Geoffrey        | M   | 16  | M1       | 24 Ottawa, Ont         | 00:29:13 | 189      | 31 00:43:01  | 89       | 18 00:33:16  | 212 30   |
| 150  | 101 | 01:45:33 | Gregory, Chris       | M   | 15  | M1       | 25 Kanata, Ont         | 00:24:26 | 69       | 13 00:45:54  | 190      | 35 00:35:13  | 257 35   |
| 151  | 453 | 01:45:43 | Covin, Lloyd         | M   | 30  | M3       | 31 Orleans, Ont        | 00:28:58 | 181      | 29 00:46:14  | 196      | 41 00:30:33  | 125 30   |
| 152  | 82  | 01:45:51 | Garson, Kenneth      | M   | 27  | M2       | 78 Ottawa, Ont         | 00:24:11 | 81       | 30 00:49:34  | 285      | 122 00:32:06 | 176 89   |
| 153  | 252 | 01:45:56 | Paradino, Steven     | M   | 19  | M1       | 25 Ottawa, Ont         | 00:28:59 | 183      | 28 00:45:11  | 158      | 30 00:31:46  | 162 22   |
| 154  | 386 | 01:45:57 | Gignac, Joseph       | M   | 29  | M2       | 79 Ottawa, Ont         | 00:35:23 | 321      | 125 00:41:34 | 53       | 31 00:29:00  | 69 41    |
| 155  | 275 | 01:46:04 | Berube, Denis        | M   | 29  | M2       | 80 Anjou, Que          | 00:28:53 | 179      | 77 00:44:37  | 138      | 75 00:32:34  | 187 92   |
| 156  | 272 | 01:46:07 | Jolliffe, Stuart     | M   | 15  | M1       | 27 Ottawa, Ont         | 00:28:58 | 182      | 27 00:45:15  | 162      | 32 00:31:54  | 166 23   |
| 157  | 63  | 01:46:15 | Wooley, Sandy        | F   | 28  | F2       | 11 Ottawa, Ont         | 00:23:05 | 39       | 3 00:48:24   | 242      | 16 00:34:46  | 246 20   |
| 158  | 452 | 01:46:16 | Weiler, Robert       | M   | 55  | M5       | 2 Morin Heights, Que   | 00:32:27 | 273      | 5 00:44:33   | 136      | 1 00:29:16   | 78 1     |
| 159  | 263 | 01:46:17 | Archer, Colin        | M   | 42  | M4       | 5 Nepean, Ont          | 00:31:31 | 244      | 9 00:45:51   | 188      | 7 00:28:55   | 67 4     |
| 160  | 177 | 01:46:28 | Wakefield, Robert    | M   | 19  | M1       | 28 Gatineau, Que       | 00:28:24 | 168      | 28 00:43:55  | 115      | 23 00:34:09  | 237 32   |
| 161  | 174 | 01:46:31 | Cheney, Glenn        | M   | 25  | M2       | 81 Gloucester, Ont     | 00:33:38 | 295      | 120 00:43:40 | 107      | 59 00:29:13  | 75 46    |
| 162  | 368 | 01:46:34 | Pow, Cameron         | M   | 16  | M1       | 29 Nepean, Ont         | 00:29:59 | 200      | 33 00:45:34  | 177      | 33 00:31:01  | 143 19   |
| 163  | 257 | 01:46:35 | Rouse, James         | M   | 22  | M2       | 82 Ottawa, Ont         | 00:30:59 | 230      | 97 00:42:45  | 80       | 45 00:32:51  | 199 95   |
| 164  | 129 | 01:46:36 | Gingras, Elise       | F   | 27  | F2       | 12 Laval, Que          | 00:25:47 | 99       | 12 00:47:48  | 230      | 12 00:33:01  | 205 14   |
| 165  | 267 | 01:46:36 | Lalonde, Chris       | M   | 21  | M2       | 83 Orleans, Ont        | 00:35:16 | 318      | 124 00:43:09 | 91       | 49 00:28:11  | 43 28    |
| 166  | 111 | 01:46:37 | McKechnie, Mark      | M   | 32  | M3       | 32 Kingston, Ont       | 00:23:25 | 46       | 7 00:46:23   | 199      | 42 00:36:49  | 294 63   |
| 167  | 149 | 01:46:43 | Jarrett, Frank       | M   | 50  | M5       | 3 Kingston, Ont        | 00:30:48 | 224      | 4 00:45:28   | 171      | 3 00:30:27   | 119 2    |
| 168  | 228 | 01:46:45 | Potts, Cathy         | F   | 25  | F2       | 13 Ottawa, Ont         | 00:25:54 | 102      | 14 00:48:34  | 247      | 17 00:32:17  | 180 9    |
| 169  | 240 | 01:46:49 | Asho, Robert         | M   | 28  | M2       | 84 Ottawa, Ont         | 00:30:14 | 205      | 86 00:43:59  | 117      | 64 00:32:36  | 191 93   |
| 170  | 103 | 01:46:56 | Pushpathadan, Thomas | M   | 18  | M1       | 30 Montreal, Que       | 00:25:27 | 88       | 14 00:48:34  | 248      | 41 00:32:55  | 202 27   |
| 171  | 145 | 01:46:57 | Amyotte, Leo         | M   | 48  | M4       | 6 Montreal, Que        | 00:32:10 | 261      | 12 00:45:59  | 193      | 8 00:28:48   | 62 3     |
| 172  | 265 | 01:46:59 | Lingley, Michael     | M   | 24  | M2       | 85 Ottawa, Ont         | 00:32:17 | 268      | 112 00:44:12 | 127      | 69 00:30:30  | 124 67   |
| 173  | 212 | 01:47:07 | Durand, Yves         | M   | 28  | M2       | 86 Hull, Que           | 00:30:14 | 207      | 87 00:45:17  | 165      | 88 00:31:36  | 160 84   |
| 174  | 388 | 01:47:23 | Lockwood, Ian        | M   | 25  | M2       | 87 Carp, Ont           | 00:31:47 | 252      | 105 00:44:01 | 120      | 67 00:31:35  | 158 83   |
| 175  | 281 | 01:47:24 | Akhtar, Shahram      | M   | 29  | M2       | 88 Nepean, Ont         | 00:29:44 | 194      | 82 00:44:43  | 140      | 77 00:32:57  | 203 97   |
| 176  | 93  | 01:47:32 | Ladouceur, James     | M   | 31  | M3       | 33 Ottawa, Ont         | 00:27:11 | 140      | 20 00:46:33  | 200      | 43 00:33:48  | 227 51   |
| 177  | 340 | 01:47:39 | Collings, James      | M   | 29  | M2       | 89 Carp, Ont           | 00:28:47 | 176      | 76 00:45:43  | 183      | 94 00:33:09  | 206 99   |
| 178  | 346 | 01:47:40 | Stewart, Brett       | M   | 24  | M2       | 90 Nepean, Ont         | 00:33:21 | 290      | 119 00:43:02 | 90       | 46 00:31:17  | 148 79   |
| 179  | 226 | 01:47:42 | Haack, Bicki         | F   | 26  | F2       | 14 Ottawa, Ont         | 00:28:56 | 180      | 31 00:47:25  | 220      | 10 00:31:21  | 153 7    |
| 180  | 313 | 01:47:42 | Kulig, Stephen       | M   | 27  | M2       | 91 Nepean, Ont         | 00:29:35 | 191      | 80 00:44:52  | 145      | 79 00:33:15  | 210 100  |
| 181  | 106 | 01:47:46 | Lowe, Rick           | M   | 29  | M2       | 92 Ottawa, Ont         | 00:24:34 | 72       | 33 00:47:35  | 225      | 107 00:35:37 | 270 119  |
| 182  | 271 | 01:48:13 | Place, Warren        | M   | 28  | M2       | 93 Chelsea, Que        | 00:30:51 | 228      | 96 00:44:00  | 118      | 66 00:33:22  | 213 102  |
| 183  | 394 | 01:48:15 | Berube, Bernard      | M   | 39  | M3       | 34 Aylmer, Que         | 00:37:46 | 344      | 69 00:42:31  | 71       | 17 00:27:59  | 38 6     |
| 184  | 490 | 01:48:22 | Meagher, Gerard      | M   | 31  | M3       | 35 Hull, Que           | 00:33:25 | 291      | 51 00:45:37  | 181      | 37 00:29:20  | 82 14    |
| 185  | 242 | 01:48:30 | Tremblay, Pierre     | M   | 47  | M4       | 7 Ste Foy, Que         | 00:26:33 | 124      | 5 00:46:21   | 198      | 9 00:35:36   | 267 15   |
| 186  | 360 | 01:48:41 | Marks, Richard       | M   | 47  | M4       | 8 Ottawa, Ont          | 00:30:49 | 225      | 8 00:45:00   | 149      | 4 00:32:52   | 200 12   |
| 187  | 87  | 01:48:44 | Chalmer, Mark        | M   | 23  | M2       | 94 Ottawa, Ont         | 00:27:28 | 147      | 68 00:49:22  | 241      | 112 00:32:54 | 201 96   |
| 188  | 383 | 01:48:45 | Bolstar, Alan        | M   | 34  | M3       | 36 Ottawa, Ont         | 00:33:45 | 297      | 53 00:45:22  | 167      | 32 00:29:38  | 91 20    |
| 189  | 277 | 01:48:54 | Harrison, Leo        | M   | 30  | M3       | 37 Ottawa, Ont         | 00:30:15 | 209      | 35 00:42:46  | 83       | 21 00:35:53  | 277 62   |
| 190  | 350 | 01:48:55 | Descoteaux, Sylvain  | M   | 24  | M2       | 95 Mont-Tremblant, Que | 00:30:50 | 226      | 95 00:44:15  | 129      | 71 00:33:49  | 228 110  |
| 191  | 58  | 01:49:08 | Pollard, Ralph       | M   | 27  | M2       | 96 Montreal, Que       | 00:31:11 | 235      | 98 00:47:17  | 215      | 101 00:30:40 | 131 72   |
| 192  | 345 | 01:49:09 | Connolly, Joe A.     | M   | 35  | M3       | 38 Toronto, Ont        | 00:32:20 | 270      | 48 00:44:23  | 132      | 29 00:32:26  | 182 44   |
| 193  | 229 | 01:49:10 | Foley-Lamonica, Ann  | F   | 25  | F2       | 15 Navan, Ont          | 00:27:41 | 151      | 21 00:49:24  | 261      | 21 00:32:05  | 172 8    |
| 194  | 182 | 01:49:13 | Heslin, Peter-John   | M   | 22  | M2       | 97 Ottawa, Ont         | 00:26:38 | 126      | 59 00:48:28  | 245      | 115 00:34:07 | 236 112  |
| 195  | 122 | 01:49:14 | Bourget, Josee       | F   | 23  | F2       | 16 Pte. Gatineau, Que  | 00:28:01 | 160      | 23 00:47:28  | 222      | 11 00:33:45  | 225 15   |
| 196  | 184 | 01:49:15 | Schlemmer, Martin    | M   | 15  | M1       | 31 Nanotick, Ont       | 00:27:59 | 159      | 24 00:45:15  | 163      | 31 00:36:01  | 279 38   |

## RACE RESULTS LIST

| RANK | J#  | TIME     | NAME               | SEX | AGE | CAT-RANK | ADDRESS             | SWIM     | Over Cat | BIKE         | Over Cat | RUN          | Over Cat |
|------|-----|----------|--------------------|-----|-----|----------|---------------------|----------|----------|--------------|----------|--------------|----------|
| 197  | 121 | 01:49:17 | Laberge, Diane     | F   | 22  | F2       | 17 Ste Foy, Que     | 00:23:45 | 53       | 6 00:47:54   | 234      | 13 00:37:38  | 305 32   |
| 198  | 447 | 01:49:18 | Landry, Richard    | M   | 25  | M2       | 98 Ottawa, Ont      | 00:31:20 | 239      | 101 00:44:28 | 134      | 73 00:33:30  | 217 105  |
| 199  | 283 | 01:49:18 | Gilmour, Terry     | M   | 44  | M4       | 9 Kanata, Ont       | 00:31:40 | 248      | 10 00:46:58  | 208      | 10 00:30:40  | 129 6    |
| 200  | 290 | 01:49:21 | Hastie, G. Bruce   | M   | 17  | M1       | 32 Nepean, Ont      | 00:26:22 | 116      | 18 00:46:07  | 195      | 37 00:38:52  | 295 39   |
| 201  | 488 | 01:49:26 | Gingras, Yves      | M   | 32  | M3       | 39 Hull, Que        | 00:32:08 | 260      | 46 00:44:29  | 135      | 30 00:22:49  | 198 47   |
| 202  | 347 | 01:49:29 | MacKenzie, Ken     | M   | 28  | M2       | 99 Carp, Ont        | 00:30:44 | 220      | 90 00:45:14  | 159      | 86 00:33:31  | 220 106  |
| 203  | 171 | 01:49:34 | Clancy, Sean       | M   | 28  | M2       | 100 Ottawa, Ont     | 00:35:33 | 323      | 126 00:45:23 | 166      | 89 00:28:36  | 55 35    |
| 204  | 172 | 01:49:40 | Garbutt, Kirk      | M   | 21  | M2       | 101 Chelsea, Que    | 00:30:50 | 227      | 94 00:46:37  | 202      | 97 00:32:13  | 178 90   |
| 205  | 457 | 01:49:42 | Leader, Robert     | M   | 40  | M4       | 10 Mount Royal, Que | 00:34:58 | 313      | 17 00:45:21  | 166      | 6 00:29:23   | 83 5     |
| 206  | 266 | 01:49:46 | Lapensee, Robert   | M   | 27  | M2       | 102 Ottawa, Ont     | 00:35:37 | 324      | 127 00:42:11 | 67       | 39 00:31:58  | 168 87   |
| 207  | 186 | 01:49:48 | Wiebe, Mark        | M   | 15  | M1       | 33 Manotick, Ont    | 00:29:02 | 184      | 29 00:45:56  | 191      | 36 00:34:50  | 251 34   |
| 208  | 98  | 01:49:54 | Armstrong, Phil    | M   | 16  | M1       | 34 Kingston, Ont    | 00:27:30 | 146      | 23 00:47:48  | 229      | 40 00:34:36  | 245 33   |
| 209  | 449 | 01:50:18 | Clack, Garfield    | M   | 56  | M5       | 4 Ottawa, Ont       | 00:29:05 | 185      | 3 00:47:15   | 214      | 5 00:32:58   | 231 4    |
| 210  | 387 | 01:50:28 | Hauschild, Martin  | M   | 25  | M2       | 103 Carp, Ont       | 00:32:45 | 278      | 114 00:48:44 | 205      | 98 00:30:59  | 141 75   |
| 211  | 484 | 01:50:34 | Irwin, Scott       | M   | 16  | M1       | 35 Nepean, Ont      | 00:32:17 | 289      | 40 00:44:18  | 131      | 25 00:33:59  | 233 31   |
| 212  | 120 | 01:50:37 | Johnston, Leslie   | F   | 25  | F2       | 18 Ottawa, Ont      | 00:26:32 | 121      | 17 00:48:13  | 237      | 14 00:35:52  | 276 25   |
| 213  | 380 | 01:50:51 | Vachon, Marc-Andre | M   | 36  | M3       | 40 Gatineau, Que    | 00:32:44 | 277      | 49 00:45:33  | 173      | 35 00:32:34  | 189 46   |
| 214  | 322 | 01:51:01 | Pett, Irene        | F   | 41  | F4       | 1 Kanata, Ont       | 00:30:59 | 231      | 2 00:47:26   | 221      | 1 00:32:36   | 192 1    |
| 215  | 57  | 01:51:10 | Bimm, Mark         | M   | 25  | M2       | 104 Ottawa, Ont     | 00:32:12 | 265      | 109 00:48:29 | 246      | 116 00:30:29 | 120 66   |
| 216  | 221 | 01:51:13 | Close, Tammy       | F   | 18  | F1       | 2 Ottawa, Ont       | 00:28:02 | 161      | 7 00:49:40   | 287      | 3 00:33:31   | 218 2    |
| 217  | 124 | 01:51:15 | Barber, Theresa    | F   | 19  | F1       | 3 Orleans, Ont      | 00:23:42 | 51       | 3 00:49:30   | 263      | 2 00:38:03   | 316 6    |
| 218  | 362 | 01:51:16 | Bishop, Don        | M   | 39  | M3       | 41 Duncan, BC       | 00:27:55 | 154      | 24 00:47:53  | 233      | 49 00:35:28  | 282 58   |
| 219  | 125 | 01:51:23 | Skold, Carol       | F   | 47  | F4       | 2 Gloucester, Ont   | 00:28:19 | 112      | 1 00:48:50   | 254      | 2 00:36:14   | 282 3    |
| 220  | 189 | 01:51:23 | Homan, Brent       | M   | 20  | M2       | 105 Gloucester, Ont | 00:28:05 | 106      | 51 00:50:10  | 274      | 123 00:35:08 | 256 118  |
| 221  | 246 | 01:51:26 | Hopkins, Kevin     | M   | 23  | M2       | 106 Orleans, Ont    | 00:30:46 | 221      | 91 00:47:12  | 213      | 100 00:33:28 | 216 104  |
| 222  | 219 | 01:51:30 | O'Donoghue, Sean   | M   | 24  | M2       | 107 Ottawa, Ont     | 00:31:30 | 242      | 103 00:44:54 | 146      | 80 00:35:06  | 255 117  |
| 223  | 180 | 01:51:30 | Guay, Richard      | M   | 28  | M2       | 108 Levis, Que      | 00:25:38 | 93       | 45 00:49:12  | 259      | 120 00:36:40 | 288 124  |
| 224  | 250 | 01:51:34 | Byway, John        | M   | 26  | M2       | 109 Ottawa, Ont     | 00:38:02 | 348      | 136 00:42:56 | 86       | 48 00:30:38  | 126 69   |
| 225  | 422 | 01:51:36 | Terry, Anne        | F   | 26  | F2       | 19 Kingston, Ont    | 00:29:45 | 195      | 32 00:49:04  | 256      | 20 00:32:47  | 197 13   |
| 226  | 295 | 01:51:55 | MacAulay, Dean     | M   | 16  | M1       | 36 Gloucester, Ont  | 00:30:27 | 215      | 35 00:44:25  | 133      | 25 00:37:04  | 299 40   |
| 227  | 276 | 01:52:08 | Morin, Gilles      | M   | 32  | M3       | 42 Montreal, Que    | 00:31:40 | 247      | 42 00:45:00  | 150      | 31 00:35:26  | 261 57   |
| 228  | 86  | 01:52:30 | Nolin, Joanne      | F   | 27  | F2       | 20 Hull, Que        | 00:24:33 | 71       | 9 00:51:32   | 290      | 27 00:36:25  | 284 28   |
| 229  | 392 | 01:52:30 | Turpin, Luc        | M   | 30  | M3       | 43 Gatineau, Que    | 00:34:40 | 311      | 59 00:45:44  | 184      | 38 00:32:06  | 175 42   |
| 230  | 230 | 01:52:39 | Carnell, Linda Ann | F   | 21  | F2       | 21 Arundel, Que     | 00:26:34 | 125      | 18 00:49:59  | 273      | 23 00:36:08  | 280 25   |
| 231  | 131 | 01:52:52 | Phaneuf, Julie     | F   | 17  | F1       | 4 Gatineau, Que     | 00:23:23 | 45       | 2 00:51:35   | 291      | 5 00:37:54   | 314 5    |
| 232  | 110 | 01:53:05 | Ross, Jeff         | M   | 23  | M2       | 110 Ottawa, Ont     | 00:26:52 | 133      | 60 00:47:17  | 215      | 102 00:38:56 | 330 136  |
| 233  | 288 | 01:53:11 | Proulx, Robert     | M   | 27  | M2       | 111 Hull, Que       | 00:32:55 | 280      | 115 00:47:39 | 227      | 108 00:32:37 | 193 94   |
| 234  | 71  | 01:53:12 | Marenger, Sylvie   | F   | 18  | F1       | 5 Gatineau, Que     | 00:23:50 | 54       | 4 00:52:40   | 310      | 7 00:36:42   | 289 4    |
| 235  | 225 | 01:53:12 | Lennox, Jenepher   | F   | 24  | F2       | 22 Ottawa, Ont      | 00:28:48 | 175      | 29 00:49:38  | 265      | 22 00:34:48  | 250 21   |
| 236  | 203 | 01:53:19 | Guiot, Richard     | M   | 26  | M2       | 112 Orleans, Ont    | 00:32:57 | 282      | 117 00:47:21 | 217      | 103 00:33:01 | 204 98   |
| 237  | 389 | 01:53:27 | Hall, Gary         | M   | 37  | M3       | 44 Ottawa, Ont      | 00:33:55 | 301      | 55 00:48:15  | 238      | 50 00:31:17  | 149 36   |
| 238  | 448 | 01:53:40 | Scanlon, Bill      | M   | 32  | M3       | 45 Brampton, Ont    | 00:33:02 | 283      | 50 00:47:11  | 212      | 46 00:33:27  | 215 48   |
| 239  | 190 | 01:53:44 | Clark, David       | M   | 28  | M2       | 113 Gloucester, Ont | 00:30:48 | 223      | 93 00:49:25  | 262      | 121 00:33:31 | 219 107  |
| 240  | 370 | 01:53:44 | Hlady, Mark        | M   | 16  | M1       | 37 Gloucester, Ont  | 00:33:33 | 292      | 42 00:44:47  | 141      | 27 00:35:24  | 260 36   |
| 241  | 351 | 01:53:46 | Campbell, Dave     | M   | 41  | M4       | 11 Gloucester, Ont  | 00:30:19 | 210      | 7 00:47:35   | 226      | 12 00:35:52  | 275 16   |
| 242  | 163 | 01:54:01 | Hartman, Lorne     | M   | 34  | M3       | 46 Toronto, Ont     | 00:32:04 | 259      | 45 00:49:52  | 270      | 56 00:32:05  | 173 41   |
| 243  | 227 | 01:54:02 | Brancato, Alicia   | F   | 23  | F2       | 23 Nepean, Ont      | 00:28:16 | 164      | 24 00:53:00  | 315      | 34 00:32:46  | 196 12   |
| 244  | 440 | 01:54:08 | Bafia, Steve       | M   | 24  | M2       | 114 Ottawa, Ont     | 00:38:36 | 350      | 137 00:47:31 | 224      | 106 00:28:01 | 40 26    |
| 245  | 162 | 01:54:10 | Cater, Michael     | M   | 32  | M3       | 47 Laval West, Que  | 00:29:58 | 199      | 32 00:54:55  | 338      | 71 00:29:17  | 80 13    |

## RACE RESULTS LIST

| RANK | J#  | TIME     | NAME                     | SEX | AGE | CAT-RANK | ADDRESS                 | SWIM     | Over | Cat | BIKE     | Over | Cat | RUN      | Over | Cat |
|------|-----|----------|--------------------------|-----|-----|----------|-------------------------|----------|------|-----|----------|------|-----|----------|------|-----|
| 246  | 328 | 01:54:15 | Konantz, Pat             | F   | 33  | F3       | 3 Hull, Que             | 00:32:33 | 275  | 9   | 00:45:57 | 192  | 2   | 00:35:45 | 272  | 6   |
| 247  | 67  | 01:54:16 | Smith, Penny             | F   | 17  | F1       | 6 Pierrefonds, Que      | 00:26:32 | 120  | 5   | 00:51:18 | 286  | 4   | 00:36:28 | 285  | 3   |
| 248  | 406 | 01:54:29 | Woods, Bob               | M   | 36  | M3       | 48 Ottawa, Ont          | 00:35:03 | 314  | 60  | 00:49:10 | 256  | 53  | 00:30:16 | 113  | 28  |
| 249  | 285 | 01:54:33 | Haines, Ric              | M   | 33  | M3       | 49 Ottawa, Ont          | 00:33:36 | 293  | 52  | 00:47:25 | 219  | 47  | 00:33:32 | 221  | 49  |
| 250  | 311 | 01:54:45 | Carriere, Raymond        | M   | 41  | M4       | 12 Prevost, Que         | 00:30:14 | 208  | 6   | 00:51:18 | 285  | 18  | 00:33:13 | 209  | 13  |
| 251  | 182 | 01:54:50 | Graham, Randy            | M   | 23  | M2       | 115 Orleans, Ont        | 00:33:08 | 284  | 118 | 00:48:20 | 240  | 111 | 00:33:22 | 214  | 103 |
| 252  | 455 | 01:54:50 | Byer, Brent              | M   | 21  | M2       | 118 Orleans, Ont        | 00:30:30 | 217  | 89  | 00:48:35 | 249  | 117 | 00:35:45 | 271  | 120 |
| 253  | 223 | 01:54:55 | Blom, Karen              | F   | 26  | F2       | 24 Gloucester, Ont      | 00:28:29 | 169  | 28  | 00:52:38 | 309  | 32  | 00:33:48 | 226  | 16  |
| 254  | 428 | 01:55:00 | Campbell, Margaret       | F   | 39  | F3       | 4 Orleans, Ont          | 00:32:14 | 266  | 8   | 00:47:59 | 236  | 4   | 00:34:47 | 249  | 5   |
| 255  | 421 | 01:55:01 | Haima, Lynda             | F   | 33  | F3       | 5 Gloucester, Ont       | 00:30:35 | 219  | 6   | 00:50:24 | 275  | 5   | 00:34:02 | 235  | 4   |
| 256  | 326 | 01:55:14 | Hesse, Tracy             | F   | 24  | F2       | 25 Ste-Anne de Bellevue | 00:31:09 | 234  | 34  | 00:45:37 | 180  | 6   | 00:38:28 | 325  | 37  |
| 257  | 460 | 01:55:16 | Picard, Celine           | F   | 25  | F2       | 28 St Augustin, Que     | 00:26:42 | 130  | 19  | 00:50:42 | 278  | 25  | 00:37:52 | 312  | 35  |
| 258  | 61  | 01:55:28 | Pouliot, Marie-Christine | F   | 23  | F2       | 27 Ste Foy, Que         | 00:26:19 | 113  | 16  | 00:52:05 | 298  | 26  | 00:37:04 | 298  | 31  |
| 259  | 385 | 01:55:30 | Lamb, Greg               | M   | 28  | M2       | 117 Nepean, Ont         | 00:37:20 | 339  | 133 | 00:48:25 | 244  | 114 | 00:29:45 | 96   | 52  |
| 260  | 210 | 01:55:46 | Gilbert, Wade            | M   | 17  | M1       | 38 Gloucester, Ont      | 00:39:50 | 359  | 44  | 00:42:46 | 84   | 16  | 00:33:10 | 207  | 28  |
| 261  | 342 | 01:55:46 | MacDonald, Don           | M   | 31  | M3       | 50 Ottawa, Ont          | 00:30:24 | 214  | 38  | 00:46:02 | 194  | 40  | 00:39:20 | 340  | 70  |
| 262  | 21  | 01:55:51 | Ekstrand, Ken            | M   | 32  | M3       | 51 Orleans, Ont         | 00:19:08 | 3    | 1   | 01:06:17 | 366  | 74  | 00:30:26 | 118  | 29  |
| 263  | 164 | 01:55:52 | Doolley, Jim             | M   | 32  | M3       | 52 Ottawa, Ont          | 00:30:04 | 201  | 33  | 00:46:39 | 203  | 45  | 00:39:09 | 334  | 68  |
| 264  | 384 | 01:55:53 | Fortin, Michel           | M   | 24  | M2       | 118 Hull, Que           | 00:36:24 | 331  | 129 | 00:46:01 | 151  | 82  | 00:34:28 | 242  | 114 |
| 265  | 150 | 01:55:54 | Kellermann, Gerry        | M   | 42  | M4       | 13 Elginburg, Ont       | 00:34:18 | 305  | 13  | 00:47:00 | 209  | 11  | 00:34:38 | 246  | 14  |
| 266  | 140 | 01:56:06 | Feldman, Rolf            | M   | 52  | M5       | 5 Gloucester, Ont       | 00:27:36 | 150  | 1   | 00:52:14 | 300  | 8   | 00:36:16 | 283  | 7   |
| 267  | 204 | 01:56:40 | McGregor, Gord           | M   | 19  | M1       | 39 Ottawa, Ont          | 00:31:36 | 245  | 39  | 00:49:31 | 264  | 42  | 00:35:33 | 265  | 37  |
| 268  | 248 | 01:56:42 | Roman, Craig             | M   | 31  | M3       | 53 Gloucester, Ont      | 00:32:11 | 263  | 47  | 00:49:52 | 271  | 57  | 00:34:39 | 247  | 55  |
| 269  | 495 | 01:56:47 | Booth, Glenn             | M   | 33  | M3       | 54 Ottawa, Ont          | 00:35:22 | 320  | 63  | 00:51:36 | 292  | 61  | 00:29:49 | 100  | 22  |
| 270  | 320 | 01:56:49 | Gillard, Christine       | F   | 20  | F2       | 28 Neufchatel, Que      | 00:33:37 | 294  | 43  | 00:48:49 | 252  | 18  | 00:34:23 | 240  | 18  |
| 271  | 411 | 01:57:02 | Lamb, Doug               | M   | 25  | M2       | 119 Ottawa, Ont         | 00:32:12 | 264  | 110 | 00:49:02 | 255  | 119 | 00:35:48 | 273  | 121 |
| 272  | 344 | 01:57:11 | Donald, Chris            | M   | 20  | M2       | 120 Ottawa, Ont         | 00:36:36 | 333  | 130 | 00:51:23 | 287  | 126 | 00:29:12 | 74   | 45  |
| 273  | 143 | 01:57:17 | Emery, Allen             | M   | 56  | M5       | 6 Ottawa, Ont           | 00:36:19 | 330  | 8   | 00:45:08 | 156  | 2   | 00:35:50 | 274  | 6   |
| 274  | 450 | 01:57:17 | Cater, Ian               | M   | 30  | M3       | 55 Orleans, Ont         | 00:30:14 | 206  | 34  | 00:52:30 | 305  | 63  | 00:34:33 | 244  | 54  |
| 275  | 261 | 01:57:24 | Lacroix, Guy             | M   | 18  | M1       | 40 Nepean, Ont          | 00:32:29 | 274  | 41  | 00:47:03 | 211  | 39  | 00:37:52 | 311  | 41  |
| 276  | 282 | 01:57:25 | Krauss, Martin           | M   | 50  | M5       | 7 Westmount, Que        | 00:32:35 | 276  | 6   | 00:49:49 | 289  | 6   | 00:36:02 | 254  | 5   |
| 277  | 349 | 01:57:27 | Legare, Gilles           | M   | 36  | M3       | 56 Montreal, Que        | 00:38:08 | 349  | 70  | 00:45:34 | 176  | 36  | 00:33:45 | 224  | 50  |
| 278  | 431 | 01:57:28 | Riffou, Andree           | F   | 27  | F2       | 29 Nepean, Ont          | 00:28:47 | 177  | 30  | 00:53:20 | 320  | 36  | 00:35:21 | 259  | 23  |
| 279  | 123 | 01:57:37 | Braut, Danielle          | F   | 31  | F3       | 6 Cowansville, Que      | 00:24:10 | 60   | 1   | 00:55:18 | 342  | 7   | 00:38:09 | 318  | 7   |
| 280  | 365 | 01:57:43 | Bols, John               | M   | 31  | M3       | 57 Iroquois, Ont        | 00:34:16 | 304  | 58  | 00:47:50 | 232  | 48  | 00:35:37 | 269  | 61  |
| 281  | 451 | 01:57:46 | St. Louis, Richard       | M   | 20  | M2       | 121 Ottawa, Ont         | 00:31:38 | 246  | 104 | 00:47:28 | 223  | 105 | 00:38:40 | 328  | 134 |
| 282  | 409 | 01:57:49 | Dubs, Jean-Marc          | M   | 39  | M3       | 58 Orleans, Ont         | 00:36:15 | 329  | 66  | 00:49:04 | 257  | 52  | 00:32:30 | 184  | 45  |
| 283  | 130 | 01:58:01 | Baerg, Barbara           | F   | 27  | F2       | 30 Mississauga, Ont     | 00:26:10 | 108  | 15  | 00:53:13 | 319  | 35  | 00:38:38 | 327  | 38  |
| 284  | 181 | 01:58:03 | Boisvenue, Alain         | M   | 22  | M2       | 122 Hull, Que           | 00:27:51 | 153  | 69  | 00:53:30 | 323  | 136 | 00:36:42 | 290  | 125 |
| 285  | 343 | 01:58:04 | Kastner, Martin          | M   | 41  | M4       | 14 Ottawa, Ont          | 00:38:39 | 351  | 23  | 00:47:55 | 235  | 13  | 00:31:30 | 157  | 8   |
| 286  | 274 | 01:58:16 | Caves, Evan              | M   | 26  | M2       | 123 Ottawa, Ont         | 00:33:51 | 300  | 122 | 00:50:51 | 281  | 124 | 00:33:34 | 222  | 108 |
| 287  | 400 | 01:58:32 | Wagner, Jean             | M   | 34  | M3       | 59 Ste-Foy, Que         | 00:31:54 | 257  | 44  | 00:52:37 | 308  | 64  | 00:34:01 | 234  | 52  |
| 288  | 330 | 01:58:33 | Hoare, Donna             | F   | 28  | F2       | 31 Gloucester, Ont      | 00:25:24 | 86   | 11  | 00:53:51 | 327  | 37  | 00:39:18 | 339  | 39  |
| 289  | 116 | 01:58:42 | Allen, Mike              | M   | 23  | M2       | 124 Nepean, Ont         | 00:30:11 | 204  | 85  | 00:52:37 | 307  | 131 | 00:35:54 | 278  | 122 |
| 290  | 410 | 01:58:42 | Armstrong, Mark          | M   | 43  | M4       | 15 Ottawa, Ont          | 00:35:31 | 322  | 18  | 00:50:46 | 279  | 14  | 00:32:25 | 161  | 10  |
| 291  | 117 | 01:58:44 | Allen, Barry             | M   | 22  | M2       | 125 Ottawa, Ont         | 00:30:10 | 203  | 84  | 00:00:00 | 0    | 0   | 01:28:34 | 0    | 0   |
| 292  | 401 | 01:58:44 | Zuck, Rainer             | M   | 39  | M3       | 60 Ottawa, Ont          | 00:36:39 | 334  | 67  | 00:46:33 | 201  | 44  | 00:35:30 | 264  | 59  |
| 293  | 456 | 01:58:49 | Malinguy, Andre          | M   | 30  | M3       | 61 Ottawa, Ont          | 00:34:04 | 302  | 56  | 00:54:01 | 329  | 69  | 00:30:44 | 138  | 34  |
| 294  | 426 | 01:58:53 | Neville, Cathy           | F   | 20  | F2       | 32 Ottawa, Ont          | 00:31:48 | 253  | 35  | 00:50:29 | 276  | 24  | 00:36:36 | 287  | 29  |



## RACE RESULTS LIST

| RANK | J#  | TIME     | NAME                 | SEX | AGE | CAT-RANK | ADDRESS                  | SWIM     | Over Cat | BIKE         | Over Cat | RUN          | Over Cat |
|------|-----|----------|----------------------|-----|-----|----------|--------------------------|----------|----------|--------------|----------|--------------|----------|
| 295  | 191 | 01:59:08 | Rutherford, Chris    | M   | 29  | M2       | 126 Sarnia, Ont          | 00:32:55 | 279      | 118 00:48:45 | 250      | 118 00:37:28 | 303 129  |
| 296  | 305 | 01:59:14 | Hay, Jeffrey         | M   | 18  | M1       | 41 Ottawa, Ont           | 00:40:55 | 360      | 45 00:45:34  | 175      | 34 00:32:45  | 195 26   |
| 297  | 196 | 01:59:30 | Carsjens, Chris      | M   | 17  | M1       | 42 Gloucester, Ont       | 00:23:18 | 44       | 11 00:52:29  | 304      | 44 00:43:43  | 360 45   |
| 298  | 188 | 01:59:31 | Barnett, Chris       | M   | 15  | M1       | 43 Manotick, Ont         | 00:31:24 | 240      | 37 00:46:46  | 206      | 38 00:41:22  | 352 44   |
| 299  | 268 | 02:00:16 | Ritch, Michael       | M   | 34  | M3       | 62 Ottawa, Ont           | 00:29:53 | 198      | 31 00:51:14  | 284      | 80 00:39:11  | 336 69   |
| 300  | 215 | 02:00:46 | Tremblay, Francis    | M   | 22  | M2       | 127 Orleans, Ont         | 00:33:49 | 299      | 121 00:47:48 | 231      | 110 00:39:09 | 333 138  |
| 301  | 249 | 02:01:01 | Berrand, Martin      | M   | 31  | M3       | 63 Orleans, Ont          | 00:37:23 | 341      | 58 00:48:47  | 251      | 51 00:34:51  | 252 56   |
| 302  | 384 | 02:01:07 | Skelton, John        | M   | 45  | M4       | 16 Ottawa, Ont           | 00:31:45 | 250      | 11 00:51:01  | 283      | 15 00:36:21  | 321 22   |
| 303  | 300 | 02:01:35 | Luesby, Ishtar       | M   | 33  | M3       | 64 Ottawa, Ont           | 00:31:08 | 233      | 41 00:52:03  | 296      | 62 00:38:24  | 323 66   |
| 304  | 264 | 02:01:40 | Rutherford, Kelly    | M   | 34  | M3       | 65 Brampton, Ont         | 00:34:06 | 303      | 57 00:53:23  | 321      | 57 00:34:11  | 238 53   |
| 305  | 109 | 02:02:04 | Villeneuve, Robin    | M   | 21  | M2       | 129 Aymer, Que           | 00:31:12 | 237      | 99 00:51:37  | 293      | 128 00:39:15 | 338 139  |
| 306  | 105 | 02:02:05 | Menard, Pierre       | M   | 20  | M2       | 129 Hull, Que            | 00:31:49 | 254      | 106 00:53:30 | 324      | 135 00:36:46 | 292 126  |
| 307  | 407 | 02:02:10 | Galler, Daniel       | M   | 15  | M1       | 44 Ottawa, Ont           | 00:31:10 | 235      | 36 00:50:31  | 277      | 43 00:40:29  | 349 43   |
| 308  | 324 | 02:02:21 | Giroux, Monique      | F   | 22  | F2       | 33 Ottawa, Ont           | 00:28:18 | 165      | 25 00:51:28  | 289      | 26 00:42:35  | 357 43   |
| 309  | 457 | 02:02:27 | Martin, Linda        | F   | 21  | F2       | 34 Pakenham, Ont         | 00:32:22 | 271      | 38 00:52:25  | 303      | 30 00:37:40  | 306 33   |
| 310  | 472 | 02:02:56 | Carver, Heather      | F   | 18  | F1       | 7 Westport, Ont          | 00:28:39 | 129      | 6 00:54:59   | 339      | 8 00:41:18   | 351 6    |
| 311  | 309 | 02:03:35 | Rogers, Neil         | M   | 35  | M3       | 66 Nepean, Ont           | 00:35:06 | 316      | 61 00:52:55  | 314      | 65 00:35:34  | 266 50   |
| 312  | 423 | 02:03:35 | Nidgley, Pamela      | F   | 27  | F2       | 35 Ottawa, Ont           | 00:31:46 | 251      | 35 00:54:03  | 330      | 38 00:37:46  | 310 34   |
| 313  | 273 | 02:03:53 | Hewage, Sarath       | M   | 34  | M3       | 57 Vanier, Ont           | 00:33:46 | 298      | 54 00:49:42  | 268      | 55 00:40:25  | 348 72   |
| 314  | 142 | 02:04:00 | Knowles, David       | M   | 47  | M4       | 17 Nepean, Ont           | 00:38:50 | 354      | 24 00:53:52  | 328      | 20 00:31:18  | 150 7    |
| 315  | 425 | 02:04:20 | Kim, Linda           | F   | 15  | F1       | 8 Stittsville, Ont       | 00:33:17 | 287      | 8 00:51:54   | 294      | 6 00:39:09   | 335 7    |
| 316  | 446 | 02:04:44 | Davidson, Gordon     | M   | 26  | M2       | 130 Ottawa, Ont          | 00:35:38 | 325      | 128 00:51:25 | 288      | 127 00:37:41 | 309 132  |
| 317  | 301 | 02:04:56 | Glatt, Harvey        | M   | 53  | M5       | 8 Ottawa, Ont            | 00:33:20 | 289      | 7 00:51:58   | 295      | 7 00:39:38   | 342 9    |
| 318  | 305 | 02:05:11 | Luesby, Gregg        | M   | 23  | M2       | 131 Navan, Ont           | 00:30:46 | 222      | 92 00:48:24  | 243      | 113 00:46:01 | 353 144  |
| 319  | 482 | 02:05:14 | Von Gruenau, Michael | M   | 42  | M4       | 18 Ottawa, Ont           | 00:34:29 | 310      | 15 00:53:49  | 326      | 19 00:36:56  | 297 18   |
| 320  | 430 | 02:05:41 | Paradis, Carole      | F   | 30  | F3       | 7 Quebec, Que            | 00:30:29 | 216      | 5 00:53:01   | 317      | 6 00:42:11   | 355 10   |
| 321  | 267 | 02:05:52 | Gregory, Phil        | M   | 42  | M4       | 19 Kanata, Ont           | 00:34:23 | 308      | 14 00:53:34  | 325      | 18 00:37:55  | 315 20   |
| 322  | 469 | 02:06:12 | Pineault, Margo      | F   | 24  | F2       | 36 Ste-Anne De Bellevue  | 00:36:28 | 332      | 46 00:52:50  | 313      | 33 00:36:54  | 296 30   |
| 323  | 487 | 02:06:14 | Forster, John        | M   | 44  | M4       | 20 Ottawa, Ont           | 00:34:52 | 312      | 16 00:54:39  | 337      | 24 00:36:43  | 291 17   |
| 324  | 420 | 02:06:15 | Longacre, Judith     | F   | 42  | F4       | 3 Two Mountains, Que     | 00:34:27 | 309      | 3 00:56:19   | 344      | 3 00:35:29   | 263 2    |
| 325  | 382 | 02:06:24 | Tarof, Lawrence E.   | M   | 26  | M2       | 132 Nepean, Ont          | 00:38:40 | 352      | 138 00:50:56 | 282      | 125 00:36:48 | 293 127  |
| 326  | 497 | 02:06:26 | O'Connor, Gary       | M   | 35  | M3       | 68 Rockland, Ont         | 00:40:59 | 381      | 72 00:53:11  | 318      | 66 00:32:18  | 179 43   |
| 327  | 329 | 02:06:29 | Shore, Cheryl        | F   | 28  | F2       | 37 Ottawa, Ont           | 00:37:42 | 343      | 48 00:52:35  | 306      | 31 00:36:12  | 281 27   |
| 328  | 427 | 02:06:39 | Winder, Jane         | F   | 35  | F3       | 8 Orleans, Ont           | 00:33:44 | 296      | 10 00:58:57  | 354      | 8 00:33:58   | 232 3    |
| 329  | 414 | 02:06:58 | Pergant, Jean-Jacque | M   | 38  | M3       | 69 Ottawa, Ont           | 00:35:14 | 317      | 62 00:49:53  | 272      | 58 00:41:51  | 354 73   |
| 330  | 470 | 02:07:40 | Trumpler, Gail       | F   | 22  | F2       | 38 Gloucester, Ont       | 00:36:51 | 336      | 47 00:52:21  | 301      | 29 00:38:28  | 326 36   |
| 331  | 404 | 02:07:54 | Mauldin, Douglas     | M   | 41  | M4       | 21 Ottawa, Ont           | 00:37:36 | 342      | 20 00:52:11  | 299      | 17 00:38:07  | 317 21   |
| 332  | 302 | 02:08:05 | Henry, Richard       | M   | 24  | M2       | 133 Ottawa, Ont          | 00:31:18 | 238      | 100 00:57:08 | 348      | 141 00:39:41 | 343 140  |
| 333  | 278 | 02:08:16 | Crossman, Derek      | M   | 29  | M2       | 134 Ottawa, Ont          | 00:37:13 | 338      | 132 00:52:04 | 297      | 129 00:39:01 | 331 137  |
| 334  | 132 | 02:08:21 | Lavoie, Paule        | F   | 28  | F2       | 39 Ste-Foy, Que          | 00:34:18 | 306      | 44 00:54:27  | 333      | 39 00:39:36  | 341 40   |
| 335  | 459 | 02:08:34 | Macartney, Tom       | M   | 27  | M2       | 135 Ottawa, Ont          | 00:37:49 | 345      | 135 00:52:24 | 302      | 130 00:38:21 | 322 133  |
| 336  | 462 | 02:08:41 | Percival, Jeanne     | F   | 32  | F3       | 9 Ottawa, Ont            | 00:29:52 | 197      | 4 01:00:34   | 358      | 10 00:38:15  | 319 8    |
| 337  | 444 | 02:08:56 | Fenton, Roy          | M   | 25  | M2       | 136 Petawawa, Ont        | 00:38:55 | 356      | 140 00:56:24 | 345      | 139 00:33:36 | 223 109  |
| 338  | 417 | 02:09:04 | Christie, Richard    | M   | 40  | M4       | 22 Ottawa, Ont           | 00:37:11 | 337      | 19 00:54:33  | 334      | 22 00:37:20  | 301 19   |
| 339  | 127 | 02:09:16 | Yelle, Marie         | F   | 20  | F2       | 40 Carlsbad Springs, Ont | 00:23:30 | 48       | 5 01:01:15   | 359      | 44 00:44:31  | 361 44   |
| 340  | 466 | 02:09:17 | Nicolson, Caryn      | F   | 23  | F2       | 41 Ottawa, Ont           | 00:31:53 | 256      | 37 00:56:34  | 347      | 40 00:40:50  | 350 41   |
| 341  | 321 | 02:09:33 | Smith, Marianne      | F   | 36  | F3       | 10 Swastika, Ont         | 00:31:52 | 255      | 7 00:59:21   | 356      | 9 00:38:20   | 320 9    |
| 342  | 303 | 02:10:32 | Adams, Andy          | M   | 21  | M2       | 137 Orangeville, Ont     | 00:35:04 | 315      | 123 00:52:42 | 311      | 132 00:42:46 | 358 143  |
| 343  | 308 | 02:10:35 | Hamm, Darryl         | M   | 31  | M3       | 70 Ottawa, Ont           | 00:35:54 | 326      | 64 00:54:34  | 335      | 70 00:40:07  | 345 71   |

## RACE RESULTS LIST

| RANK | J#  | TIME     | NAME                | SEX | AGE | CAT-RANK | ADDRESS               | SWIM     | Over Cat | BIKE | Over Cat | RUN | Over Cat             |
|------|-----|----------|---------------------|-----|-----|----------|-----------------------|----------|----------|------|----------|-----|----------------------|
| 344  | 492 | 02:10:43 | DeMille, Iain       | M   | 21  | M2       | 138 Ottawa, Ont       | 00:38:48 | 353      | 139  | 00:53:01 | 316 | 134 00:39:54 329 135 |
| 345  | 465 | 02:11:32 | Lawson, Kelly       | F   | 29  | F2       | 42 Ottawa, Ont        | 00:33:12 | 285      | 40   | 01:03:03 | 363 | 47 00:35:17 258 22   |
| 346  | 491 | 02:11:41 | Thibaudeau, Guy     | M   | 42  | M4       | 23 Morin Heights, Que | 00:37:46 | 345      | 21   | 00:54:39 | 336 | 23 00:39:14 337 23   |
| 347  | 461 | 02:11:52 | Patenaude, Sandy    | F   | 29  | F2       | 43 Ottawa, Ont        | 00:33:14 | 286      | 41   | 01:03:01 | 362 | 46 00:35:37 268 24   |
| 348  | 493 | 02:12:06 | Brule, Michael      | M   | 28  | M2       | 139 Ottawa, Ont       | 00:39:03 | 357      | 141  | 00:56:32 | 346 | 140 00:36:31 286 123 |
| 349  | 494 | 02:12:07 | Pallett, Michael    | M   | 25  | M2       | 140 Ottawa, Ont       | 00:39:39 | 358      | 142  | 00:56:06 | 341 | 138 00:37:22 302 128 |
| 350  | 498 | 02:12:13 | Laverty, Ken        | M   | 29  | M2       | 141 Gloucester, Ont   | 00:38:45 | 335      | 131  | 00:57:52 | 351 | 143 00:37:36 304 130 |
| 351  | 408 | 02:13:31 | Chisholm, Jerome    | M   | 38  | M3       | 71 Kingston, Ont      | 00:45:16 | 368      | 74   | 00:49:13 | 260 | 54 00:39:02 332 67   |
| 352  | 458 | 02:13:45 | Manson, Melissa     | F   | 28  | F2       | 44 Ottawa, Ont        | 00:32:57 | 281      | 39   | 00:58:18 | 353 | 42 00:42:30 356 42   |
| 353  | 280 | 02:14:02 | Hamilton, Ken       | M   | 21  | M2       | 142 Ottawa, Ont       | 00:37:22 | 340      | 134  | 01:02:08 | 360 | 144 00:34:32 243 115 |
| 354  | 363 | 02:15:11 | Paquet, Jean        | M   | 24  | M2       | 143 Quebec City, Que  | 00:41:08 | 362      | 143  | 00:54:18 | 331 | 137 00:39:45 344 141 |
| 355  | 413 | 02:15:16 | Lapointe, Daniel    | M   | 33  | M3       | 72 Laval, Que         | 00:43:05 | 366      | 73   | 00:55:03 | 340 | 72 00:37:08 300 64   |
| 356  | 323 | 02:15:37 | Weldon, Anne        | F   | 28  | F2       | 45 Ottawa, Ont        | 00:28:21 | 187      | 27   | 01:02:40 | 361 | 45 00:44:36 362 46   |
| 357  | 359 | 02:16:14 | Crozier, Darryl     | M   | 13  | M1       | 45 Ottawa, Ont        | 00:41:58 | 364      | 46   | 00:55:51 | 343 | 45 00:38:27 324 42   |
| 358  | 489 | 02:16:26 | White, Barry        | M   | 42  | M4       | 24 Orleans, Ont       | 00:38:01 | 347      | 22   | 00:58:09 | 352 | 26 00:40:16 346 24   |
| 359  | 220 | 02:16:56 | Letourneau, Johanne | F   | 24  | F2       | 46 Charlesbourg, Que  | 00:30:34 | 218      | 33   | 00:57:12 | 349 | 41 00:49:10 366 47   |
| 360  | 412 | 02:17:20 | Luesby, Darryll     | M   | 32  | M3       | 73 Cumberland, Ont    | 00:36:06 | 328      | 85   | 00:53:28 | 322 | 68 00:47:46 366 74   |
| 361  | 371 | 02:17:39 | McLellan, Paul      | M   | 43  | M4       | 25 Hammond, Ont       | 00:42:59 | 365      | 25   | 00:54:21 | 332 | 21 00:40:19 347 25   |
| 362  | 284 | 02:19:12 | Cavanaugh, John     | M   | 22  | M2       | 144 Ottawa, Ont       | 00:48:44 | 369      | 145  | 00:52:47 | 312 | 133 00:37:41 308 131 |
| 363  | 471 | 02:19:53 | Stapper, Nora       | F   | 28  | F2       | 47 Ottawa, Ont        | 00:34:20 | 307      | 45   | 00:59:05 | 355 | 43 00:46:28 364 46   |
| 364  | 486 | 02:20:08 | Howard, Graham      | M   | 36  | M3       | 74 Manotick, Ont      | 00:38:50 | 355      | 71   | 01:03:24 | 364 | 73 00:37:54 313 65   |
| 365  | 415 | 02:20:53 | Barrett, Aron       | M   | 28  | M2       | 145 Ottawa, Ont       | 00:41:30 | 363      | 144  | 00:57:35 | 350 | 142 00:41:48 353 142 |
| 366  | 367 | 02:21:15 | Dineen, Jim         | M   | 51  | M5       | 9 Nepean, Ont         | 00:43:35 | 367      | 9    | 01:00:00 | 357 | 9 00:37:40 307 8     |
| 367  | 327 | 02:23:39 | Adams, Kelly        | F   | 27  | F2       | 48 Ottawa, Ont        | 00:33:18 | 288      | 42   | 00:00:00 | 0   | 0 01:50:21 0 0       |
| 368  | 463 | 02:25:39 | Beverley, Janet     | F   | 39  | F3       | 11 Orleans, Ont       | 00:36:02 | 327      | 11   | 01:06:12 | 365 | 11 00:43:25 359 11   |
| 369  | 192 | 02:49:30 | Adams, Alan         | M   | 15  | M1       | 46 Orangeville, Ont   | 00:35:20 | 319      | 43   | 01:16:18 | 367 | 46 00:57:52 367 46   |



67/08/28 00:29:24

1987 QV - OAC TRIATHLON

## RACE RESULTS LIST

| STATUS     | JERSEY# | NAME                | ADDRESS         | SEX | AGE | CATEGORY |
|------------|---------|---------------------|-----------------|-----|-----|----------|
| Non-Finish | 348     | Aillaire, Francois  | Aylmer, Que     | M   | 18  | M1       |
| Non-Finish | 12      | Barron, Andrew      | Ottawa, Ont     | M   | 36  | M3       |
| Non-Finish | 83      | Bertrand, Pierre    | Ottawa, Ont     | M   | 34  | M3       |
| Non-Finish | 20      | Chabot, Philippe    | Montmagny, Que  | M   | 22  | M2       |
| Non-Finish | 147     | Colman, Jeremy      | Orleans, Ont    | M   | 50  | M5       |
| Non-Finish | 256     | Coulombe, Benoit    | Montreal, Que   | M   | 28  | M2       |
| Non-Finish | 485     | Cowin, Bruce        | Cobourg, Ont    | M   | 22  | M2       |
| Non-Finish | 10      | Eltis, Christopher  | Ottawa, Ont     | M   | 23  | M2       |
| Non-Finish | 445     | Fasken, Hugh        | Ottawa, Ont     | M   | 38  | M3       |
| Non-Finish | 293     | Gunton, Reginald    | Nepean, Ont     | M   | 33  | M3       |
| Non-Finish | 325     | Harris, Donna       | Nepean, Ont     | F   | 28  | F2       |
| Non-Finish | 35      | Harris, Colin       | Kinston, Ont    | M   | 28  | M2       |
| Non-Finish | 381     | Heinmaa, Arthur     | Toronto, Ont    | M   | 25  | M2       |
| Non-Finish | 368     | Jobin, Michel       | Quebec, Que     | M   | 26  | M2       |
| Non-Finish | 454     | Jones, Scott        | Ottawa, Ont     | M   | 19  | M1       |
| Non-Finish | 416     | Labelle, Michel     | Gloucester, Ont | M   | 38  | M3       |
| Non-Finish | 442     | Lalonde, Marc       | Ottawa, Ont     | M   | 33  | M3       |
| Non-Finish | 424     | Leboldus, Anne      | Ottawa, Ont     | F   | 17  | F1       |
| Non-Finish | 119     | Leclerc, Lewis      | Ottawa, Ont     | M   | 34  | M3       |
| Non-Finish | 499     | Loif, Norm          | Ottawa, Ont     | M   | 30  | M3       |
| Non-Finish | 403     | Morris, Donald      | Ottawa, Ont     | M   | 34  | M3       |
| Non-Finish | 443     | O'Farrell, Bob      | Ottawa, Ont     | M   | 20  | M2       |
| Non-Finish | 483     | Paul, Charles       | Nepean, Ont     | M   | 47  | M4       |
| Non-Finish | 405     | Roberts, Mel        | Kanata, Ont     | M   | 99  | M9       |
| Non-Finish | 310     | Saldanna, Paulo     | Montreal, Que   | M   | 99  | M9       |
| Non-Finish | 292     | Sawtell, Lyle       | Nepean, Ont     | M   | 16  | M1       |
| Non-Finish | 296     | Schlaepfer, Juergen | Ottawa, Ont     | M   | 27  | M2       |
| Non-Finish | 441     | Stevens, Carey      | Ottawa, Ont     | M   | 40  | M4       |
| Non-Finish | 41      | Stoker, Dacre       | Oakville, Ont   | M   | 28  | M2       |
| Non-Finish | 81      | Ulrich, Tim         | Gloucester, Ont | M   | 18  | M1       |
| Non-Finish | 391     | Valverde, Francisco | Ottawa, Ont     | M   | 29  | M2       |
| Non-Finish | 429     | Westeinde, Julie    | Nepean, Ont     | F   | 21  | F2       |
| Non-Finish | 39      | Zvartman, Peter     | Brossard, Que   | M   | 21  | M2       |