

**The Comox Valley**

**Shoreline Orthodontics Tri-K Triathlon**

**29 May 2011**

**Official Results**

# THE COMOX VALLEY SHORELINE ORTHODONTICS TRI-K TRIATHLON MAY 29th 2011

## Official Results

Number	Name or Team Name	From	Age	S	v	a	t	a	Swim (or 1st Run for Duathlon)	T1 Time.....Place	Bike Time.....Place	Bike TPK	After Bike Time.....Place	T2 Time.....Place	Run Time.....Place	Run TPK	Total Time				
																		31/12/2011	x	e	e
<b>Division 1.0 MINI Individual Males 8 - 9 years old Swim 100m / Bike 5k / Run 1.5k</b>																					
<b>Division 1.0</b>	<b>MINI</b>	<b>Individual Males</b>	<b>8 - 9 years old</b>	<b>Category</b>		<b>1</b>	<b>8 - 9 years old</b>														
14	Caleb Ney	Gold River	9	M	1	1	0:02:16	1	0:02:25	2	0:14:22	2	02:52	0:19:03	1	0:01:05	1	0:08:19	2	05:32	0:28:27
12	Ben Prager	Comox	8	M	2	2	0:03:52	8	0:03:33	5	0:13:53	1	02:46	0:21:18	4	0:01:16	2	0:08:05	1	05:23	0:30:39
35	Alec Huisamen	Courtenay	9	M	3	3	0:02:36	2	0:03:23	3	0:15:06	4	03:01	0:21:05	3	0:01:32	6	0:09:31	3	06:20	0:32:08
113	Atom van der Merwe	Cumberland	9	M	4	4	0:03:11	5	0:04:08	7	0:15:40	5	03:08	0:22:59	5	0:01:21	5	0:09:50	4	06:33	0:34:10
112	Noah Jensen	Port Hardy	9	M	5	5	0:02:49	4	0:02:23	1	0:14:26	3	02:53	0:19:38	2	0:01:44	8	0:12:50	8	08:33	0:34:12
50	Jack Herselman	Comox	8	M	6	6	0:02:44	3	0:04:43	8	0:16:09	6	03:13	0:23:36	6	0:01:19	4	0:11:46	7	07:50	0:36:41
8	Archer Hoyseth	Comox	9	M	7	7	0:03:50	7	0:03:40	6	0:17:57	7	03:35	0:25:27	7	0:01:37	7	0:10:31	5	07:00	0:37:35
34	Declan Cunningham	comox	8	M	8	8	0:03:35	6	0:03:25	4	0:20:38	8	04:07	0:27:38	8	0:01:18	3	0:11:10	6	07:26	0:40:06
<b>Division 2.0 MINI Individual Females 8 - 9 years old Swim 100m / Bike 5k / Run 1.5k</b>																					
<b>Division 2.0</b>	<b>MINI</b>	<b>Individual Females</b>	<b>8 - 9 years old</b>	<b>Category</b>		<b>1</b>	<b>8 - 9 years old</b>														
33	Madyson Harris	Pt Hardy	9	F	1	1	0:02:14	3	0:02:11	1	0:15:16	2	03:03	0:19:41	3	0:01:04	1	0:08:20	1	05:33	0:29:05
3	Avery Moskal	Campbell River	9	F	2	2	0:01:42	1	0:02:34	3	0:15:24	3	03:04	0:19:40	2	0:01:09	2	0:08:50	4	05:53	0:29:39
9	Annelies Henckel	Courtenay	9	F	3	3	0:02:22	5	0:02:48	6	0:14:25	1	02:53	0:19:35	1	0:01:10	3	0:09:55	5	06:36	0:30:40
30	Molly Keyes	Courtenay	9	F	4	4	0:03:30	10	0:02:44	5	0:16:36	6	03:19	0:22:50	7	0:01:13	4	0:08:20	1	05:33	0:32:23
53	Shelby Nilsen	Comox	8	F	4	4	0:03:35	11	0:02:41	4	0:15:53	4	03:10	0:22:09	4	0:01:25	7	0:08:49	3	05:52	0:32:23
58	Janika Scriba	Campbell River	9	F	6	6	0:02:50	6	0:03:08	8	0:17:54	10	03:34	0:23:52	8	0:01:20	6	0:10:05	6	06:43	0:35:17
6	Charlotte Blecha	Comox	8	F	7	7	0:03:08	7	0:02:28	2	0:16:34	5	03:18	0:22:10	5	0:01:16	5	0:12:33	11	08:22	0:35:59
24	Isabella Anderson	Courtenay	8	F	8	8	0:02:16	4	0:02:58	7	0:17:25	7	03:29	0:22:39	6	0:02:32	12	0:11:22	7	07:34	0:36:33
49	Janaya Ryan	Comox	9	F	9	9	0:02:00	2	0:03:37	9	0:19:17	11	03:51	0:24:54	9	0:01:37	8	0:11:22	7	07:34	0:37:53
42	Michaela Poetker	Comox	9	F	10	10	0:03:25	9	0:04:21	10	0:17:27	8	03:29	0:25:13	10	0:01:42	11	0:11:59	9	07:59	0:38:54
10	Daisy Dargie	Courtenay	8	F	11	11	0:03:09	8	0:04:45	11	0:17:30	9	03:30	0:25:24	11	0:01:38	10	0:13:43	12	09:08	0:40:45
51	Elle' Herselman	Comox	8	F	12	12	0:03:56	12	0:05:22	12	0:29:56	12	05:59	0:39:14	12	0:01:37	8	0:12:29	10	08:19	0:53:20
<b>Division 3.0 MINI Individual Males 10 - 11 years old Swim 150m / Bike 10k / Run 2k</b>																					
<b>Division 3.0</b>	<b>MINI</b>	<b>Individual Males</b>	<b>10 - 11 years old</b>	<b>Category</b>		<b>1</b>	<b>10 - 11 years old</b>														
13	Josiah Ney	Gold River	11	M	1	1	0:02:26	1	0:02:16	2	0:19:28	1	01:56	0:24:10	1	0:00:56	2	0:07:56	1	03:58	0:33:02
2	Mathias Burns	Powell River	11	M	2	2	0:02:45	2	0:02:09	1	0:22:15	3	02:13	0:27:09	3	0:01:04	3	0:09:32	4	04:46	0:37:45
15	Jaylon Grenier	Port Hardy	11	M	3	3	0:02:57	4	0:02:19	3	0:23:11	5	02:19	0:28:27	4	0:00:46	1	0:10:07	5	05:03	0:39:20
27	Isaac van der Vliet	Courtenay	11	M	4	4	0:03:21	8	0:03:12	7	0:19:41	2	01:58	0:26:14	2	0:01:24	9	0:11:53	8	05:56	0:39:31
109	Michael Behan	Powell River	10	M	5	5	0:02:51	3	0:02:55	5	0:24:42	6	02:28	0:30:28	5	0:01:08	5	0:08:40	2	04:20	0:40:16
40	Nolan Stewart	Comox	11	M	6	6	0:02:59	5	0:03:11	6	0:25:03	7	02:30	0:31:13	6	0:01:07	4	0:09:12	3	04:36	0:41:32
52	Kieran Nilsen	Comox	10	M	7	7	0:05:03	10	0:05:15	10	0:22:32	4	02:15	0:32:50	7	0:01:11	6	0:11:20	6	05:40	0:45:21
18	William Munro	Comox	10	M	8	8	0:03:19	7	0:03:15	8	0:27:05	9	02:42	0:33:39	9	0:01:22	8	0:11:46	7	05:53	0:46:47
104	Aidan Webber	Comox	11	M	9	9	0:03:06	6	0:04:20	9	0:25:43	8	02:34	0:33:09	8	0:01:30	10	0:12:33	9	06:16	0:47:12
1	Cassius Monnet	Comox	10	M	10	10	0:04:15	9	0:02:20	4	0:29:02	10	02:54	0:35:37	10	0:01:18	7	0:13:57	10	06:58	0:50:52
<b>Division 4.0 MINI Individual Females 10 - 11 years old Swim 150m / Bike 10k / Run 2k</b>																					
<b>Division 4.0</b>	<b>MINI</b>	<b>Individual Females</b>	<b>10 - 11 years old</b>	<b>Category</b>		<b>1</b>	<b>10 - 11 years old</b>														
37	Casey Garrison	Victoria	10	F	1	1	0:03:07	4	0:02:19	1	0:22:41	1	02:16	0:28:07	1	0:01:06	3	0:11:42	4	05:51	0:40:55
47	Kiri Ngawati	Victoria	10	F	2	2	0:02:41	2	0:02:20	2	0:25:19	2	02:31	0:30:20	2	0:00:57	1	0:10:44	2	05:22	0:42:01
28	Cianna Dunn	Campbell River	10	F	3	3	0:02:25	1	0:03:28	6	0:30:11	6	03:01	0:36:04	6	0:01:16	5	0:09:29	1	04:44	0:46:49
31	sofia cecic	Lazo	10	F	4	4	0:02:42	3	0:03:14	5	0:28:54	5	02:53	0:34:50	4	0:01:04	2	0:11:09	3	05:34	0:47:03
114	Tiffany Brown	Comox	10	F	5	5	0:03:44	5	0:03:10	4	0:26:16	3	02:37	0:33:10	3	0:01:13	4	0:14:08	7	07:04	0:48:31
7	Lucy Blecha	Comox	10	F	6	6	0:04:41	7	0:02:55	3	0:28:05	4	02:48	0:35:41	5	0:01:27	7	0:13:50	6	06:55	0:50:58
25	Kassandra Warner	Denman Island	10	F	7	7	0:03:52	6	0:03:33	7	0:32:26	7	03:14	0:39:51	7	0:01:30	8	0:13:11	5	06:35	0:54:32
11	Lucy Dabbs	Denman Island	10	F	8	8	0:05:32	8	0:03:46	8	0:32:42	8	03:16	0:42:00	8	0:01:17	6	0:14:10	8	07:05	0:57:27

# THE COMOX VALLEY SHORELINE ORTHODONTICS TRI-K TRIATHLON MAY 29th 2011

## Official Results

Number	Name or Team Name	From	Age	S	v	a	t	a	Swim (or 1st Run for Duathlon)	T1 Time.....Place	Bike Time.....Place	Bike TPK	After Bike Time.....Place	T2 Time.....Place	Run Time.....Place	Run TPK	Total Time						
																		31/12/2011	x	e	e	Time.....Place	Time.....Place
<b>Division 5.0 MINI Individual Males 12 - 17 years old Swim 300m / Bike 10k / Run 3k</b>																							
<b>Division 5.0 MINI Individual Males 12 - 17 years old Category 1 12 - 14 years old</b>																							
57	Kurtis Scriba	Campbell River	14	M	2	1			0:04:50	1	0:02:33	4	0:19:40	2	01:58	0:27:03	2	0:00:52	1	0:09:40	1	03:13	0:37:35
60	Jacobus van Rooy	Campbell River	13	M	3	2			0:05:32	3	0:01:42	1	0:19:57	3	01:59	0:27:11	3	0:00:52	1	0:10:05	2	03:21	0:38:08
48	Dace Harle	Campbell River	13	M	4	3			0:05:29	2	0:01:51	2	0:19:36	1	01:57	0:26:56	1	0:01:01	3	0:10:24	3	03:28	0:38:21
43	Chas Seldon	Campbell River	13	M	5	4			0:06:47	7	0:02:36	5	0:22:10	4	02:13	0:31:33	4	0:01:02	4	0:11:05	5	03:41	0:43:40
32	Anton Cecic	Lazo	12	M	6	5			0:05:42	4	0:02:23	3	0:24:19	6	02:25	0:32:24	5	0:01:12	6	0:12:06	6	04:02	0:45:42
54	Cameron Behan	Powell River	12	M	8	6			0:06:02	5	0:03:34	7	0:24:15	5	02:25	0:33:51	6	0:01:26	7	0:13:50	8	04:36	0:49:07
41	Wilem Roelants	Comox	14	M	9	7			0:07:55	8	0:03:04	6	0:26:59	8	02:41	0:37:58	8	0:01:08	5	0:10:45	4	03:35	0:49:51
20	Rylan Valentine	Campbell River	12	M	10	8			0:06:29	6	0:03:51	8	0:26:06	7	02:36	0:36:26	7	0:01:48	9	0:13:20	7	04:26	0:51:34
59	Charlie Petrie	Comox	12	M	12	9			0:09:59	9	0:04:22	9	0:34:18	9	03:25	0:48:39	9	0:01:29	8	0:17:19	9	05:46	1:07:27
<b>Division 5.0 MINI Individual Males 12 - 17 years old Category 2 15 - 17 years old</b>																							
61	Henri Van Rooy	Campbell River	15	M	1	1			0:04:29	1	0:02:18	1	0:19:59	1	01:59	0:26:46	1	0:00:56	1	0:09:34	1	03:11	0:37:16
46	Michael Stubbs	Comox	16	M	7	2			0:08:56	3	0:04:20	2	0:22:42	2	02:16	0:35:58	2	0:01:01	2	0:11:01	2	03:40	0:48:00
22	Benjamin Helpard	Comox	15	M	11	3			0:07:28	2	0:04:51	3	0:32:50	3	03:17	0:45:09	3	0:01:48	3	0:20:16	3	06:45	1:07:13
<b>Division 6.0 MINI Individual Females 12 - 17 years old Swim 300m / Bike 10k / Run 3k</b>																							
<b>Division 6.0 MINI Individual Females 12 - 17 years old Category 1 12 - 14 years old</b>																							
36	Amelia Helpard	Comox	13	F	1	1			0:05:13	2	0:02:33	3	0:24:16	2	02:25	0:32:02	2	0:00:57	2	0:11:30	3	03:50	0:44:29
21	Jessica Reynolds	Courtenay	12	F	2	2			0:07:50	9	0:02:48	6	0:21:05	1	02:06	0:31:43	1	0:01:21	7	0:12:49	5	04:16	0:45:53
29	Emily Keyes	Courtenay	13	F	3	3			0:07:18	8	0:02:14	1	0:27:05	8	02:42	0:36:37	8	0:00:51	1	0:09:56	1	03:18	0:47:24
5	Natalie Blecha	Comox	12	F	4	4			0:06:42	5	0:02:42	5	0:25:22	6	02:32	0:34:46	5	0:01:02	3	0:11:37	4	03:52	0:47:25
38	Kylie Adebar	Courtenay	13	F	5	5			0:07:14	7	0:03:56	9	0:24:23	3	02:26	0:35:33	7	0:01:22	8	0:10:37	2	03:32	0:47:32
55	Sophia Conradi	Comox	13	F	6	6			0:06:53	6	0:02:39	4	0:25:35	7	02:33	0:35:07	6	0:01:04	5	0:12:56	6	04:18	0:49:07
23	Isabelle Poulin	Nanaimo	13	F	7	7			0:05:38	3	0:03:08	7	0:24:58	4	02:29	0:33:44	4	0:01:25	9	0:14:53	8	04:57	0:50:02
39	Breanna Kossey	Lantzville	13	F	8	8			0:04:32	1	0:02:29	2	0:25:13	5	02:31	0:32:14	3	0:01:02	3	0:17:06	9	05:42	0:50:22
56	Florence Mullan-Fraser	Courtenay	12	F	9	9			0:06:38	4	0:03:26	8	0:28:49	9	02:52	0:38:53	9	0:01:20	6	0:14:09	7	04:43	0:54:22
<b>Division 7.0 MINI Teams 8 - 9 years old Swim 100m / Bike 5k / Run 1.5k</b>																							
<b>Division 7.0 MINI Teams 8 - 9 years old Category 1 Males</b>																							
108	Speedy Dynamite	Comox	9	M	1	1			0:03:34	1	0:02:02	1	0:14:19	1	02:51	0:19:55	1	0:00:56	1	0:07:19	1	04:52	0:28:10
103	Frog Trio	Comox	8	M	3	2			0:03:34	1	0:02:33	2	0:16:24	2	03:16	0:22:31	2	0:01:11	2	0:08:00	2	05:20	0:31:42
<b>Division 7.0 MINI Teams 8 - 9 years old Category 2 Females</b>																							
102	The Cheeky Monkeys!	Campbell River	9	F	2	1			0:02:31	1	0:01:44	1	0:16:02	1	03:12	0:20:17	1	0:01:08	1	0:09:37	1	06:24	0:31:02
<b>Division 8.0 MINI Teams 10 - 11 years old Swim 150m / Bike 10k / Run 2k</b>																							
<b>Division 8.0 MINI Teams 10 - 11 years old Category 1 Males</b>																							
70	Blue Rebels	Comox	11	M	1	1			0:02:14	1	0:01:41	5	0:22:03	1	02:12	0:25:58	1	0:00:42	1	0:07:57	1	03:58	0:34:37
106	Blue Touque Sports Swap	Comox	10	M	2	2			0:03:17	4	0:01:39	4	0:22:51	2	02:17	0:27:47	2	0:00:48	3	0:08:32	2	04:16	0:37:07
99	Stinky Carpets 3	Campbell River	11	M	3	3			0:02:58	2	0:01:34	2	0:23:28	3	02:20	0:28:00	3	0:00:49	4	0:09:09	4	04:34	0:37:58
65	Muffin Man and Friends	Courtenay	11	M	4	4			0:03:11	3	0:01:21	1	0:24:45	4	02:28	0:29:17	4	0:00:42	1	0:08:51	3	04:25	0:38:50
84	The Chiefs	Courtenay	10	M	9	5			0:03:18	5	0:01:35	3	0:27:19	5	02:43	0:32:12	5	0:00:54	5	0:10:00	5	05:00	0:43:06
<b>Division 8.0 MINI Teams 10 - 11 years old Category 2 Females</b>																							
73	Mystical Marshmallows	Campbell River	11	F	7	1			0:03:04	2	0:01:42	6	0:27:19	1	02:43	0:32:05	1	0:00:52	6	0:09:50	2	04:55	0:42:47
97	RASE	Courtenay	11	F	10	2			0:03:41	8	0:01:39	2	0:27:52	2	02:47	0:33:12	2	0:00:56	9	0:09:56	3	04:58	0:44:04
62	Purple Monkeys	Comox	11	F	11	3			0:03:34	5	0:01:39	2	0:28:22	3	02:50	0:33:35	4	0:00:48	2	0:09:56	3	04:58	0:44:19
91	Miffy's Army	Comox	10	F	12	4			0:03:09	3	0:01:39	2	0:28:40	4	02:52	0:33:28	3	0:01:00	10	0:10:22	6	05:11	0:44:50
100	Port Hardy Comets	Port Hardy	11	F	14	5			0:03:01	1	0:01:34	1	0:29:27	6	02:56	0:34:02	5	0:00:50	3	0:10:32	7	05:16	0:45:24
94	Super speedy sloths	Courtenay	11	F	15	6			0:03:40	7	0:01:51	8	0:30:27	7	03:02	0:35:58	7	0:00:44	1	0:10:07	5	05:03	0:46:49

# THE COMOX VALLEY SHORELINE ORTHODONTICS TRI-K TRIATHLON MAY 29th 2011

## Official Results

Number	Name or Team Name	From	Age @ 31/12/2011	S e x	D P C P	I l a l	S w i m	T1		Bike		After Bike		T2		Run		Total Time			
								Time.....Place	Time.....Place	Time.....Place	TPK	Time.....Place	Time.....Place	Time.....Place	Time.....Place						
72	Cobras	Comox	10	F	16	7	0:04:03	9	0:02:02	9	0:28:59	5	02:53	0:35:04	6	0:00:55	8	0:11:01	8	05:30	0:47:00
66	Les meilleures	Courtenay	10	F	18	8	0:04:49	10	0:01:40	5	0:31:45	10	03:10	0:38:14	10	0:00:52	6	0:09:21	1	04:40	0:48:27
88	Hot Raspberries	Courtenay	10	F	19	9	0:03:27	4	0:01:42	6	0:31:36	8	03:09	0:36:45	8	0:00:50	3	0:11:16	9	05:38	0:48:51
63	The Warriors	Courtenay	10	F	20	10	0:03:36	6	0:02:19	10	0:31:39	9	03:09	0:37:34	9	0:00:51	5	0:11:56	10	05:58	0:50:21
<b>Division 8.0 MINI Teams 10 - 11 years old</b>			<b>Category 3</b>		<b>Mixed</b>																
87	Three Darts	Courtenay	11	F	5	1	0:02:35	1	0:01:33	3	0:26:21	3	02:38	0:30:29	2	0:00:42	1	0:08:43	2	04:21	0:39:54
98	Zanzibar	Courtenay	11	F	6	2	0:04:03	4	0:01:57	4	0:24:56	1	02:29	0:30:56	3	0:01:06	5	0:10:10	5	05:05	0:42:12
95	M N M	Comox	10	F	8	3	0:02:45	2	0:01:32	2	0:26:03	2	02:36	0:30:20	1	0:00:48	3	0:11:50	6	05:55	0:42:58
74	The Pajama Llamas	Courtenay	11	F	12	4	0:03:36	3	0:01:30	1	0:30:59	5	03:05	0:36:05	4	0:00:44	2	0:08:01	1	04:00	0:44:50
93	The Terrific Trio	Comox	10	M	17	5	0:05:25	5	0:01:57	4	0:29:47	4	02:58	0:37:09	5	0:00:52	4	0:10:09	4	05:04	0:48:10
67	Canucks	Courtenay	11	M	21	6	0:05:40	6	0:02:38	6	0:32:00	6	03:12	0:40:18	6	0:01:27	6	0:09:36	3	04:48	0:51:21
<b>Division 9.0 MINI Teams 12 - 14 years old Swim 300m / Bike 10k / Run 3k</b>			<b>Category 1</b>		<b>Males 12 - 14</b>																
101	french toast mafia	Courtenay	13	M	1	1	0:04:01	1	0:02:53	5	0:20:18	1	02:01	0:27:12	1	0:00:39	2	0:09:34	4	03:11	0:37:25
86	Hello	Courtenay	13	M	2	2	0:06:19	6	0:01:56	4	0:20:31	2	02:03	0:28:46	2	0:00:46	4	0:08:58	1	02:59	0:38:30
83	Cuban Cigars	Courtenay	13	M	3	3	0:05:20	3	0:01:35	2	0:22:30	3	02:15	0:29:25	3	0:00:38	1	0:09:26	3	03:08	0:39:29
68	French Connection	Courtenay	13	M	8	4	0:06:11	5	0:01:21	1	0:24:53	4	02:29	0:32:25	4	0:00:40	3	0:09:20	2	03:06	0:42:25
105	Tea Time is later	Courtenay	11	M	12	5	0:04:01	1	0:02:57	6	0:26:41	5	02:40	0:33:39	5	0:01:01	6	0:10:25	6	03:28	0:45:05
85	Tri Force	Royston	12	M	14	6	0:05:32	4	0:01:47	3	0:28:36	6	02:51	0:35:55	6	0:00:59	5	0:09:53	5	03:17	0:46:47
<b>Division 9.0 MINI Teams 12 - 14 years old</b>			<b>Category 2</b>		<b>Females 12 - 14</b>																
90	Zoey Mamas	Comox	14	F	5	1	0:05:59	5	0:01:42	5	0:22:03	1	02:12	0:29:44	1	0:00:43	3	0:10:36	4	03:32	0:41:03
111	J.A.M!	Comox Valley	12	F	6	2	0:04:24	3	0:01:37	4	0:24:19	2	02:25	0:30:20	2	0:00:42	2	0:11:08	6	03:42	0:42:10
79	Funkadelic	Comox	13	F	9	3	0:03:56	1	0:01:22	1	0:26:09	3	02:36	0:31:27	3	0:00:44	4	0:10:25	3	03:28	0:42:36
81	Triple Threat	Comox	13	F	11	4	0:05:23	4	0:01:25	2	0:27:36	4	02:45	0:34:24	4	0:00:41	1	0:09:05	1	03:01	0:44:10
71	French Fries	Comox	11	F	13	5	0:04:13	2	0:01:43	6	0:29:40	5	02:58	0:35:36	5	0:00:45	5	0:10:10	2	03:23	0:46:31
78	The J.A.R. Team	Comox Valley	12	F	15	6	0:06:53	7	0:01:29	3	0:31:10	6	03:07	0:39:32	6	0:00:45	5	0:11:04	5	03:41	0:51:21
82	Razors	Comox	12	F	16	7	0:06:45	6	0:01:46	7	0:31:33	7	03:09	0:40:04	7	0:00:52	7	0:11:19	7	03:46	0:52:15
<b>Division 9.0 MINI Teams 12 - 14 years old</b>			<b>Category 3</b>		<b>Mixed 12 - 14</b>																
64	Ninja Black Hawks	Courtenay	12	M	4	1	0:08:46	3	0:01:45	3	0:19:24	1	01:56	0:29:55	1	0:00:47	3	0:10:19	3	03:26	0:41:01
75	Airport Devils 2	Comox	13	F	7	2	0:05:26	1	0:01:20	1	0:25:37	3	02:33	0:32:23	2	0:00:36	1	0:09:13	1	03:04	0:42:12
77	Hannah, Eyla & Connor's Team	Cumberland	12	M	10	3	0:07:26	2	0:01:36	2	0:24:11	2	02:25	0:33:13	3	0:00:46	2	0:09:49	2	03:16	0:43:48
<b>Division 9.1 MINI Teams 15 - 17 years old Swim 300m / Bike 10k / Run 3k</b>			<b>Category 2</b>		<b>Females 15 - 17</b>																
92	The Blonde Bombshells	Comox	14	F	1	1	0:03:55	1	0:01:31	2	0:20:44	1	02:04	0:26:10	1	0:00:40	1	0:10:28	3	03:29	0:37:18
107	Killer Poppies	Courtenay	16	F	2	2	0:04:36	2	0:01:32	3	0:21:50	3	02:11	0:27:58	2	0:00:41	2	0:09:43	1	03:14	0:38:22
76	Fire Breathing Rubber Duckys	Black Creek	16	F	3	3	0:07:01	3	0:01:27	1	0:21:08	2	02:06	0:29:36	3	0:00:41	2	0:09:46	2	03:15	0:40:03
<b>Division 10.0 SPRINT Individual Males Open Swim 750m / Bike 20k / Run 5k</b>			<b>Category 2</b>		<b>17 - 19 years old</b>																
365	Aaron Amelia	Campbell River	18	M	8	1	0:12:52	2	0:02:17	2	0:37:31	1	01:52	0:52:40	1	0:00:48	1	0:21:56	1	04:23	1:15:24
350	Gabriel Lessard-Kragen	Quathiasi Cove	18	M	20	2	0:16:35	3	0:01:59	1	0:37:41	2	01:53	0:56:15	2	0:01:28	4	0:23:43	2	04:44	1:21:26
278	David Vazquez	Courtenay	18	M	23	3	0:11:07	1	0:02:27	3	0:45:17	4	02:15	0:58:51	3	0:01:13	3	0:24:25	3	04:53	1:24:29
287	Marcel Bernard	Campbell River	18	M	31	4	0:19:57	4	0:03:32	4	0:41:34	3	02:04	1:05:03	4	0:01:00	2	0:29:33	4	05:54	1:35:36
<b>Division 10.0 SPRINT Individual Males Open</b>			<b>Category 3</b>		<b>20 - 24 years old</b>																
295	Myles Walters	Courtenay	20	M	13	1	0:12:57	1	0:02:30	1	0:37:51	3	01:53	0:53:18	1	0:01:08	2	0:22:45	2	04:33	1:17:11
319	Ceilidh Curtis	Vancouver	24	M	15	2	0:14:46	2	0:03:46	3	0:36:26	1	01:49	0:54:58	2	0:01:18	3	0:23:16	3	04:39	1:19:32
373	Oliver Willich	Courtenay	24	M	16	3	0:15:51	3	0:03:19	2	0:37:34	2	01:52	0:56:44	3	0:01:04	1	0:22:08	1	04:25	1:19:56

# THE COMOX VALLEY SHORELINE ORTHODONTICS TRI-K TRIATHLON MAY 29th 2011

## Official Results

Number	Name or Team Name	From	Division				Swim		T1 Time.....Place	Bike Time.....Place	Bike TPK	After Bike		T2 Time.....Place	Run Time.....Place	Run TPK	Total Time				
			Age @	S e	v c	a e	t e	a e				(or 1st Run for Duathlon)	Time.....Place					Time.....Place	Time.....Place	Time.....Place	
<b>Division 10.0 SPRINT Individual Males Open Category 4 25 - 29 years old</b>																					
383	David Carmichael	Courtenay	29	M	12	1	0:14:28	1	0:02:54	1	0:35:26	1	01:46	0:52:48	1	0:01:43	1	0:22:16	1	04:27	1:16:47
297	Jonas Woodrow	Comox	28	M	30	2	0:16:04	2	0:03:55	2	0:42:24	2	02:07	1:02:23	2	0:02:20	2	0:27:59	2	05:35	1:32:42
<b>Division 10.0 SPRINT Individual Males Open Category 5 30 - 34 years old</b>																					
303	Corey Friesen	Nanaimo	34	M	14	1	0:16:48	2	0:03:50	2	0:35:07	1	01:45	0:55:45	1	0:01:46	1	0:21:41	1	04:20	1:19:12
393	Joel Halse		34	M	28	2	0:16:46	1	0:02:35	1	0:42:18	2	02:06	1:01:39	2	0:01:53	2	0:28:55	2	05:47	1:32:27
<b>Division 10.0 SPRINT Individual Males Open Category 6 35 - 39 years old</b>																					
349	Mike Stone	Bowser	37	M	2	1	0:14:10	1	0:01:54	1	0:33:40	1	01:41	0:49:44	1	0:01:01	1	0:18:08	1	03:37	1:08:53
382	Travis Lapointe	Gold River	38	M	10	2	0:16:13	3	0:02:31	2	0:36:51	2	01:50	0:55:35	2	0:01:28	3	0:19:12	2	03:50	1:16:15
362	Josh Lundine	Courtenay	38	M	17	3	0:15:08	2	0:03:10	3	0:38:28	3	01:55	0:56:46	3	0:01:51	4	0:21:42	3	04:20	1:20:19
310	Eddy St Pierre	Comox	37	M	34	4	0:23:45	4	0:03:19	4	0:49:57	4	02:29	1:17:01	4	0:01:12	2	0:24:30	4	04:54	1:42:43
<b>Division 10.0 SPRINT Individual Males Open Category 7 40 - 49 years old</b>																					
326	Scott Harris	Pt Hardy	43	M	5	1	0:12:59	1	0:02:10	1	0:34:32	1	01:43	0:49:41	1	0:01:04	1	0:20:46	2	04:09	1:11:31
283	Patrick Ney	Gold River	45	M	6	2	0:13:13	3	0:02:28	2	0:35:57	3	01:47	0:51:38	3	0:01:27	4	0:20:12	1	04:02	1:13:17
284	Wade Luksay	Comox	40	M	9	3	0:13:21	4	0:03:00	5	0:35:16	2	01:45	0:51:37	2	0:01:40	5	0:22:29	3	04:29	1:15:46
352	Jay Everitt	Comox	43	M	21	4	0:14:47	5	0:02:52	3	0:39:48	4	01:59	0:57:27	5	0:01:43	7	0:22:30	4	04:30	1:21:40
300	Dennis Lightfoot	Courtenay	44	M	24	5	0:15:24	6	0:03:40	9	0:40:37	6	02:01	0:59:41	7	0:01:20	3	0:23:38	5	04:43	1:24:39
292	merek tomanek	Merville	49	M	25	6	0:13:04	2	0:03:05	6	0:41:06	8	02:03	0:57:15	4	0:01:15	2	0:26:16	6	05:15	1:24:46
394	Dan Lamoureux	Courtenay	46	M	27	7	0:15:26	7	0:03:17	7	0:39:58	5	01:59	0:58:41	6	0:01:58	8	0:26:49	7	05:21	1:27:28
337	Michael Kossey	Lantzville	43	M	29	8	0:18:47	9	0:03:37	8	0:40:53	7	02:02	1:03:17	8	0:01:40	5	0:27:37	8	05:31	1:32:34
312	Robin Martens	Campbell River	40	M	32	9	0:18:35	8	0:04:04	10	0:41:13	9	02:03	1:03:52	9	0:02:03	9	0:32:19	9	06:27	1:38:14
252	Fabian Poulin	Nanaimo	48	M	33	10	0:20:29	10	0:02:58	4	0:43:14	10	02:09	1:06:41	10	0:02:38	10	0:32:22	10	06:28	1:41:41
<b>Division 10.0 SPRINT Individual Males Open Category 8 50 - 59 years old</b>																					
266	Bernd Guderjahn	Campbell River	51	M	1	1	0:13:53	5	0:01:55	1	0:32:08	1	01:36	0:47:56	1	0:01:03	2	0:18:21	1	03:40	1:07:20
286	Peter Poland	Qualicum Beach	50	M	3	2	0:11:25	1	0:02:03	2	0:35:05	4	01:45	0:48:33	2	0:01:18	4	0:19:25	2	03:53	1:09:16
254	Tom Weber	Courtenay	54	M	4	3	0:13:35	3	0:02:17	3	0:34:44	3	01:44	0:50:36	4	0:01:12	3	0:19:33	4	03:54	1:11:21
275	Berend Henckel	Courtenay	50	M	7	4	0:12:53	2	0:02:19	4	0:34:20	2	01:43	0:49:32	3	0:00:54	1	0:23:58	5	04:47	1:14:24
251	Frank Graham	Courtenay	53	M	11	5	0:13:35	3	0:02:28	5	0:39:36	7	01:58	0:55:39	6	0:01:37	6	0:19:27	3	03:53	1:16:43
259	Hugh Fletcher	Errington	56	M	18	6	0:14:24	6	0:02:59	7	0:35:58	5	01:47	0:53:21	5	0:01:58	7	0:25:03	6	05:00	1:20:22
272	Jim Brackett	Parksville	56	M	26	7	0:14:50	7	0:02:54	6	0:39:33	6	01:58	0:57:17	7	0:01:29	5	0:26:03	7	05:12	1:24:49
<b>Division 10.0 SPRINT Individual Males Open Category 9 60 - 69 years old</b>																					
296	Robert Lundine	Comox	64	M	19	1	0:13:58	1	0:03:03	1	0:38:25	2	01:55	0:55:26	2	0:01:05	1	0:24:12	1	04:50	1:20:43
285	Bruce Johnstone	Courtenay	61	M	22	2	0:15:52	2	0:03:51	2	0:35:12	1	01:45	0:54:55	1	0:02:30	2	0:24:23	2	04:52	1:21:48
<b>Division 11.0 SPRINT Individual Females Open Swim 750m / Bike 20k / Run 5k</b>																					
<b>Division 11.0 SPRINT Individual Females Open Category 2 17 - 19 years old</b>																					
364	Micah Thompson	Courtenay	18	F	59	1	0:17:26	1	0:03:55	1	0:49:01	1	02:27	1:10:22	1	0:01:30	1	0:35:45	1	07:09	1:47:37
<b>Division 11.0 SPRINT Individual Females Open Category 3 20 - 24 years old</b>																					
343	Jessica Turcotte	Courtenay	24	F	6	1	0:14:04	1	0:02:00	1	0:38:55	1	01:56	0:54:59	1	0:01:18	1	0:22:25	1	04:29	1:18:42
361	Danielle Tottenham	Victoria	24	F	34	2	0:14:57	2	0:03:38	2	0:42:16	2	02:06	1:00:51	2	0:01:40	2	0:28:54	2	05:46	1:31:25
<b>Division 11.0 SPRINT Individual Females Open Category 4 25 - 29 years old</b>																					
258	Alice Grasby	Cumberland	29	F	12	1	0:13:40	2	0:03:36	4	0:38:08	1	01:54	0:55:24	1	0:01:34	2	0:25:59	4	05:11	1:22:57
363	Sarah Rankin	Victoria	26	F	17	2	0:16:44	4	0:03:55	5	0:39:25	3	01:58	1:00:04	3	0:01:37	3	0:23:27	1	04:41	1:25:08
387	Martha Bowden	Courtenay	27	F	19	3	0:17:27	5	0:02:48	1	0:40:19	4	02:00	1:00:34	4	0:01:37	3	0:23:38	2	04:43	1:25:49
262	Leah Paterson	Courtenay	29	F	26	4	0:12:53	1	0:03:19	3	0:39:15	2	01:57	0:55:27	2	0:02:22	5	0:30:26	5	06:05	1:28:15
389	Cara Brighton	Courtenay	27	F	32	5	0:16:37	3	0:03:04	2	0:45:51	5	02:17	1:05:32	5	0:01:00	1	0:24:44	3	04:56	1:31:16
<b>Division 11.0 SPRINT Individual Females Open Category 5 30 - 34 years old</b>																					
328	Megan Cunningham	Comox	33	F	1	1	0:13:22	2	0:02:29	1	0:36:46	1	01:50	0:52:37	1	0:00:55	1	0:20:41	1	04:08	1:14:13

# THE COMOX VALLEY SHORELINE ORTHODONTICS TRI-K TRIATHLON MAY 29th 2011

## Official Results

Number	Name or Team Name	From	Age @ 31/12/2011	S	D	P	C	Swim		T1	Bike	Bike	After		T2	Run	Run	Total				
								Time.....	Place				Time.....	Place					Time.....	Place		
351	Suzanne Berg	Campbell River	33	F	7	2		0:14:05	4	0:02:51	4	0:39:07	3	01:57	0:56:03	4	0:01:13	2	0:23:14	2	04:38	1:20:30
355	Debbie Wright	Comox	34	F	13	3		0:10:38	1	0:02:54	5	0:40:49	4	02:02	0:54:21	2	0:01:13	2	0:27:35	4	05:31	1:23:09
356	Alana Jorgensen	CAMPBELL RIVER	33	F	14	4		0:15:11	5	0:02:40	2	0:41:38	5	02:04	0:59:29	5	0:01:18	4	0:23:39	3	04:43	1:24:26
306	Kristina Wellard	Campbell River	30	F	16	5		0:13:56	3	0:02:46	3	0:38:13	2	01:54	0:54:55	3	0:01:31	5	0:28:32	6	05:42	1:24:58
260	Marika Galik	Courtenay	32	F	43	6		0:18:13	6		0	0:48:51	6	02:26	1:07:04	6	0:01:51	6	0:28:04	5	05:36	1:36:59
253	Karen Graeme	Courtenay	31	F	65	7		0:18:21	7	0:07:07	6	0:55:20	7	02:46	1:20:48	7	0:02:03	7	0:34:46	7	06:57	1:57:37
<b>Division 11.0 SPRINT Individual Females Open Category 6 35 - 39 years old</b>																						
282	Andrea Prager	Comox	36	F	3	1		0:12:32	1	0:02:30	1	0:39:00	1	01:57	0:54:02	1	0:01:12	1	0:21:01	1	04:12	1:16:15
380	Kelly Godard	Comox	36	F	23	2		0:17:30	6	0:02:41	2	0:39:09	2	01:57	0:59:20	3	0:02:08	9	0:25:26	3	05:05	1:26:54
324	Jennifer Kask	Campbell River	35	F	25	3		0:14:27	2	0:03:34	5	0:40:06	3	02:00	0:58:07	2	0:01:21	3	0:28:18	8	05:39	1:27:46
267	Michelle Wallace	Nanaimo	39	F	33	4		0:15:27	3	0:03:01	3	0:44:20	7	02:13	1:02:48	4	0:02:08	9	0:26:28	7	05:17	1:31:24
318	Roxanne Gress	Nanaimo	36	F	38	5		0:18:50	7	0:04:31	10	0:44:07	6	02:12	1:07:28	6	0:01:31	4	0:26:27	6	05:17	1:35:26
298	Claudia Vachon	Courtenay	36	F	39	6		0:19:33	9	0:03:08	4	0:45:19	9	02:15	1:08:00	7	0:01:47	6	0:25:40	4	05:08	1:35:27
317	Margaret Weiss	Cumberland	36	F	41	7		0:20:12	10	0:04:14	8	0:44:06	5	02:12	1:08:32	8	0:02:05	8	0:25:46	5	05:09	1:36:23
273	Denise Mackinnon	Nanaimo	39	F	44	8		0:24:48	11	0:03:41	6	0:41:28	4	02:04	1:09:57	9	0:01:55	7	0:25:17	2	05:03	1:37:09
288	Pamela Kaatz	Sechelt	38	F	49	9		0:16:30	4	0:04:27	9	0:44:55	8	02:14	1:05:52	5	0:02:22	11	0:31:58	10	06:23	1:40:12
391	Leanne Morrison	Courtenay	38	F	58	10		0:19:31	8	0:04:57	11	0:51:26	10	02:34	1:15:54	10	0:01:19	2	0:29:40	9	05:56	1:46:53
274	Sarie Cooke-Yarborough	Nanaimo	39	F	64	11		0:16:50	5	0:03:58	7	0:56:26	11	02:49	1:17:14	11	0:01:35	5	0:38:29	11	07:41	1:57:18
<b>Division 11.0 SPRINT Individual Females Open Category 7 40 - 49 years old</b>																						
381	Cindy Steuart	Courtenay	44	F	2	1		0:13:19	4	0:02:17	2	0:36:02	1	01:48	0:51:38	2	0:01:18	4	0:22:21	2	04:28	1:15:17
301	Anne Goodfellow	Courtenay	45	F	4	2		0:11:16	1	0:02:47	6	0:36:08	2	01:48	0:50:11	1	0:01:36	11	0:24:55	7	04:59	1:16:42
358	Janice Scriba	Campbell River	46	F	5	3		0:14:58	8	0:02:30	4	0:36:18	3	01:48	0:53:46	3	0:01:13	2	0:22:29	3	04:29	1:17:28
270	Carla Valentine	Campbell River	41	F	8	4		0:12:59	3	0:02:53	8	0:38:18	5	01:54	0:54:10	4	0:01:58	19	0:24:34	5	04:54	1:20:42
277	Maureen Thomson	Courtenay	49	F	10	5		0:12:46	2	0:00:52	1	0:41:13	11	02:03	0:54:51	5	0:01:41	14	0:25:14	10	05:02	1:21:46
293	Lo Lanning	Merville	45	F	11	6		0:13:25	5	0:02:26	3	0:40:09	8	02:00	0:56:00	6	0:01:16	3	0:25:09	8	05:01	1:22:25
256	Karla Leighton	Campbell River	40	F	15	7		0:14:36	7	0:02:42	5	0:40:00	7	02:00	0:57:18	7	0:01:25	6	0:25:44	12	05:08	1:24:27
264	Karen Jakobsen	Squamish	45	F	18	8		0:17:16	13	0:03:01	13	0:38:11	4	01:54	0:58:28	8	0:01:34	9	0:25:11	9	05:02	1:25:13
332	Jane Johnson	Campbell River	44	F	21	9		0:15:50	9	0:03:20	15	0:42:46	13	02:08	1:01:56	13	0:02:01	21	0:21:57	1	04:23	1:25:54
331	Susan Murray	Comox	40	F	24	10		0:15:51	10	0:02:55	9	0:42:52	14	02:08	1:01:38	12	0:01:32	7	0:24:34	5	04:54	1:27:44
388	Wendie Jensen	Port Hardy	40	F	26	11		0:16:44	11	0:02:58	11	0:40:21	10	02:01	1:00:03	9	0:01:39	13	0:26:33	15	05:18	1:28:15
294	Tanya Borden	Royston	41	F	28	12		0:17:10	12	0:04:02	19	0:40:16	9	02:00	1:01:28	10	0:01:53	18	0:25:32	11	05:06	1:28:53
309	Sabine Schill	Cumberland	48	F	29	13		0:19:04	19	0:02:55	9	0:39:35	6	01:58	1:01:34	11	0:01:41	14	0:25:48	14	05:09	1:29:03
322	Christie Russell	Cumberland	42	F	30	14		0:17:31	15	0:03:07	14	0:42:17	12	02:06	1:02:55	14	0:01:11	1	0:25:47	13	05:09	1:29:53
327	Dianne Harris	Pt Hardy	45	F	31	15		0:19:46	22	0:02:52	7	0:43:13	15	02:09	1:05:51	15	0:01:20	5	0:23:39	4	04:43	1:30:50
320	Deborah Kitchener	Courtenay	41	F	45	16		0:22:23	24	0:03:00	12	0:43:37	16	02:10	1:09:00	17	0:01:32	7	0:27:09	16	05:25	1:37:41
279	Laura Agnew	Union Bay	48	F	47	17		0:13:25	5	0:04:32	22	0:47:57	20	02:23	1:05:54	16	0:01:47	17	0:31:35	21	06:19	1:39:16
308	Margo Douglas	Merville	40	F	48	18		0:19:36	21	0:04:15	21	0:46:21	17	02:19	1:10:12	20	0:02:07	23	0:27:29	17	05:29	1:39:48
336	Cindy Michalewich	Cumberland	46	F	50	19		0:18:49	18	0:03:22	16	0:46:53	18	02:20	1:09:04	18	0:01:59	20	0:29:36	18	05:55	1:40:39
321	Robin Muzzerall	Campbell River	47	F	53	20		0:19:25	20	0:04:33	23	0:48:35	22	02:25	1:12:33	22	0:01:35	10	0:29:40	19	05:56	1:43:48
315	Jacquie Poulin	Nanaimo	42	F	55	21		0:18:34	17	0:03:50	18	0:50:13	23	02:30	1:12:37	23	0:02:04	22	0:30:33	20	06:06	1:45:14
265	Hélène Boisseau	Comox	47	F	56	22		0:20:46	23	0:04:12	20	0:47:08	19	02:21	1:12:06	21	0:01:36	11	0:31:37	22	06:19	1:45:19
290	Lynda Brisebois	Sechelt	43	F	60	23		0:18:27	16	0:06:27	24	0:50:18	24	02:30	1:15:12	24	0:01:43	16	0:34:30	23	06:54	1:51:25
307	Marnie van der Vliet	Courtenay	44	F	61	24		0:17:28	14	0:03:43	17	0:48:26	21	02:25	1:09:37	19	0:02:20	24	0:40:38	24	08:07	1:52:35
<b>Division 11.0 SPRINT Individual Females Open Category 8 50 - 59 years old</b>																						
316	Linda Nagle	Campbell River	58	F	20	1		0:15:19	1	0:02:57	1	0:39:43	1	01:59	0:57:59	1	0:01:42	5	0:26:11	2	05:14	1:25:52
334	Zina Richmond	Courtenay	54	F	22	2		0:16:33	3		0	0:45:04	4	02:15	1:01:37	2	0:01:36	4	0:23:25	1	04:41	1:26:38
271	Pat Eagan-Brackett	Parksville	56	F	36	3		0:16:18	2	0:04:15	6	0:42:11	2	02:06	1:02:44	3	0:01:20	2	0:27:35	3	05:31	1:31:39
304	Jeanette Christian	Nanoose Bay	53	F	46	4		0:18:45	6	0:03:12	2	0:44:43	3	02:14	1:06:40	4	0:02:21	9	0:29:04	4	05:48	1:38:05
255	Dawn Taylor	Ladysmith	52	F	51	5		0:19:31	8	0:03:15	3	0:46:09	5	02:18	1:08:55	5	0:01:17	1	0:30:40	7	06:08	1:40:52
305	Brenda Schmidt	Campbell River	51	F	52	6		0:18:03	4	0:04:19	7	0:47:57	6	02:23	1:10:19	6	0:01:53	6	0:30:35	6	06:07	1:42:47

# THE COMOX VALLEY SHORELINE ORTHODONTICS TRI-K TRIATHLON MAY 29th 2011

## Official Results

Number	Name or Team Name	From	Age @ 31/12/2011	S	D P C P i l a l v a t a e . c c x e e	Swim (or 1st Run for Duathlon)	T1 Time.....Place	Bike Time.....Place	Bike TPK	After Bike		T2		Run		Run TPK	Total Time
										Time.....Place	Time.....Place	Time.....Place	Time.....Place	Time.....Place	Time.....Place		
348	Terrena O'Connor	Ladysmith	52	F	56	7	0:18:40 5	0:03:49 4	0:50:15 7	02:30	1:12:44 7	0:02:01 8	0:30:34 5	06:06	1:45:19		
257	Silvia D'Arcangelo	Courtenay	59	F	62	8	0:19:17 7	0:04:05 5	0:52:39 8	02:37	1:16:01 8	0:01:30 3	0:35:07 8	07:01	1:52:38		
261	Shasta Martinuk	Bowen Island	55	F	66	9	0:21:51 9	0:04:55 8	0:54:08 9	02:42	1:20:54 9	0:01:56 7	0:39:08 9	07:49	2:01:58		
<b>Division 11.0 SPRINT Individual Females Open</b>			<b>Category 9</b>			<b>60 - 69 years old</b>											
276	Bonny Ervin	Royston	64	F	9	1	0:15:05 1	0:02:41 1	0:37:44 1	01:53	0:55:30 1	0:02:19 4	0:23:32 1	04:42	1:21:21		
281	Wink Richardson	Courtenay	60	F	35	2	0:15:31 2	0:03:35 2	0:43:27 4	02:10	1:02:33 3	0:02:12 3	0:26:41 3	05:20	1:31:26		
357	Shelley Sanderson	Comox	61	F	37	3	0:15:33 3	0:04:25 4	0:42:38 3	02:07	1:02:36 4	0:02:28 6	0:27:53 5	05:34	1:32:57		
329	Helen Mason	Courtenay	62	F	40	4	0:17:54 5	0:03:54 3	0:45:10 5	02:15	1:06:58 5	0:01:40 2	0:26:55 4	05:23	1:35:33		
263	Barbara Kenno	Parksville	62	F	42	5	0:15:34 4	0:04:25 4	0:42:13 2	02:06	1:02:12 2	0:02:39 7	0:31:37 7	06:19	1:36:28		
342	Jennifer McQuade	Comox	60	F	54	6	0:25:02 6	0:05:17 6	0:45:15 6	02:15	1:15:34 6	0:02:24 5	0:26:32 2	05:18	1:44:30		
347	Sheila Van Gisbergen	Courtenay	61	F	63	7	0:25:35 7	0:05:33 7	0:52:51 7	02:38	1:23:59 7	0:01:27 1	0:30:33 6	06:06	1:55:59		
<b>Division 12.0 SPRINT Team 15 - 18 Swim 750m / Bike 20k / Run 5k</b>			<b>Category 2</b>			<b>Females</b>											
377	SuperCooltastic Leopards	Comox	17	F	1	1	0:10:25 1	0:01:24 1	0:41:06 1	02:03	0:52:55 1	0:00:45 1	0:25:20 1	05:04	1:19:00		
<b>Division 13.0 SPRINT Team Open Swim 750m / Bike 20k / Run 5k</b>			<b>Category 2</b>			<b>Females</b>											
367	Trio	Courtenay	16	F	4	1	0:11:24 1	0:01:28 3	0:37:41 2	01:53	0:50:33 2	0:00:47 1	0:22:39 1	04:31	1:13:59		
366	Kona 2012	Courtenay	65	F	5	2	0:12:51 2	0:01:26 2	0:35:50 1	01:47	0:50:07 1	0:00:50 2	0:23:48 2	04:45	1:14:45		
375	Marvellous Merville Mamas	Courtenay	26	F	8	3	0:15:58 3	0:01:25 1	0:42:13 4	02:06	0:59:36 4	0:00:52 3	0:26:22 3	05:16	1:26:50		
390	Kim's Girls	Courtenay	33	F	9	4	0:17:22 4	0:01:53 4	0:38:22 3	01:55	0:57:37 3	0:00:56 4	0:28:28 4	05:41	1:27:01		
385	Last Minute Ladies	Courtenay	23	F	12	5	0:22:26 5	0:02:19 5	0:45:47 5	02:17	1:10:32 5	0:01:05 5	0:29:43 5	05:56	1:41:20		
<b>Division 13.0 SPRINT Team Open</b>			<b>Category 3</b>			<b>Mixed</b>											
372	The Old Helpards	Comox	43	F	2	1	0:13:03 2	0:01:34 1	0:31:30 1	01:34	0:46:07 1	0:00:46 2	0:24:28 3	04:53	1:11:21		
376	BBS Bazookas	Campbell River	33	F	3	2	0:12:49 1	0:01:36 2	0:35:35 2	01:46	0:50:00 2	0:00:43 1	0:21:52 2	04:22	1:12:35		
369	2.5 Adults	Courtenay	44	F	6	3	0:16:45 3	0:01:55 4	0:38:07 3	01:54	0:56:47 3	0:00:57 4	0:21:13 1	04:14	1:18:57		
368	Hornby Denman Frisky Frieghters	Union Bay	44	F	11	4	0:17:17 4	0:01:45 3	0:45:01 4	02:15	1:04:03 4	0:00:50 3	0:32:36 4	06:31	1:37:29		
<b>Division 13.0 SPRINT Team Open</b>			<b>Category 4</b>			<b>Family</b>											
371	Special K	Courtenay	15	M	1	1	0:12:54 2	-0:01:29 0	0:38:18 1	01:54	0:49:43 1	0:00:41 1	0:20:44 1	04:08	1:11:08		
392	Super Tired Canadian	Courtenay	22	F	7	2	0:12:41 1	0:00:47 1	0:39:07 2	01:57	0:52:35 2	0:01:18 2	0:28:07 3	05:37	1:22:00		
374	Triple O's	Comox	46	M	10	3	0:14:19 3	0:03:15 2	0:52:23 3	02:37	1:09:57 3	0:01:22 3	0:22:31 2	04:30	1:33:50		
<b>Division 16.0 Duathlon Run 5k / Bike 20k / Run 5k</b>			<b>Category 1</b>			<b>Males</b>											
384	Rurik Hubner	Cumberland	53	M	1	1	0:21:51 1	0:01:22 1	0:39:02 1	01:57	1:02:15 1	0:02:03 1	0:22:39 1	04:31	1:26:57		
299	Dan Woodrow	Comox	57	M	8	2	0:27:57 2	0:02:52 2	0:48:34 2	02:25	1:19:23 2	0:03:12 2	0:34:24 2	06:52	1:56:59		
<b>Division 16.0 Duathlon</b>			<b>Category 2</b>			<b>Females</b>											
335	Robyn Dicesare	Courtenay	47	F	2	1	0:21:53 1	0:01:06 1	0:40:20 2	02:01	1:03:19 2	0:01:36 3	0:22:39 1	04:31	1:27:34		
323	Karsha Dunn	Campbell River	37	F	3	2	0:22:54 2	0:02:14 5	0:38:09 1	01:54	1:03:17 1	0:02:23 6	0:23:28 2	04:41	1:29:08		
340	Truzanne Claasen	courtenay	23	F	4	3	0:23:07 3	0:01:10 2	0:47:22 4	02:22	1:11:39 3	0:01:33 2	0:28:09 3	05:37	1:41:21		
302	Ophelia Friesen	Nanaimo	31	F	5	4	0:27:34 4	0:02:21 6	0:45:15 3	02:15	1:15:10 4	0:02:56 7	0:31:32 5	06:18	1:49:38		
341	Claudia Claasen	courtenay	17	F	6	5	0:29:47 6	0:01:46 4	0:49:11 5	02:27	1:20:44 5	0:01:47 4	0:30:33 4	06:06	1:53:04		
339	Elmarie Claasen	courtenay	50	F	7	6	0:29:43 5	0:01:35 3	0:50:15 6	02:30	1:21:33 6	0:01:07 1	0:32:12 6	06:26	1:54:52		
333	Tamzyn Huisamen	Courtenay	19	F	9	7	0:30:30 7	0:02:22 7	0:56:59 7	02:50	1:29:51 7	0:01:56 5	0:38:36 7	07:43	2:10:23		