

THE COMOX VALLEY ISLANDER TRI-K TRIATHLON MAY 30th 2004

Number	Name or Team Name	From	E P C P		v l a l		Swim (or 1st Run for Duathlon)	T1 Time...Place	Bike Time...Place	Bike TPK	After Bike		T2 Time...Place	Run Time...Place	Run TPK	Total Time					
			A	S	e	a					T	g					e	n	c	e	Time...Place
Event 1 MINI Individual Males 8 - 17 years old																					
Category 1 8 - 10 years old																					
095	BROOK POWELL	VICTORIA	10	M	2	1	0:02:57	1	0:02:00	2	0:19:01	1	01:54	0:23:58	1	0:01:00	1	0:08:09	1	04:04	0:33:07
012	NIGEL ELLSAY	COURTENAY	10	M	10	2	0:03:35	2	0:02:43	3	0:21:57	2	02:11	0:28:15	2	0:01:19	2	0:11:13	6	05:36	0:40:47
013	JUSTIN CUNNINGHAM	CAMPBELL RIVER	10	M	16	3	0:05:09	3	0:01:40	1	0:25:07	3	02:30	0:31:56	3	0:01:34	4	0:10:47	4	05:23	0:44:17
014	BENJAMIN RUDSON	NANAIMO	9	M	22	4	0:05:12	4	0:03:29	4	0:27:23	4	02:44	0:36:04	4	0:01:21	3	0:10:39	3	05:19	0:48:04
222	JACK LEEVERS	COURTENAY	9	M	24	5	0:05:20	5	0:07:00	6	0:28:33	5	02:51	0:40:53	5	0:01:48	5	0:10:09	2	05:04	0:52:50
184	LEVI DANYLYSHEN	QUALICUM	8	M	26	6	0:05:55	6	0:03:49	5	0:33:11	6	03:19	0:42:55	6	0:02:28	6	0:11:10	5	05:35	0:56:33
Event 1 MINI Individual Males 8 - 17 years old Category 2 11 - 12 years old																					
001	MATT SHARPE	CAMPBELL RIVER	12	M	1	1	0:02:45	1	0:01:53	2	0:19:04	2	01:54	0:23:42	1	0:00:56	1	0:07:40	1	03:50	0:32:18
185	CHRISTOPHER SUNDBY	VICTORIA	12	M	3	2	0:03:12	4	0:01:54	3	0:18:45	1	01:52	0:23:51	2	0:01:03	2	0:08:38	2	04:19	0:33:32
098	NICK HOLATKO	COMOX	12	M	6	3	0:03:08	3	0:01:45	1	0:21:54	3	02:11	0:26:47	3	0:01:10	5	0:09:24	4	04:42	0:37:21
002	JOHN VINNEDGE	COMOX	11	M	8	4	0:02:47	2	0:02:30	8	0:23:16	5	02:19	0:28:33	4	0:01:13	7	0:09:45	5	04:52	0:39:31
132	DALLAS MONK	COMOX	11	M	12	5	0:04:49	7	0:02:12	4	0:24:53	9	02:29	0:31:54	8	0:01:07	3	0:09:05	3	04:32	0:42:06
187	JAIMEN CRONK	CAMPBELL RIVER	11	M	13	6	0:04:01	6	0:02:26	7	0:24:40	8	02:28	0:31:07	7	0:01:14	8	0:10:09	7	05:04	0:42:30
186	TRENT SAUNDERS	CAMPBELL RIVER	12	M	14	7	0:05:29	8	0:03:15	10	0:22:05	4	02:12	0:30:49	6	0:01:10	5	0:10:51	9	05:25	0:42:50
096	MYLES WALTERS	COURTENAY	12	M	15	8	0:03:31	5	0:02:19	5	0:24:11	7	02:25	0:30:01	5	0:02:04	12	0:11:48	11	05:54	0:43:53
133	LOGAN ALLMENDINGER	COMOX	11	M	17	9	0:05:58	10	0:03:02	9	0:23:19	6	02:19	0:32:19	9	0:01:27	10	0:11:05	10	05:32	0:44:51
131	SAM CRESWELL	COMOX	11	M	18	10	0:05:57	9	0:02:21	6	0:26:00	11	02:36	0:34:18	10	0:01:09	4	0:09:59	6	04:59	0:45:26
097	SHANE RIVARD	COMOX	12	M	23	11	0:06:50	12	0:04:10	11	0:25:05	10	02:30	0:36:05	11	0:01:21	9	0:10:49	8	05:24	0:48:15
099	JORDAN GRIFFITH	COURTENAY	11	M	25	12	0:06:05	11	0:04:10	11	0:28:35	12	02:51	0:38:50	12	0:01:33	11	0:14:18	12	07:09	0:54:41
Event 1 MINI Individual Males 8 - 17 years old Category 3 13 - 14 years old																					
016	MAX MAUND	COURTENAY	13	M	4	1	0:03:24	3	0:02:33	2	0:18:43	1	01:52	0:24:40	1	0:01:01	2	0:07:52	1	03:56	0:33:33
264	GRANT O'NEILL	COMOX	13	M	5	2	0:03:08	1	0:02:12	1	0:19:39	2	01:57	0:24:59	2	0:00:56	1	0:09:35	4	04:47	0:35:30
004	CHRISTOPHER EISLER	COMOX	13	M	7	3	0:03:45	4	0:02:37	3	0:20:24	3	02:02	0:26:46	3	0:01:12	5	0:11:05	7	05:32	0:39:03
299	BRENDAN ARNOLD	CAMPBELL RIVER	13	M	9	4	0:03:19	2	0:02:58	7	0:23:52	5	02:23	0:30:09	4	0:01:13	6	0:08:53	2	04:26	0:40:15
102	JACOB PERICH	COURTENAY	13	M	11	5	0:04:02	5	0:02:41	4	0:24:14	6	02:25	0:30:57	6	0:01:23	8	0:09:16	3	04:38	0:41:36
100	MATHIEU LEDUC	COMOX	14	M	19	6	0:04:50	8	0:02:55	6	0:23:01	4	02:18	0:30:46	5	0:01:07	3	0:13:58	8	06:59	0:45:51
212	BRANDON VISSER	VANCOUVER	14	M	20	7	0:04:39	6	0:02:44	5	0:26:57	8	02:41	0:34:20	7	0:01:08	4	0:10:59	6	05:29	0:46:27
213	BRYAN LA ROCHELLE	VANCOUVER	13	M	21	8	0:05:30	9	0:04:06	9	0:25:30	7	02:33	0:35:06	8	0:01:30	9	0:10:22	5	05:11	0:46:58
101	JOEL ANDERSON	GOLD RIVER	13	M	27	9	0:04:45	7	0:03:26	8	0:34:55	9	03:29	0:43:06	9	0:01:20	7	0:20:14	9	10:07	1:04:40
Event 2 MINI Individual Females 8 - 17 years old																					
Event 2 MINI Individual Females 8 - 17 years Category 1 8 - 10 years old																					
188	KAELY CRONK	CAMPBELL RIVER	10	F	16	1	0:04:06	1	0:02:41	1	0:27:40	2	02:46	0:34:27	1	0:01:19	1	0:12:54	3	06:27	0:48:40
103	CHRISTINA PATERSON	COURTENAY	10	F	18	2	0:05:11	3	0:03:57	4	0:27:12	1	02:43	0:36:20	2	0:01:23	2	0:11:37	2	05:48	0:49:20
208	JOY MACKAY	COURTENAY	10	F	19	3	0:04:17	2	0:03:48	2	0:30:16	3	03:01	0:38:21	3	0:01:36	4	0:10:52	1	05:26	0:50:49
265	ALIDA-KATHERINE CAPIRCHIO	COMOX	9	F	24	4	0:07:23	4	0:03:54	3	0:37:22	4	03:44	0:48:39	4	0:01:27	3	0:13:08	4	06:34	1:03:14
Event 2 MINI Individual Females 8 - 17 years Category 2 11 - 12 years old																					
019	SCARLETT DESMARAIS	VICTORIA	11	F	1	1	0:03:19	3	0:01:59	1	0:21:10	2	02:07	0:26:28	1	0:01:07	3	0:08:28	1	04:14	0:36:03
105	DANEAN NEILL	COURTENAY	11	F	6	2	0:03:29	5	0:02:08	2	0:21:21	3	02:08	0:26:58	3	0:01:12	4	0:10:16	4	05:08	0:38:26
017	KELSEY CUNNINGHAM	CAMPBELL RIVER	12	F	7	3	0:03:16	1	0:02:31	4	0:20:59	1	02:05	0:26:46	2	0:01:02	2	0:10:49	5	05:24	0:38:37
106	CHRISTINE ROWLAND	COMOX	12	F	9	4	0:03:28	4	0:02:53	5	0:23:49	5	02:22	0:30:10	5	0:00:58	1	0:09:30	2	04:45	0:40:38
135	KIERSTEN MCLEOD	COMOX	11	F	11	5	0:05:13	12	0:03:04	8	0:24:57	6	02:29	0:33:14	9	0:01:29	11	0:09:40	3	04:50	0:44:23
134	MEGAN LOCHHEAD	NANAIMO	12	F	12	6	0:03:51	6	0:02:58	6	0:23:13	4	02:19	0:30:02	4	0:01:29	11	0:13:18	10	06:39	0:44:49
223	SAVANNAH SALAS	DENMAN ISLAND	11	F	13	7	0:04:20	9	0:02:14	3	0:25:56	8	02:35	0:32:30	6	0:01:15	5	0:13:07	9	06:33	0:46:52
006	CAROLINE EWEN	CALGARY	12	F	14	8	0:03:18	2	0:03:03	7	0:26:13	9	02:37	0:32:34	7	0:01:16	8	0:14:02	12	07:01	0:47:52
107	HANNAH BELLAMY	COURTENAY	12	F	15	9	0:04:45	11	0:03:16	10	0:26:43	10	02:40	0:34:44	10	0:01:15	5	0:12:37	8	06:18	0:48:36
224	EMILY HEERING	COURTENAY	12	F	17	10	0:03:56	7	0:03:53	14	0:25:20	7	02:32	0:33:09	8	0:01:23	10	0:14:13	13	07:06	0:48:45
018	SAMANTHA RODGERS	COURTENAY	11	F	20	11	0:04:12	8	0:03:36	13	0:31:03	14	03:06	0:38:51	13	0:01:15	5	0:11:53	6	05:56	0:51:59
233	KIRA MARSHALL	CAMPBELL RIVER	11	F	20	11	0:06:42	14	0:03:13	9	0:28:27	11	02:50	0:38:22	12	0:01:29	11	0:12:08	7	06:04	0:51:59
136	ADELAIDE STEWART	DENMAN ISLAND	12	F	22	13	0:04:39	10	0:03:19	11	0:29:37	12	02:57	0:37:35	11	0:01:31	14	0:13:42	11	06:51	0:52:48
005	HANNAH CROWDER	COMOX	11	F	23	14	0:05:46	13	0:04:34	15	0:30:52	13	03:05	0:41:12	14	0:01:22	9	0:15:16	14	07:38	0:57:50
290	KAYLYNN GARLOCK	COURTENAY	11	F	25	15	0:06:46	15	0:03:24	12	0:38:36	15	03:51	0:48:46	15	0:01:53	15	0:19:22	15	09:41	1:10:01
Event 2 MINI Individual Females 8 - 17 years Category 3 13 - 14 years old																					
137	BRIE CAWSTON-GRANT	COURTENAY	13	F	2	1	0:03:31	4	0:02:00	1	0:20:26	1	02:02	0:25:57	1	0:01:08	3	0:09:38	4	04:49	0:36:43
234	REBECCA MARSHALL	CAMPBELL RIVER	13	F	3	2	0:03:22	1	0:02:11	2	0:20:47	3	02:04	0:26:20	3	0:01:11	4	0:09:15	1	04:37	0:36:46
189	DANIELL CAMPBELL	COURTENAY	13	F	4	3	0:03:29	3	0:02:15	4	0:20:33	2	02:03	0:26:17	2	0:01:04	1	0:09:33	3	04:46	0:36:54
108	KIMBERLY ROWLAND	COMOX	13	F	5	4	0:03:23	2	0:02:14	3	0:21:08	4	02:06	0:26:45	4	0:01:06	2	0:09:29	2	04:44	0:37:20

THE COMOX VALLEY ISLANDER TRI-K TRIATHLON MAY 30th 2004

Number	Name or Team Name	From	E P C P		v l a l		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						
			A S e a t a	g e n c e	e x t e r	g e n c e															
Event 2 MINI Individual Females 8 - 17 years Category 4 15 - 17 years old																					
266	ROBYN ASHWELL	COMOX	16	F	8	1	0:03:44	1	0:03:23	2	0:22:09	2	02:12	0:29:16	1	0:01:05	1	0:09:14	1	04:37	0:39:35
048	HEATHER THOMSON	COURTENAY	15	F	10	2	0:04:37	2	0:02:40	1	0:22:02	1	02:12	0:29:19	2	0:01:54	2	0:09:29	2	04:44	0:40:42
Event 3 MINI Teams 8 - 9 years old																					
Event 3 MINI Teams 8 - 9 years old Category 1 Males																					
138	ATHLETIC PINK BUNNIES	COMOX	7	M	3	1	0:05:47	1	0:02:00	1	0:28:01	1	02:48	0:35:48	1	0:00:59	1	0:09:44	1	04:52	0:46:31
Event 3 MINI Teams 8 - 9 years old Category 2 Females																					
225	RED RACERS	COURTENAY	9	F	2	1	0:04:09	1	0:01:44	1	0:28:12	1	02:49	0:34:05	1	0:00:53	1	0:10:01	2	05:00	0:44:59
049	THE BAA BUNNIES	COURTENAY	9	F	4	2	0:05:39	4	0:01:57	3	0:28:27	2	02:50	0:36:03	2	0:01:07	3	0:09:41	1	04:50	0:46:51
235	TEAM HITEC	COURTENAY	9	F	7	3	0:04:57	2	0:01:54	2	0:30:42	3	03:04	0:37:33	3	0:00:59	2	0:14:44	4	07:22	0:53:16
236	GLACIER VIEW SEA VIPERS	COURTENAY	9	F	9	4	0:05:22	3	0:02:33	4	0:36:38	4	03:39	0:44:33	4	0:01:09	4	0:10:45	3	05:22	0:56:27
Event 3 MINI Teams 8 - 9 years old Category 3 Mixed																					
109	JORDAN DUNCAN'S TEAM	COURTENAY	9	F	1	1	0:05:16	3	0:02:02	3	0:23:30	1	02:21	0:30:48	1	0:01:00	2	0:11:13	2	05:36	0:43:01
140	DEVILS	COMOX	8	F	5	2	0:05:20	4	0:01:49	1	0:29:44	2	02:58	0:36:53	2	0:01:06	3	0:13:45	5	06:52	0:51:44
139	WINKIN' BLINKIN' AND NOD	COMOX	7	F	6	3	0:04:41	2	0:02:28	4	0:31:12	3	03:07	0:38:21	3	0:01:28	5	0:12:26	4	06:13	0:52:15
226	NOAH LEWIS' TEAM	COMOX	9	M	8	4	0:03:54	1	0:02:01	2	0:36:16	4	03:37	0:42:11	4	0:00:59	1	0:10:58	1	05:29	0:54:08
237	GLACIER VIEW HUSKY RUNNERS	COURTENAY	9	F	10	5	0:07:02	5	0:03:08	5	0:39:22	5	03:56	0:49:32	5	0:01:13	4	0:12:24	3	06:12	1:03:09
Event 4 MINI Teams 10 - 11 years old																					
Event 4 MINI Teams 10 - 11 years old Category 1 Males																					
051	DUSTIN GULLIFORD'S TEAM	COMOX	10	M	4	1	0:05:09	9	0:01:38	4	0:20:58	1	02:05	0:27:45	1	0:00:53	5	0:08:59	5	04:29	0:37:37
053	BIG BRUISIN MACHINES	COURTENAY	11	M	6	2	0:03:00	1	0:02:11	16	0:24:23	4	02:26	0:29:34	3	0:00:44	1	0:09:08	6	04:34	0:39:26
052	GOLD GRABBERS	COURTENAY	11	M	7	3	0:03:59	5	0:01:45	9	0:23:51	3	02:23	0:29:35	4	0:00:51	4	0:09:34	7	04:47	0:40:00
020	THE 3 GOOMBAS	COURTENAY	11	M	8	4	0:03:55	3	0:01:30	1	0:25:41	8	02:34	0:31:06	6	0:00:47	2	0:08:27	1	04:13	0:40:20
143	FRENCH FRIES	COURTENAY	10	M	9	5	0:04:27	6	0:01:48	10	0:23:02	2	02:18	0:29:17	2	0:00:54	7	0:10:22	11	05:11	0:40:33
054	DREW KUHNERT'S TEAM	COURTENAY	9	M	10	6	0:03:40	2	0:01:39	6	0:24:35	5	02:27	0:29:54	5	0:01:07	15	0:09:37	8	04:48	0:40:38
141	ROAD RUNNERS	COMOX	11	M	10	6	0:04:42	7	0:01:42	7	0:24:42	6	02:28	0:31:06	6	0:00:54	7	0:08:38	2	04:19	0:40:38
142	IRONBOYS	DENMAN ISLAND	10	M	13	8	0:05:16	10	0:01:36	3	0:25:00	7	02:30	0:31:52	8	0:00:55	10	0:08:46	3	04:23	0:41:33
112	GLACIER VIEW'S CHEATING	COURTENAY	11	M	15	9	0:04:44	8	0:01:31	2	0:26:10	10	02:37	0:32:25	9	0:00:57	11	0:09:44	9	04:52	0:43:06
144	KYE KENDALL'S TEAM	COMOX	10	M	20	10	0:06:41	16	0:01:49	11	0:25:50	9	02:35	0:34:20	11	0:00:50	3	0:08:54	4	04:27	0:44:04
238	T.O.A.	COURTENAY	11	M	25	11	0:03:57	4	0:01:43	8	0:29:37	15	02:57	0:35:17	12	0:01:06	14	0:10:15	10	05:07	0:46:38
239	GLACIER VIEW RAD RIPPERS	COURTENAY	10	M	33	12	0:05:19	11	0:01:59	14	0:26:53	11	02:41	0:34:11	10	0:00:53	5	0:12:40	16	06:20	0:47:44
050	THE 3 MUSKETEERS	COMOX	9	M	35	13	0:05:26	12	0:02:03	15	0:28:50	12	02:53	0:36:19	14	0:00:54	7	0:10:38	12	05:19	0:47:51
146	VILLAGE PARK RAPTORS	COMOX	9	M	38	14	0:05:42	13	0:01:38	4	0:28:58	14	02:53	0:36:18	13	0:01:05	13	0:10:58	13	05:29	0:48:21
145	V.P. THUNDERBIRDS	COMOX	11	M	42	15	0:05:48	15	0:01:52	12	0:28:53	13	02:53	0:36:33	15	0:01:02	12	0:12:09	15	06:04	0:49:44
111	GLACIER VIEW YETIS	COURTENAY	10	M	52	16	0:05:42	13	0:01:57	13	0:34:18	16	03:25	0:41:57	16	0:01:21	16	0:11:15	14	05:37	0:54:33
Event 4 MINI Teams 10 - 11 years old Category 2 Females																					
113	CURLY TAIL OINKERS OINK BACKI	COURTENAY	11	F	1	1	0:04:01	5	0:01:33	3	0:20:36	1	02:03	0:26:10	1	0:00:54	3	0:07:41	1	03:50	0:34:45
007	GOLDFISH	COURTENAY	10	F	16	2	0:03:55	3	0:01:26	2	0:26:15	2	02:37	0:31:36	2	0:00:53	2	0:11:10	12	05:35	0:43:39
155	MLK	COMOX	11	F	17	3	0:02:38	1	0:01:35	5	0:29:14	9	02:55	0:33:27	5	0:01:30	20	0:08:45	2	04:22	0:43:42
291	PUNTLEDGE PLUNGE	COURTENAY	10	F	21	4	0:04:20	6	0:01:45	11	0:26:21	3	02:38	0:32:26	3	0:01:30	20	0:10:13	7	05:06	0:44:09
147	TELEBUBBIES	COMOX	10	F	22	5	0:06:57	19	0:00:01	1	0:27:18	6	02:43	0:34:16	6	0:00:59	10	0:09:16	4	04:38	0:44:31
104	ZOOM ZOOM ZOOM	COMOX	9	F	23	6	0:04:51	8	0:01:34	4	0:28:43	7	02:52	0:35:08	7	0:01:00	12	0:09:50	6	04:55	0:45:58
150	DUCKS AND A HALF	COMOX	10	F	24	7	0:04:47	7	0:01:42	9	0:26:29	4	02:38	0:32:58	4	0:00:54	3	0:12:14	15	06:07	0:46:06
190	TRIPLE TROUBLE	COURTENAY	10	F	27	8	0:02:58	2	0:01:39	8	0:31:26	13	03:08	0:36:03	9	0:01:00	12	0:09:46	5	04:53	0:46:49
227	ORLANDO BLOOMERS	COURTENAY	10	F	31	9	0:05:45	15	0:02:03	18	0:29:35	10	02:57	0:37:23	12	0:00:48	1	0:09:09	3	04:34	0:47:20
228	ELISH MCVEY'S TEAM	CUMBERLAND	11	F	32	10	0:06:56	18	0:01:50	16	0:27:04	5	02:42	0:35:50	8	0:00:59	10	0:10:38	9	05:19	0:47:27
149	BUBBLEGUM BABES	COURTENAY	10	F	40	11	0:05:13	11	0:01:47	12	0:29:06	8	02:54	0:36:06	10	0:00:56	5	0:12:20	16	06:10	0:49:22
296	VALLEY VIEW HUSKIES	COURTENAY	11	F	43	12	0:03:56	4	0:01:36	7	0:30:47	11	03:04	0:36:19	11	0:00:56	5	0:12:49	17	06:24	0:50:04
154	KAITLYN PHILLIPS' TEAM	COMOX	11	F	44	13	0:05:01	9	0:01:49	14	0:31:29	14	03:08	0:38:19	13	0:01:10	19	0:10:41	10	05:20	0:50:10
152	WAKY WINNERS	COMOX	10	F	45	14	0:05:17	12	0:02:03	18	0:31:21	12	03:08	0:38:41	14	0:00:58	8	0:10:46	11	05:23	0:50:25
148	SCRUMDIDLYUMPHSHIS HOBOS	COURTENAY	11	F	48	15	0:05:12	10	0:01:35	5	0:33:02	17	03:18	0:39:49	16	0:01:04	15	0:10:29	8	05:14	0:51:22
151	STEPHANIE HENWOOD'S TEAM	COMOX	11	F	49	16	0:05:51	16	0:01:59	17	0:31:32	15	03:09	0:39:22	15	0:01:04	15	0:12:07	14	06:03	0:52:33
241	GLACIER VIEW ANGELS	COURTENAY	11	F	51	17	0:05:25	13	0:01:47	12	0:32:53	16	03:17	0:40:05	17	0:00:58	8	0:13:23	18	06:41	0:54:26
115	GLACIER VIEW'S BLUE JAYS	COURTENAY	11	F	53	18	0:05:25	13	0:02:47	20	0:36:04	20	03:36	0:44:16	19	0:01:08	17	0:11:56	13	05:58	0:57:20
230	THE SPEEDY CHICKS	COMOX	9	F	54	19	0:07:35	20	0:01:49	14	0:34:28	18	03:26	0:43:52	18	0:01:02	14	0:14:40	20	07:20	0:59:34
153	POPCORN GIRLS	COMOX	10	F	55	20	0:06:22	17	0:01:44	10	0:36:51	21	03:41	0:44:57	20	0:01:09	18	0:17:21	21	08:40	1:03:27
240	GLACIER VIEW DUDES	COURTENAY	10	F	58	21		0	0:24:33	21	0:35:30	19	03:33	1:00:03	21	0:00:56	5	0:14:25	19	07:12	1:15:24

Number	Name or Team Name	From	E P C P			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							
			A	S	C										P						
			g	e	a																
			e	n	t																
			x	c	a																
			t	e	t																
Event 4 MINI Teams 10 - 11 years old Category 3 Mixed																					
159	COURTNEY WALSH'S TEAM	COMOX	11	F	2	1	0:03:53	4	0:02:12	19	0:20:28	1	02:02	0:26:33	1	0:00:46	1	0:09:11	2	04:35	0:36:30
116	TEAM KARDOS	COURTENAY	11	F	3	2	0:02:38	1	0:01:26	4	0:23:33	4	02:21	0:27:37	3	0:00:47	2	0:08:58	1	04:29	0:37:22
158	BERGEN KOKOSZKA'S TEAM	COMOX	11	F	5	3	0:02:41	2	0:01:30	5	0:23:16	3	02:19	0:27:27	2	0:00:48	3	0:09:45	3	04:52	0:38:00
110	GLACIER VIEW'S FAST & FURIOUS	COURTENAY	8	F	12	4	0:04:54	6	0:01:35	6	0:23:05	2	02:18	0:29:34	4	0:00:56	8	0:10:17	7	05:08	0:40:47
163	WIZ KIDS	COMOX	10	M	14	5	0:03:59	5	0:01:38	8	0:25:03	6	02:30	0:30:40	5	0:00:57	9	0:10:31	11	05:15	0:42:08
118	GLACIER VIEW KILLERS	COURTENAY	8	M	18	6	0:05:56	15	0:01:06	2	0:26:10	8	02:37	0:33:12	8	0:00:52	5	0:09:45	3	04:52	0:43:49
162	SWEET N SOUR	COMOX	11	F	19	7	0:05:00	8	0:01:58	17	0:25:18	7	02:31	0:32:16	6	0:00:53	6	0:10:43	13	05:21	0:43:52
246	GLACIER VIEW'S COYOTES	COURTENAY	10	F	25	8	0:06:04	17	0:01:40	9	0:25:02	5	02:30	0:32:46	7	0:00:57	9	0:12:55	19	06:27	0:46:38
156	TWO GIRLS AND A GUY	COMOX	9	F	28	9	0:05:26	12	0:01:40	9	0:29:06	12	02:54	0:36:12	12	0:00:50	4	0:09:48	5	04:54	0:46:50
243	TYLER PHYE'S TEAM	COURTENAY	11	F	29	10	0:05:02	9	0:01:57	16	0:27:28	10	02:44	0:34:27	9	0:00:58	11	0:11:33	15	05:46	0:46:58
191	CANADIAN'S	COURTENAY	9	M	30	11	0:06:29	18	0:01:41	11	0:26:21	9	02:38	0:34:31	10	0:01:04	13	0:11:35	16	05:47	0:47:10
229	DEVON HARVEY'S TEAM	COMOX	11	F	34	12	0:02:46	3	0:01:25	3	0:32:29	17	03:14	0:36:40	13	0:00:55	7	0:10:14	6	05:07	0:47:49
160	THE HOLLYWOOD 5 STARS	COMOX	10	F	36	13	0:05:14	10	0:01:37	7	0:29:15	13	02:55	0:36:06	11	0:01:12	16	0:10:48	14	05:24	0:48:06
161	THE LITTLE DEVILS	COMOX	9	F	37	14	0:07:16	19	0:11:30	21	0:34:47	19	03:28	0:53:33	20	0	-0:05:24	0	437:18		0:48:09
247	GLACIER VIEW MIXED NUTS	COURTENAY	10	F	39	15	0:05:45	14	0:01:43	12	0:30:15	14	03:01	0:37:43	14	0:01:13	17	0:10:20	9	05:10	0:49:16
245	GLACIER VIEW'S KILLER WHALES	COURTENAY	10	F	41	16	0:05:37	13	0:01:51	15	0:30:22	15	03:02	0:37:50	15	0:01:16	19	0:10:17	7	05:08	0:49:23
164	CAITLAN LONGMAN'S TEAM	COMOX	11	F	46	17	0:07:49	21	0:02:02	18	0:29:03	11	02:54	0:38:54	16	0:01:07	14	0:10:31	11	05:15	0:50:32
157	ASHLEY HINTZ'S TEAM	COMOX	11	F	47	18	0:05:22	11	0:01:44	13	0:32:28	16	03:14	0:39:34	17	0:01:09	15	0:10:20	9	05:10	0:51:03
244	GLACIER VIEW'S D. J. MONKEYS	COURTENAY	10	M	50	19	0:07:24	20	0:00:16	1	0:32:55	18	03:17	0:40:35	18	0:01:02	12	0:11:44	17	05:52	0:53:21
292	GLACIER VIEW CHAMPS	COURTENAY	10	F	56	20	0:05:57	16	0:01:44	13	0:42:15	20	04:13	0:49:56	19	0:01:14	18	0:13:27	20	06:43	1:04:37
242	GLACIER VIEW MONKEYS	COURTENAY	11	F	57	21	0:04:55	7	0:03:27	20	0:45:16	21	04:31	0:53:38	21	0:01:16	19	0:12:08	18	06:04	1:07:02
Event 5 MINI Teams 12 - 14 years old Category 1 Males																					
056	THUNDER CHICKENS	COURTENAY	12	M	9	1	0:04:32	5	0:01:35	2	0:22:59	2	02:17	0:29:06	1	0:00:56	6	0:08:17	3	04:08	0:38:19
192	GUACAMOLI	COURTENAY	13	M	10	2	0:02:49	1	-0:02:06	0	0:29:01	7	02:54	0:29:44	2	0:00:46	1	0:08:01	2	04:00	0:38:31
119	HOCKEY BUDS	COURTENAY	12	M	13	3	0:03:48	4	0:01:35	2	0:24:35	4	02:27	0:29:58	3	0:00:50	3	0:08:17	3	04:08	0:39:05
055	THE NEED FOR SPEED	COURTENAY	11	M	16	4	0:03:37	3	0:01:45	6	0:26:27	5	02:38	0:31:49	6	0:00:49	2	0:07:56	1	03:58	0:40:34
167	HUNGRY HIPPOS	COMOX	11	M	19	5	0:05:51	7	0:01:40	4	0:23:30	3	02:21	0:31:01	5	0:01:03	8	0:08:58	5	04:29	0:41:02
209	SON OF PIDDLEBUG	COMOX	12	M	26	6	0:02:58	2	0:01:27	1	0:29:51	8	02:59	0:34:16	7	0:00:55	5	0:10:29	7	05:14	0:45:40
165	TYLER MOLLOY'S TEAM	COMOX	11	M	30	7	0:06:20	8	0:01:41	5	0:27:51	6	02:47	0:35:52	8	0:00:59	7	0:09:47	6	04:53	0:46:38
166	"TWERPS"	COMOX	10	M	?	?	0:05:28	6	0:01:48	7	0:22:52	1	02:17	0:30:08	4	0:00:50	3	0:00:00	0	00:00	-0:09:16
Event 5 MINI Teams 12 - 14 years old Category 2 Females																					
059	SPORTY GIRLS	COMOX	14	F	1	1	0:03:17	3	0:01:47	7	0:20:02	1	02:00	0:25:06	1	0:00:47	2	0:08:06	2	04:03	0:33:59
248	SARATOGA SELECTS	BLACK CREEK	13	F	5	2	0:03:53	6	0:01:29	3	0:22:06	2	02:12	0:27:28	2	0:00:46	1	0:07:25	1	03:42	0:35:39
231	NINJA TURBO TURTLES FLY LIKE THE WIND	COURTENAY	14	F	11	3	0:03:14	2	0:02:03	10	0:23:20	3	02:20	0:28:37	3	0:00:49	4	0:09:14	4	04:37	0:38:40
062	BIRD IS THE WORD	COURTENAY	14	F	15	4	0:03:07	1	0:01:29	3	0:24:06	4	02:24	0:28:42	4	0:00:47	2	0:09:46	5	04:53	0:39:15
021	CUTE GENIUSES	COURTENAY	13	F	20	5	0:03:26	4	0:01:23	2	0:24:42	5	02:28	0:29:31	5	0:00:53	6	0:10:47	7	05:23	0:41:11
249	LAZO WHALES	COMOX	12	F	22	6	0:04:00	7	0:01:30	5	0:27:29	7	02:44	0:32:59	6	0:00:57	8	0:09:47	6	04:53	0:43:43
060	THE DUDETS	ROYSTON	12	F	23	7	0:04:05	8	0:01:32	6	0:29:13	9	02:55	0:34:50	9	0:00:49	4	0:08:32	3	04:16	0:44:11
061	JEK	CUMBERLAND	12	F	25	8	0:05:21	11	0:01:51	8	0:26:10	6	02:37	0:33:22	7	0:01:13	11	0:10:54	8	05:27	0:45:29
058	J.A.M.	CUMBERLAND	13	F	28	9	0:04:40	10	0:01:20	1	0:28:34	8	02:51	0:34:34	8	0:00:57	8	0:10:54	8	05:27	0:46:25
114	DANA MASON'S TEAM	ROYSTON	10	F	31	10	0:04:28	9	0:01:52	9	0:30:42	10	03:04	0:37:02	10	0:01:00	10	0:12:57	11	06:28	0:50:59
168	VILLAGE PARK WOOLVES	COMOX	12	F	33	11	0:03:35	5	0:02:34	11	0:35:41	11	03:34	0:41:50	11	0:00:56	7	0:12:45	10	06:22	0:55:31
Event 5 MINI Teams 12 - 14 years old Category 3 Mixed																					
193	POWER OF THREE	COURTENAY	12	M	2	1	0:02:44	1	0:01:20	2	0:21:11	3	02:07	0:25:15	1	0:00:48	2	0:08:45	3	04:22	0:34:48
063	RUBBERDUCKEYS	COMOX	12	F	4	2	0:03:57	5	0:01:31	4	0:20:01	1	02:00	0:25:29	2	0:00:47	1	0:09:20	5	04:40	0:35:36
064	FIN WHEELY SNEAKY	COURTENAY	13	F	6	3	0:03:47	4	0:01:44	7	0:21:10	2	02:07	0:26:41	3	0:00:48	2	0:09:18	4	04:39	0:36:47
065	STRIPED CHEETAHA	COURTENAY	11	F	7	4	0:03:12	2	0:01:13	1	0:23:40	5	02:22	0:28:05	4	0:00:49	4	0:07:56	1	03:58	0:36:50
022	SPEED DEMONDS	COMOX	12	M	12	5	0:04:16	7	0:01:33	5	0:22:32	4	02:15	0:28:21	5	0:01:00	8	0:09:28	6	04:44	0:38:49
170	POWDER PUFF GIRLS	COMOX	11	F	17	6	0:03:12	2	0:01:23	3	0:26:58	7	02:41	0:31:33	7	0:00:54	7	0:08:13	2	04:06	0:40:40
169	MEGAN JERRITT'S TEAM	COMOX	11	F	21	7	0:04:43	8	0:01:48	8	0:24:09	6	02:24	0:30:40	6	0:00:52	5	0:09:57	8	04:58	0:41:29
298	CHALLENGERS	CAMPBELL RIVER	14	E	24	8	0:04:54	9	0:01:59	9	0:27:15	8	02:43	0:34:08	8	0:01:02	10	0:10:14	10	05:07	0:45:24
130	3 MUSKA-DUDES	COURTENAY	12	M	27	9	0:04:12	6	0:01:40	6	0:29:05	9	02:54	0:34:57	9	0:00:53	6	0:10:05	9	05:02	0:45:55
120	GLACIER VIEW TORNADOES	COURTENAY	11	F	32	10	0:05:17	10	0:05:32	11	0:30:13	10	03:01	0:41:02	10	0:01:00	8	0:09:40	7	04:50	0:51:42
250	GLACIER VIEW HUSKIES	COURTENAY	10	F	34	11	0:08:35	11	0:02:03	10	0:33:12	11	03:19	0:43:50	11	0:01:18	11	0:15:52	11	07:56	1:01:00
Event 5 MINI Teams 12 - 14 years old Category 4 Family																					
023	TNT	MERVILLE	13	M	2	1	0:03:46	2	0:01:45	2	0:18:53	1	01:53	0:24:24	1	0:00:52	3	0:09:32	3	04:46	0:34:48
066	THE STATZ FAMILY TEAM	COMOX	13	F	8	2	0:04:30	4	0:01:52	3	0:21:41	2	02:10	0:28:03	2	0:00:51	2	0:08:39	1	04:19	0:37:33
251	VILLAGE PARK NOVA'S	COMOX	9	F	14	3	0:03:18	1	0:02:38	5	0:23:28	3	02:20	0:29:24	3	0:00:54	5	0:08:52	2	04:26	0:39:10

THE COMOX VALLEY ISLANDER TRI-K TRIATHLON MAY 30th 2004

Number	Name or Team Name	From	E P C P		Swim		T1	Bike		After Bike		T2	Run		Total Time						
			A	S	C	P		(or 1st Run for Duathlon)	Time...Place	Time...Place	TPK		Time...Place	Time...Place		TPK					
024	SUSAN LAFOUNTAIN'S TEAM	UNION BAY	37	F	18	4	0:04:25	3	0:01:37	1	0:24:18	4	02:25	0:30:20	4	0:00:46	1	0:09:42	4	04:51	0:40:48
121	THE ADAMS FAMILY	MOUNT	10	F	29	5	0:05:38	5	0:02:05	4	0:28:00	5	02:48	0:35:43	5	0:00:52	3	0:09:52	5	04:56	0:46:27
Event 6 MINI Teams 15 - 17 years old																					
Event 6 MINI Teams 15 - 17 years old Category 2 Females																					
057	CRACKER ACTION	COURTENAY	15	F	2	1	0:03:56	1	0:01:26	1	0:23:36	1	02:21	0:28:58	1	0:00:46	1	0:08:52	1	04:26	0:38:36
Event 6 MINI Teams 15 - 17 years old Category 3 Mixed																					
067	GRAEME YAMAGISHI'S TEAM	COURTENAY	15	M	1	1	0:02:39	1	0:01:20	1	0:21:47	1	02:10	0:25:46	1	0:00:42	1	0:09:37	1	04:48	0:36:05
Event 7 SPRINT Individual Males 15 years +																					
Event 7 SPRINT Individual Males 15 years + Category 1 15 - 16 years old																					
025	JEFFREY PHILLIPS	VICTORIA	15	M	12	1	0:13:15	1	0:01:44	1	0:35:08	1	01:45	0:50:07	1	0:01:32	1	0:17:26	1	03:29	1:09:05
Event 7 SPRINT Individual Males 15 years + Category 2 17 - 19 years old																					
068	RYAN BROWN	COURTENAY	17	M	11	1	0:10:48	1	0:02:00	1	0:33:05	1	01:39	0:45:53	1	0:01:19	1	0:21:21	1	04:16	1:08:33
Event 7 SPRINT Individual Males 15 years + Category 3 20 - 24 years old																					
267	STEVE CHAPMAN	COMOX	21	M	3	1	0:11:23	1	0:02:19	1	0:31:39	1	01:34	0:45:21	1	0:01:59	2	0:17:36	1	03:31	1:04:56
214	DAVE LEITH	COURTENAY	21	M	20	2	0:12:58	2	0:02:35	2	0:34:30	2	01:43	0:50:03	2	0:01:50	1	0:20:40	2	04:08	1:12:33
Event 7 SPRINT Individual Males 15 years + Category 4 25 - 29 years old																					
252	MATT MCDOWELL	POWELL RIVER	27	M	2	1	0:10:57	1	0:02:04	1	0:30:12	1	01:30	0:43:13	1	0:01:19	1	0:19:58	1	03:59	1:04:30
Event 7 SPRINT Individual Males 15 years + Category 5 30 - 34 years old																					
268	JASON WALE	COMOX	33	M	9	1	0:12:40	2	0:02:28	3	0:33:43	1	01:41	0:48:51	1	0:01:46	3	0:17:21	1	03:28	1:07:58
215	JOSH WEST	CAMPBELL RIVER	32	M	16	2	0:14:52	3	0:01:49	1	0:34:42	2	01:44	0:51:23	3	0:01:10	1	0:18:12	2	03:38	1:10:45
122	MIKE FOSTER	PORT ALBERNI	32	M	22	3	0:12:01	1	0:02:07	2	0:35:28	3	01:46	0:49:36	2	0:01:31	2	0:24:44	3	04:56	1:15:51
Event 7 SPRINT Individual Males 15 years + Category 6 35 - 39 years old																					
026	DEKE BOTSFORD	CAMPBELL RIVER	37	M	1	1	0:09:18	1	0:02:02	2	0:32:21	2	01:37	0:43:41	1	0:01:09	2	0:19:34	5	03:54	1:04:24
269	KEN CLAUSEN	CAMPBELL RIVER	39	M	5	2	0:12:18	4	0:02:00	1	0:32:53	4	01:38	0:47:11	3	0:01:34	5	0:17:39	2	03:31	1:06:24
028	ALAN RUDSON	NANAIMO	38	M	7	3	0:12:00	3	0:02:07	3	0:33:18	5	01:39	0:47:25	4	0:01:14	3	0:19:02	3	03:48	1:07:41
280	KIRBY IRMSCHER	COURTENAY	39	M	8	4	0:13:10	5	0:03:17	11	0:32:05	1	01:36	0:48:32	6	0:01:57	9	0:17:21	1	03:28	1:07:50
194	RICHARD CRONK	CAMPBELL RIVER	39	M	10	5	0:13:11	6	0:02:09	4	0:32:33	3	01:37	0:47:53	5	0:01:03	1	0:19:29	4	03:53	1:08:25
171	ALAN DEMUTH	CAMPBELL RIVER	35	M	14	6	0:10:44	2	0:02:46	8	0:33:26	6	01:40	0:46:56	2	0:01:50	7	0:21:20	6	04:16	1:10:06
174	BRENT ARMSTRONG	COURTENAY	37	M	23	7	0:13:47	9	0:02:30	6	0:36:03	9	01:48	0:52:20	7	0:02:14	11	0:21:38	7	04:19	1:16:12
195	COLIN BANKS	CAMPBELL RIVER	35	M	24	8	0:15:24	11	0:03:04	9	0:34:11	7	01:42	0:52:39	8	0:02:24	14	0:23:23	9	04:40	1:18:26
027	KEN HUGHES	COURTENAY	38	M	26	9	0:13:30	7	0:03:24	12	0:38:16	11	01:54	0:55:10	10	0:02:06	10	0:22:28	8	04:29	1:19:44
029	KEVIN JOHNSON	COMOX	36	M	29	10	0:15:08	10	0:02:14	5	0:38:26	12	01:55	0:55:48	11	0:01:50	7	0:24:29	11	04:53	1:22:07
172	DOUG GODDEN	COURTENAY	39	M	31	11	0:17:52	13	0:03:11	10	0:35:23	8	01:46	0:56:26	12	0:01:30	4	0:24:29	11	04:53	1:22:25
173	MICHAEL MOYNIHAN	NANAIMO	35	M	32	12	0:13:39	8	0:03:30	13	0:37:19	10	01:51	0:54:28	9	0:02:16	13	0:25:53	14	05:10	1:22:37
030	BRUCE HOLBROOK	CAMPBELL RIVER	35	M	34	13	0:15:54	12	0:02:36	7	0:39:23	13	01:58	0:57:53	13	0:02:15	12	0:23:28	10	04:41	1:23:36
216	IAIN MCAULAY	VICTORIA	37	M	41	14	0:19:32	14	0:04:10	14	0:47:26	14	02:22	1:11:08	14	0:01:36	6	0:25:43	13	05:08	1:38:27
Event 7 SPRINT Individual Males 15 years + Category 7 40 - 49 years old																					
034	SHANE HARLE	CAMPBELL RIVER	41	M	4	1	0:12:18	4	0:01:33	1	0:32:26	2	01:37	0:46:17	1	0:01:31	2	0:17:29	2	03:29	1:05:17
197	DAVID KAZAKOFF	QUALICUM	41	M	6	2	0:12:18	4	0:02:20	7	0:31:41	1	01:35	0:46:19	2	0:02:08	8	0:18:50	3	03:46	1:07:17
031	DOUG MARSHALL	PARKSVILLE	42	M	13	3	0:12:17	3	0:02:14	6	0:34:59	7	01:44	0:49:30	7	0:04:18	14	0:15:54	1	03:10	1:09:42
033	ANDREW CONRADI	CUMBERLAND	44	M	15	4	0:13:06	7	0:01:59	2	0:33:51	4	01:41	0:48:56	5	0:01:53	6	0:19:28	5	03:53	1:10:17
175	JIM LOCHHEAD	NANAIMO	45	M	17	5	0:10:39	1	0:02:13	4	0:34:39	6	01:43	0:47:31	3	0:03:08	13	0:20:59	6	04:11	1:11:38
270	MORT ALLINGHAM	COMOX	41	M	18	6	0:13:53	9	0:02:53	8	0:32:39	3	01:37	0:49:25	6	0:02:53	12	0:19:24	4	03:52	1:11:42
196	JAY CAMPBELL	COURTENAY	42	M	19	7	0:12:02	2	0:02:05	3	0:34:28	5	01:43	0:48:35	4	0:02:12	9	0:21:03	7	04:12	1:11:50
254	CRAIG DALBOCK	CAMPBELL RIVER	40	M	21	8	0:13:04	6	0:02:13	4	0:35:13	8	01:45	0:50:30	8	0:01:45	3	0:23:14	9	04:38	1:15:29
253	PAUL CAPIRCHIO	COMOX	40	M	25	9	0:13:25	8	0:04:32	14	0:36:41	10	01:50	0:54:38	9	0:01:49	4	0:22:21	8	04:28	1:18:48
123	JOHN MOORE	COMOX	44	M	30	10	0:15:28	11	0:03:34	11	0:38:09	11	01:54	0:57:11	11	0:01:49	4	0:23:21	10	04:40	1:22:21
044	MILES DONALDSON	COMOX	48	M	33	11	0:17:05	13	0:03:49	12	0:35:33	9	01:46	0:56:27	10	0:01:53	6	0:25:04	12	05:00	1:23:24
069	JIM BRACKETT	PARKSVILLE	48	M	38	12	0:16:04	12	0:03:01	9	0:42:47	14	02:08	1:01:52	13	0:01:18	1	0:24:45	11	04:57	1:27:55
278	BERT HEERINGA	COURTENAY	47	M	39	13	0:15:19	10	0:03:22	10	0:42:22	13	02:07	1:01:03	12	0:02:12	9	0:27:52	14	05:34	1:31:07
032	FABIAN POULIN	NANAIMO	40	M	40	14	0:19:30	14	0:03:54	13	0:41:32	12	02:04	1:04:56	14	0:02:17	11	0:26:25	13	05:17	1:33:38
Event 7 SPRINT Individual Males 15 years + Category 8 50 - 59 years old																					
124	STEVE BENCZE	CAMPBELL RIVER	52	M	27	1	0:15:43	3	0:02:43	1	0:37:56	3	01:53	0:56:22	3	0:01:23	1	0:23:20	2	04:40	1:21:05
035	PETER WALFORD	HORNBY ISLAND	57	M	28	2	0:13:59	2	0:03:12	4	0:38:09	4	01:54	0:55:20	1	0:02:10	4	0:24:21	3	04:52	1:21:51
036	PHIL MAUND	COURTENAY	51	M	35	3	0:19:23	5	0:02:53	2	0:37:53	2	01:53	1:00:09	5	0:01:45	3	0:21:50	1	04:22	1:23:44
008	DON BLACKLOCK	COMOX	57	M	36	4	0:17:43	4	0:02:57	3	0:37:08	1	01:51	0:57:48	4	0:01:41	2	0:24:51	4	04:58	1:24:20

Number	Name or Team Name	From	A g e	S e x	C a t e g o r y	E P C P S w i m (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	
															5
070	LOU DRYDEN	COMOX	59	M	37	5	0:12:50 1	0:03:54 5	0:39:26 5	01:58	0:56:10 2	0:03:02 5	0:26:11 5	05:14	1:25:23
Event 7 SPRINT Individual Males 15 years + Category 9.1 70+ years old															
037	KEN OWEN	PARKSVILLE	75	M	42	1	0:17:31 1	0:05:31 1	0:49:21 1	02:28	1:12:23 1	0:03:31 1	0:39:50 1	07:58	1:55:44
Event 8 SPRINT Individual Females 15 years +															
Event 8 SPRINT Individual Females 15 years + Category 1 15 - 16 years old															
071	CODIE WARD	NANAIMO	15	F	6	1	0:10:54 1	0:02:31 1	0:38:26 1	01:55	0:51:51 1	0:02:13 1	0:18:52 1	03:46	1:12:56
Event 8 SPRINT Individual Females 15 years + Category 2 17 - 19 years old															
198	SHAILIE SANDBROOKS	LADYSMITH	19	F	21	1	0:11:24 1	0:03:24 2	0:38:33 1	01:55	0:53:21 1	0:01:33 3	0:25:56 2	05:11	1:20:50
072	MELISSA DORRAN	COMOX	17	F	37	2	0:12:37 3	0:03:53 3	0:47:04 2	02:21	1:03:34 2	0:01:04 1	0:23:46 1	04:45	1:28:24
073	SARAH DORRAN	COMOX	18	F	50	3	0:12:09 2	0:03:11 1	0:52:08 3	02:36	1:07:28 3	0:01:12 2	0:28:18 3	05:39	1:36:58
Event 8 SPRINT Individual Females 15 years + Category 3 20 - 24 years old															
199	DERYN MACEY	COMOX	21	F	9	1	0:12:01 1	0:02:15 1	0:39:37 2	01:58	0:53:53 1	0:01:23 1	0:21:15 1	04:15	1:16:31
271	ANNIE GORNALL	COMOX	20	F	18	2	0:15:15 2	0:02:56 2	0:36:48 1	01:50	0:54:59 2	0:01:28 2	0:23:57 2	04:47	1:20:24
200	MELANIE FINDLATER	VICTORIA	20	F	52	3	0:16:25 3	0:06:42 3	0:42:25 3	02:07	1:05:32 3	0:01:44 3	0:30:20 3	06:04	1:37:36
Event 8 SPRINT Individual Females 15 years + Category 4 25 - 29 years old															
074	JOANNA RAYBOULD	CAMPBELL RIVER	28	F	15	1	0:12:57 1	0:03:19 2	0:38:34 1	01:55	0:54:50 1	0:01:41 2	0:22:44 2	04:32	1:19:15
075	ANNIE CLOUTIER	COURTENAY	26	F	26	2	0:13:01 2	0:03:53 4	0:38:36 2	01:55	0:55:30 2	0:02:15 4	0:24:14 3	04:50	1:21:59
009	ERIKA HACHEY	CAMPBELL RIVER	29	F	28	3	0:14:44 3	0:02:39 1	0:40:37 4	02:01	0:58:00 3	0:01:54 3	0:22:41 1	04:32	1:22:35
281	LUVENA MCLEAN	CAMPBELL RIVER	29	F	34	4	0:15:53 4	0:03:34 3	0:39:38 3	01:58	0:59:05 4	0:01:38 1	0:26:17 4	05:15	1:27:00
Event 8 SPRINT Individual Females 15 years + Category 5 30 - 34 years old															
039	PAMELA ENS	SIDNEY	34	F	1	1	0:11:03 1	0:01:58 2	0:30:45 1	01:32	0:43:46 1	0:01:21 5	0:18:03 1	03:36	1:03:10
273	SANDRA JENSEN	CAMPBELL RIVER	30	F	2	2	0:12:43 5	0:02:13 4	0:33:27 2	01:40	0:48:23 2	0:01:17 4	0:19:00 2	03:48	1:08:40
217	DEBORAH KOSTER	CAMPBELL RIVER	33	F	5	3	0:12:38 4	0:01:57 1	0:33:50 3	01:41	0:48:25 3	0:01:11 1	0:21:52 5	04:22	1:11:28
038	SHERRI WADE	NANAIMO	33	F	7	4	0:12:48 6	0:02:00 3	0:37:23 4	01:52	0:52:11 4	0:01:13 2	0:21:20 3	04:16	1:14:44
255	SANDRA PHILLIPS	POWELL RIVER	34	F	10	5	0:11:41 2	0:02:27 5	0:38:18 5	01:54	0:52:26 5	0:02:25 11	0:22:10 6	04:26	1:17:01
010	KATERINA TAYLESS	COMOX	30	F	13	6	0:14:07 10	0:02:52 7	0:38:32 6	01:55	0:55:31 6	0:01:59 7	0:21:23 4	04:16	1:18:53
076	TRICIA BELL	CAMPBELL RIVER	33	F	27	7	0:13:13 8	0:02:58 8	0:41:17 9	02:03	0:57:28 8	0:01:14 3	0:23:51 8	04:46	1:22:33
293	THERRY JACOBS	CAMPBELL RIVER	33	F	33	8	0:18:32 12	0:02:41 6	0:38:53 7	01:56	1:00:06 9	0:01:59 7	0:22:44 7	04:32	1:24:49
274	JULIE GOULET	CAMPBELL RIVER	31	F	35	9	0:13:07 7	0:03:50 11	0:39:05 8	01:57	0:56:02 7	0:02:02 9	0:28:58 11	05:47	1:27:02
272	ERIN ANDERSON	SOUTH SURREY	30	F	41	10	0:13:55 9	0:04:49 12	0:42:19 10	02:06	1:01:03 10	0:01:53 6	0:26:59 9	05:23	1:29:55
232	MARNIE MUNRO	COMOX	34	F	48	11	0:12:34 3	0:03:40 10	0:47:24 11	02:22	1:03:38 11	0:02:31 12	0:28:44 10	05:44	1:34:53
176	SUSAN MOYNIHAN	NANAIMO	34	F	57	12	0:17:49 11	0:03:29 9	1:14:56 12	03:44	1:36:14 12	0:02:04 10	0:36:12 12	07:14	2:14:30
Event 8 SPRINT Individual Females 15 years + Category 6 35 - 39 years old															
282	DAWN KARDOS	COURTENAY	37	F	3	1	0:12:09 1	0:02:11 1	0:34:54 1	01:44	0:49:14 1	0:03:37 13	0:17:35 1	03:31	1:10:26
201	LAUREL CRONK	CAMPBELL RIVER	37	F	8	2	0:13:18 2	0:02:25 2	0:35:22 2	01:46	0:51:05 2	0:01:30 3	0:23:21 5	04:40	1:15:56
219	CHRISTINE ALEXANDER	VICTORIA	35	F	12	3	0:13:35 3	0:03:05 6	0:37:45 5	01:53	0:54:25 4	0:01:52 8	0:21:46 2	04:21	1:18:03
094	YVONNE VISSER	NANAIMO	38	F	14	4	0:14:03 5	0:03:26 7	0:37:17 4	01:51	0:54:46 5	0:01:45 6	0:22:33 3	04:30	1:19:04
078	LO LANNING	MERVILLE	38	F	20	5	0:13:51 4	0:02:53 4	0:36:59 3	01:50	0:53:43 3	0:01:27 2	0:25:37 8	05:07	1:20:47
040	COLLEEN HOLBROOK	CAMPBELL RIVER	38	F	23	6	0:15:10 6	0:02:31 3	0:38:08 7	01:54	0:55:49 6	0:01:31 4	0:24:19 6	04:51	1:21:39
218	JANICE SCRIBA	CAMPBELL RIVER	39	F	31	7	0:19:23 12	0:02:57 5	0:38:00 6	01:54	1:00:20 7	0:01:15 1	0:23:08 4	04:37	1:24:43
256	CRYSTAL STACEY	CAMPBELL RIVER	39	F	39	8	0:18:28 11	0:03:31 8	0:40:17 8	02:00	1:02:16 8	0:02:07 10	0:25:09 7	05:01	1:29:32
221	DIANE MCGONIGLE	NANAIMO	36	F	43	9	0:17:03 8	0:04:56 12	0:41:35 9	02:04	1:03:34 9	0:01:31 4	0:27:14 9	05:26	1:32:19
042	JACQUE POULIN	NANAIMO	35	F	45	10	0:18:00 10	0:03:40 10	0:42:04 10	02:06	1:03:44 10	0:01:47 7	0:28:17 10	05:39	1:33:48
079	LISA HUNCHAK	CAMPBELL RIVER	36	F	51	11	0:17:31 9	0:03:36 9	0:43:18 11	02:09	1:04:25 11	0:02:14 12	0:30:39 12	06:07	1:37:18
177	NATHALIE CORNEAU	COURTENAY	37	F	55	12	0:19:55 13	0:03:46 11	0:47:32 12	02:22	1:11:13 12	0:01:52 8	0:31:01 13	06:12	1:44:06
077	JOANNE PARRY	COURTENAY	35	F	56	13	0:15:57 7	0:05:00 13	0:52:44 13	02:38	1:13:41 13	0:02:09 11	0:29:13 11	05:50	1:45:03
Event 8 SPRINT Individual Females 15 years + Category 7 40 - 49 years old															
202	CATHERINE IRONS	QUALICUM	46	F	4	1	0:14:10 4	0:02:05 1	0:34:54 1	01:44	0:51:09 1	0:01:23 2	0:18:24 1	03:40	1:10:56
283	LAURA WYATT	COURTENAY	44	F	16	2	0:15:20 6	0:03:31 9	0:38:07 4	01:54	0:56:58 5	0:01:30 3	0:21:01 2	04:12	1:19:29
297	JOANN HOBSON	COMOX	49	F	17	3	0:13:07 1	0:02:23 3	0:38:41 6	01:56	0:54:11 2	0:01:51 8	0:23:59 6	04:47	1:20:01
220	TONI PENIUK	CAMPBELL RIVER	41	F	22	4	0:13:12 2	0:03:17 8	0:41:08 9	02:03	0:57:37 8	0:01:16 1	0:22:34 3	04:30	1:21:27
082	CAROL OSTRY	COURTENAY	42	F	24	5	0:16:27 9	0:03:07 7	0:36:46 2	01:50	0:56:20 4	0:01:30 3	0:24:01 7	04:48	1:21:51
257	JULIE BISHOP	ERRINGTON	45	F	25	6	0:15:54 7	0:02:28 4	0:37:44 3	01:53	0:56:06 3	0:02:23 14	0:23:25 5	04:41	1:21:54
275	MICHELE SIRETT	COURTENAY	43	F	29	7	0:14:26 5	0:03:45 11	0:39:02 7	01:57	0:57:13 6	0:02:02 10	0:24:29 9	04:53	1:23:44
045	DIANE MORRISON	CAMPBELL RIVER	42	F	32	8	0:16:53 10	0:02:20 2	0:38:17 5	01:54	0:57:30 7	0:01:50 7	0:25:27 12	05:05	1:24:47
287	KIM MCCARLEY	NORTH	49	F	36	9	0:17:40 11	0:04:06 12	0:39:24 8	01:58	1:01:10 9	0:01:55 9	0:24:14 8	04:50	1:27:19
043	TAMMY RODGERS	COURTENAY	42	F	40	10	0:20:01 13	0:02:55 5	0:41:39 10	02:04	1:04:35 12	0:02:11 11	0:23:08 4	04:37	1:29:54
011	KATHLEEN VAN DOORN	NANAIMO	47	F	42	11	0:13:38 3	0:04:08 13	0:44:10 12	02:12	1:01:56 10	0:02:17 12	0:28:03 13	05:36	1:32:16
258	SHANNON MARSHALL	CAMPBELL RIVER	49	F	44	12	0:18:29 12	0:03:05 6	0:41:52 11	02:05	1:03:26 11	0:01:34 6	0:28:21 14	05:40	1:33:21

THE COMOX VALLEY ISLANDER TRI-K TRIATHLON MAY 30th 2004

Number	Name or Team Name	From	E P C P		Swim		T1	Bike	Bike	After	T2	Run	Run	Total	
			A	S	C	P									(or
			g	e	a	t	Time...Place	Time...Place	Time...Place	TPK	Time...Place	Time...Place	Time...Place	TPK	Time
			e	n	v	a	for Duathlon)								
			x	t	e	e									
289	DEBBIE LEGER	CAMPBELL RIVER	47	F	47	13	0:15:58 8	0:03:39 10	0:47:29 13	02:22	1:07:06 13	0:01:33 5	0:25:22 11	05:04	1:34:01
081	DONNA BINNS	COURTENAY	40	F	54	14	0:21:11 14	0:04:31 14	0:48:53 14	02:26	1:14:35 14	0:02:18 13	0:25:02 10	05:00	1:41:55
Event 8 SPRINT Individual Females 15 years +			Category 8		50 - 59 years old										
083	PAULA DRYDEN	COMOX	58	F	11	1	0:11:55 1	0:03:05 2	0:37:35 1	01:52	0:52:35 1	0:02:29 5	0:22:05 1	04:25	1:17:09
260	BONNY ERVIN	ROYSTON	56	F	19	2	0:14:28 2	0:02:51 1	0:37:43 2	01:53	0:55:02 2	0:01:36 3	0:23:55 2	04:47	1:20:33
288	JILL GRANT	COMOX	54	F	30	3	0:15:06 3	0:05:15 6	0:39:02 3	01:57	0:59:23 3	0:01:23 1	0:23:56 3	04:47	1:24:42
084	HELEN MASON	COURTENAY	54	F	46	4	0:17:48 5	0:04:08 4	0:45:34 6	02:16	1:07:30 6	0:01:34 2	0:24:56 4	04:59	1:34:00
284	LEIGH BLANEY	NANAIMO	51	F	49	5	0:17:42 4	0:04:41 5	0:44:34 5	02:13	1:06:57 5	0:02:34 6	0:27:18 5	05:27	1:36:49
259	JILL BLACKLOCK	COMOX	58	F	53	6	0:18:37 6	0:03:50 3	0:43:49 4	02:11	1:06:16 4	0:01:51 4	0:31:21 6	06:16	1:39:28
Event 8 SPRINT Individual Females 15 years +			Category 9		60 - 69 years old										
294	SHIRLEY GRAY	NANAIMO	61	F	38	1	0:18:51 1	0:04:59 1	0:38:52 1	01:56	1:02:42 1	0:02:02 1	0:24:02 1	04:48	1:28:46
Event 9 SPRINT Teams 15 - 18			Category 2		Females										
086	KNARLY RAINBOW STUMPS	COURTENAY	15	F	1	1	0:12:33 1	0:01:23 1	0:37:17 1	01:51	0:51:13 1	0:00:49 1	0:21:13 1	04:14	1:13:15
085	TROIS CAT SANK	LAZO	16	F	2	2	0:13:10 2	0:02:10 2	0:48:33 2	02:25	1:03:53 2	0:00:53 2	0:25:51 2	05:10	1:30:37
Event 10 SPRINT Teams Open			Category 1		Males										
210	THREE OF A KIND	COMOX	44	M	4	1	0:14:35 1	0:01:44 1	0:37:53 2	01:53	0:54:12 1	0:00:51 1	0:20:23 1	04:04	1:15:26
261	ISABELADONS	COMOX	56	M	6	2	0:17:28 2	0:02:06 2	0:36:47 1	01:50	0:56:21 2	0:01:07 2	0:21:31 2	04:18	1:18:59
Event 10 SPRINT Teams Open			Category 2		Females										
276	TRIES AND STRUGGLES	CUMBERLAND	44	F	5	1	0:14:51 3	0:01:36 2	0:37:16 1	01:51	0:53:43 2	0:00:53 1	0:22:39 1	04:31	1:17:15
181	K-GIRLS	CAMPBELL RIVER	23	F	7	2	0:14:53 4	0:01:51 4	0:38:34 3	01:55	0:55:18 3	0:00:54 2	0:25:15 2	05:03	1:21:27
262	SOLE SISTERS	COMOX	38	F	8	3	0:13:19 1	0:01:38 3	0:37:16 1	01:51	0:52:13 1	0:01:00 3	0:29:10 3	05:50	1:22:23
180	SUMAKA	BLACK CREEK	16	F	11	4	0:13:39 2	0:01:32 1	0:41:16 4	02:03	0:56:27 4	0:01:02 4	0:30:11 4	06:02	1:27:40
087	"MOCK" SPEED	COURTENAY	51	F	15	5	0:17:23 5	0:03:33 5	0:44:38 5	02:13	1:05:34 5	0:01:13 5	0:31:02 5	06:12	1:37:49
Event 10 SPRINT Teams Open			Category 3		Mixed										
127	TWO COMPETATIVE GUYS + A CHICK	COMOX	35	F	1	1	0:12:04 2	0:01:22 1	0:31:44 2	01:35	0:45:10 1	0:00:47 1	0:19:17 1	03:51	1:05:14
088	MARTHA & THE MUFFINS	COURTENAY	43	F	2	2	0:10:44 1	0:01:42 3	0:35:06 3	01:45	0:47:32 3	0:00:57 3	0:22:07 2	04:25	1:10:36
125	TWO X'S & A WHY?	COURTENAY	33	F	3	3	0:12:16 3	0:01:46 4	0:31:31 1	01:34	0:45:33 2	0:00:56 2	0:27:09 5	05:25	1:13:38
126	LE CORPS EN-SAIGNANT	COMOX	31	M	12	4	0:15:22 4	0:01:47 5	0:45:33 6	02:16	1:02:42 5	0:01:03 5	0:25:36 3	05:07	1:29:21
047	DENMAN ISLAND SOUTHEASTERS	DENMAN ISLAND	41	F	13	5	0:19:48 5	0:02:35 6	0:39:18 4	01:57	1:01:41 4	0:00:59 4	0:28:52 6	05:46	1:31:32
179	VILLAGE PARK MAMAS	COMOX	23	F	14	6	0:23:12 6	0:01:41 2	0:44:43 5	02:14	1:09:36 6	0:01:04 6	0:27:07 4	05:25	1:37:47
Event 10 SPRINT Teams Open			Category 5		50+										
203	ANNIE AND THE BOYS	PARKSVILLE	60	F	9	1	0:17:58 2	0:02:49 2	0:37:30 1	01:52	0:58:17 1	0:01:10 1	0:24:37 1	04:55	1:24:04
182	TRIPLE FEATURE	QUALICUM	63	F	10	2	0:17:44 1	0:02:27 1	0:39:11 2	01:57	0:59:22 2	0:01:12 2	0:25:06 2	05:01	1:25:40
Event 11 Duathlon			Category 1		Males										
089	PAUL SIDLICK	NEW	28	M	1	1	0:18:08 1	0:00:59 1	0:31:28 1	01:34	0:50:35 1	0:01:23 1	0:19:15 1	03:51	1:11:13
117	YANNICK LE GOFF	COURTENAY	37	M	3	2	0:19:12 3	0:01:30 2	0:37:22 3	01:52	0:58:04 3	0:02:07 3	0:20:20 2	04:04	1:20:31
277	COR BUYS	COURTENAY	48	M	6	3	0:25:08 4	0:01:43 4	0:43:40 5	02:11	1:10:31 4	0:02:44 4	0:27:44 3	05:32	1:40:59
128	MONTY ARMSTRONG	COURTENAY	35	M	9	4	0:30:19 5	0:02:12 5	0:41:52 4	02:05	1:14:23 5	0:04:15 5	0:32:54 4	06:34	1:51:32
204	ROBIN ARBUTHNOT	LADYSMITH	48	M	?	?	0:18:15 2	0:01:32 3	0:34:07 2	01:42	0:53:54 2	0:01:27 2	0	00:00	-1:13:34
Event 11 Duathlon			Category 2		Females										
205	JACQUELINE LEUIS	LADYSMITH	38	F	2	1	0:20:35 3	0:01:10 4	0:35:28 1	01:46	0:57:13 1	0:01:22 3	0:21:02 1	04:12	1:19:37
206	KATHY CAMPBELL	COURTENAY	42	F	4	2	0:20:32 1	0:00:38 1	0:39:49 2	01:59	1:00:59 2	0:01:02 1	0:22:44 3	04:32	1:24:45
263	WENDY GRAHAM	COURTENAY	44	F	5	3	0:20:33 2	0:00:47 2	0:41:40 3	02:05	1:03:00 3	0:01:06 2	0:21:53 2	04:22	1:25:59
285	ELEANOR GAMACHE	COMOX	49	F	7	4	0:24:25 4	0:01:41 5	0:48:18 4	02:24	1:14:24 4	0:02:11 5	0:28:16 5	05:39	1:44:51
090	SALLY DORRAN	COMOX	44	F	8	5	0:24:51 5	0:00:53 3	0:51:28 5	02:34	1:17:12 5	0:01:30 4	0:27:50 4	05:34	1:46:32