

The Comox Valley Tri-K Triathlon
30 May 2010
Official Results

Number	Name or Team Name	From	Age @ 31/12/2010	S v a t a e . c e	i l a l S w i m (or 1st Run for Duathlon)	DP CP	T1 Time.....Place	Bike Time.....Place	Bike TPK	After		T2 Time.....Place	Run Time.....Place	Run TPK	Total Time						
										Bike Time.....Place	Run Time.....Place										
Division 1 MINI Individual Males 8 - 9 years old Swim 100m / Bike 5k / Run 1.5k																					
Division 1	MINI	Individual Males	8 - 9 years old			Category	1 8 - 9 years old														
111	Ethan Jones	Nanaimo	9	M	1	1	0:02:01	1	0:02:44	2	0:13:44	1	02:44	0:18:29	1	0:01:05	1	0:07:19	1	04:52	0:26:53
135	Matthew Krall	Nanaimo	9	M	2	2	0:02:56	5	0:02:25	1	0:15:38	2	03:07	0:20:59	2	0:01:10	2	0:09:41	3	06:27	0:31:50
115	Chase Landa	Lantzville	9	M	3	3	0:03:05	6	0:04:02	6	0:16:59	6	03:23	0:24:06	7	0:01:11	3	0:09:02	2	06:01	0:34:19
47	William Munro	Comox	9	M	4	4	0:02:42	3	0:04:06	7	0:16:51	5	03:22	0:23:39	6	0:01:24	5	0:10:40	4	07:06	0:35:43
62	Cassius Monnet	Comox	9	M	5	5	0:03:31	7	0:03:31	4	0:15:48	3	03:09	0:22:50	3	0:01:18	4	0:12:02	6	08:01	0:36:10
55	Eric Jung	Courtenay	9	M	6	6	0:02:32	2	0:02:49	3	0:18:16	7	03:39	0:23:37	5	0:01:30	6	0:11:41	5	07:47	0:36:48
66	Cole Percevault	Campbell River	8	M	7	7	0:02:45	4	0:03:37	5	0:16:38	4	03:19	0:23:00	4	0:01:38	7	0:15:21	7	10:14	0:39:59
Division 2 MINI Individual Females 8 - 9 years old Swim 100m / Bike 5k / Run 1.5k																					
Division 2	MINI	Individual Females	8 - 9 years old			Category	1 8 - 9 years old														
107	Kiri Ngawati	Victoria	9	F	1	1	0:01:48	1	0:02:23	3	0:13:39	2	02:43	0:17:50	1	0:00:53	1	0:08:16	1	05:30	0:26:59
113	Casey Garrison	Victoria	9	F	2	2	0:02:19	3	0:02:06	2	0:13:38	1	02:43	0:18:03	2	0:01:01	2	0:09:06	3	06:04	0:28:10
140	Annelies Henckel	Courtenay	8	F	3	3	0:02:50	5	0:02:04	1	0:16:10	4	03:14	0:21:04	3	0:01:02	3	0:10:49	7	07:12	0:32:55
112	Avery Moskal	Campbell River	8	F	4	4	0:01:51	2	0:03:38	6	0:16:50	5	03:22	0:22:19	4	0:01:14	4	0:09:45	6	06:30	0:33:18
22	Lucy Blecha	Comox	9	F	5	5	0:03:53	7	0:03:04	4	0:15:50	3	03:10	0:22:47	5	0:01:20	5	0:09:24	4	06:16	0:33:31
162	Molly Keyes	Courtenay	8	F	6	6	0:03:37	6	0:03:24	5	0:29:13	6	05:50	0:36:14	6	0:01:41	6	0:08:25	2	05:36	0:46:20
144	Holly Crosby	Campbell River	8	F	7	7	0:02:43	4	0:05:04	7	0:41:18	7	08:15	0:49:05	7	0:02:06	7	0:09:26	5	06:17	1:00:37
Division 3 MINI Individual Males 10 - 11 years old Swim 150m / Bike 10k / Run 2k																					
Division 3	MINI	Individual Males	10 - 11 years old			Category	1 10 - 11 years old														
106	Quinn Ngawati	Victoria	11	M	1	1	0:02:18	1	0:01:44	2	0:18:38	1	01:51	0:22:40	1	0:00:47	2	0:08:26	2	04:13	0:31:53
39	Josiah Ney	Gold River	10	M	2	2	0:02:45	5	0:01:38	1	0:21:32	2	02:09	0:25:55	2	0:01:02	4	0:08:05	1	04:02	0:35:02
87	Liam Aoki	Port McNeill	11	M	3	3	0:02:56	6	0:02:04	5	0:22:24	3	02:14	0:27:24	3	0:01:03	5	0:09:05	4	04:32	0:37:32
118	Cameron Antifave	Lantzville	11	M	4	4	0:02:59	9	0:02:09	6	0:23:36	5	02:21	0:28:44	6	0:01:04	6	0:09:35	6	04:47	0:39:23
44	Mathias Burns	Powell River	10	M	5	5	0:02:57	8	0:02:01	4	0:23:39	6	02:21	0:28:37	4	0:01:36	13	0:09:44	7	04:52	0:39:57
40	Jaylon Grenier	Port Hardy	10	M	6	6	0:03:14	10	0:01:58	3	0:25:27	9	02:32	0:30:39	9	0:00:57	3	0:09:33	5	04:46	0:41:09
61	Anton Cecic	Lazo	11	M	7	7	0:02:56	6	0:03:06	8	0:24:36	8	02:27	0:30:38	8	0:01:10	7	0:10:05	9	05:02	0:41:53
51	Sam Helpard	Comox	10	M	8	8	0:02:35	4	0:03:37	13	0:24:25	7	02:26	0:30:37	7	0:01:12	10	0:11:04	12	05:32	0:42:53
123	Adam Dunn	Courtenay	11	M	9	9	0:02:29	3	0:03:40	14	0:22:28	4	02:14	0:28:37	4	0:01:38	14	0:12:39	14	06:19	0:42:54
76	Ryan Novecosky	Courtenay	10	M	10	10	0:02:27	2	0:03:28	12	0:26:59	12	02:41	0:32:54	10	0:01:10	7	0:08:59	3	04:29	0:43:03
46	Isaac van der Vliet	Courtenay	10	M	11	11	0:04:21	14	0:03:47	15	0:25:30	10	02:33	0:33:38	12	0:00:19	1	0:11:13	13	05:36	0:45:10
151	Ben Tibbles	Comox	11	M	12	12	0:04:34	15	0:03:09	9	0:25:50	11	02:35	0:33:33	11	0:01:41	15	0:09:59	8	04:59	0:45:13
16	Brandon Kossey	Lantzville	10	M	13	13	0:03:39	11	0:03:11	10	0:27:01	13	02:42	0:33:51	13	0:01:10	7	0:10:48	11	05:24	0:45:49
18	Nicholas Gilroy	Courtenay	10	M	14	14	0:04:20	13	0:03:05	7	0:28:37	14	02:51	0:36:02	14	0:01:41	15	0:10:17	10	05:08	0:48:00
161	Charlie Petrie	Comox	11	M	15	15	0:04:45	16	0:03:15	11	0:33:39	16	03:21	0:41:39	16	0:01:15	11	0:14:51	15	07:25	0:57:45
37	Jack Gilfillan	Comox	11	M	16	16	0:03:42	12	0:04:43	16	0:33:12	15	03:19	0:41:37	15	0:01:16	12	0:16:57	16	08:28	0:59:50
Division 4 MINI Individual Females 10 - 11 years old Swim 150m / Bike 10k / Run 2k																					
Division 4	MINI	Individual Females	10 - 11 years old			Category	1 10 - 11 years old														
19	Jordyn Ryan	Comox	11	F	1	1	0:02:14	1	0:02:25	1	0:25:13	2	02:31	0:29:52	1	0:00:49	1	0:10:33	2	05:16	0:41:14
21	Natalie Blecha	Comox	11	F	2	2	0:03:17	4	0:02:44	3	0:24:33	1	02:27	0:30:34	2	0:00:58	2	0:10:25	1	05:12	0:41:57
122	Prairie Simard	Victoria	11	F	3	3	0:03:09	3	0:03:02	5	0:28:36	3	02:51	0:34:47	3	0:01:15	4	0:12:26	5	06:13	0:48:28
29	Soleil Amar	Courtenay	11	F	4	4	0:02:39	2	0:02:35	2	0:30:58	4	03:05	0:36:12	4	0:01:19	5	0:11:20	3	05:40	0:48:51
152	Sidney Demuth	Campbell river	10	F	5	5	0:04:00	6	0:03:58	6	0:35:06	5	03:30	0:43:04	5	0:01:36	6	0:12:23	4	06:11	0:57:03
109	Katherine Braaten	Courtenay	10	F	6	6	0:03:39	5	0:02:44	3	0:37:43	6	03:46	0:44:06	6	0:01:07	3	0:16:47	6	08:23	1:02:00
Division 5 MINI Individual Males 12 - 17 years old Swim 300m / Bike 10k / Run 3k																					

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		Run Time.....Place	Run TPK	Total Time	
													Bike Time.....Place	T2 Time.....Place				
Division 5 MINI Individual Males 12 - 17 years old Category 1 12 - 14 years old																		
52	Kurtis Scriba	Campbell river	13	M	2	1			0:05:07 2	0:02:29 1	0:20:15 1	02:01	0:27:51 1	0:01:00 7	0:09:28 1	03:09	0:38:19	
126	Henri Van Rooy	Campbell River	14	M	4	2			0:04:50 1	0:02:56 7	0:22:03 6	02:12	0:29:49 3	0:00:56 4	0:10:30 2	03:30	0:41:15	
156	Lynden Wright	Campbell River	13	M	6	3			0:06:14 8	0:03:07 10	0:20:29 2	02:02	0:29:50 4	0:00:58 5	0:11:54 7	03:58	0:42:42	
114	Seamus O'Toole	Lantzville	12	M	7	4			0:06:09 7	0:02:36 4	0:21:41 4	02:10	0:30:26 5	0:00:58 5	0:11:45 5	03:55	0:43:09	
108	Brayden Reynolds	Nanaimo	13	M	8	5			0:05:47 6	0:03:03 9	0:22:38 7	02:15	0:31:28 7	0:00:18 1	0:12:51 10	04:17	0:44:37	
154	Oscar Sayani	Campbell River	14	M	9	6			0:05:43 4	0:03:28 12	0:23:13 8	02:19	0:32:24 9	0:01:02 9	0:11:14 3	03:44	0:44:40	
127	Mitchell Kingston	Campbell River	13	M	10	7			0:05:43 4	0:02:29 1	0:21:25 3	02:08	0:29:37 2	0:01:12 12	0:14:11 13	04:43	0:45:00	
17	Justin Gilroy	Courtenay	13	M	11	8			0:06:34 10	0:02:46 6	0:22:00 5	02:12	0:31:20 6	0:01:07 11	0:12:49 9	04:16	0:45:16	
155	Jacobus Van Rooy	Campbell River	12	M	12	9			0:06:35 11	0:02:32 3	0:24:36 10	02:27	0:33:43 10	0:01:13 13	0:11:51 6	03:57	0:46:47	
128	Kristian Jensen	Port Hardy	13	M	13	10			0:05:39 3	0:03:01 8	0:23:24 9	02:20	0:32:04 8	0:00:52 2	0:13:52 12	04:37	0:46:48	
58	Niko Karamanis	Courtenay	12	M	14	11			0:06:37 12	0:02:41 5	0:26:27 12	02:38	0:35:45 11	0:00:53 3	0:11:15 4	03:45	0:47:53	
90	Jason O'Keefe	Nanaimo	13	M	15	12			0:06:50 13	0:03:51 14	0:26:26 11	02:38	0:37:07 12	0:01:00 7	0:12:36 8	04:12	0:50:43	
84	Walker Bell	Nanaimo	13	M	16	13			0:06:20 9	0:03:56 15	0:29:39 13	02:57	0:39:55 13	0:01:23 16	0:13:43 11	04:34	0:55:01	
102	Daniel Aysals	Nanaimo, BC	13	M	17	14			0:09:09 16	0:03:18 11	0:31:43 14	03:10	0:44:10 14	0:01:24 17	0:16:37 16	05:32	1:02:11	
89	John MacDonald	Nanaimo	13	M	18	15			0:09:08 15	0:03:48 13	0:34:32 17	03:27	0:47:28 16	0:01:20 14	0:15:08 14	05:02	1:03:56	
103	Jesse Ferguson	Nanaimo	13	M	19	16			0:10:08 17	0:05:00 16	0:32:23 15	03:14	0:47:31 17	0:01:21 15	0:15:57 15	05:19	1:04:49	
32	Benjamin Helpard	Comox	14	M	20	17			0:08:14 14	0:05:12 17	0:33:06 16	03:18	0:46:32 15	0:01:06 10	0:21:30 17	07:10	1:09:08	
Division 5 MINI Individual Males 12 - 17 years old Category 2 15 - 17 years old																		
153	Aaron Amelia	Campbell River	17	M	1	1			0:04:40 1	0:02:24 2	0:20:16 2	02:01	0:27:20 2	0:00:48 1	0:09:13 1	03:04	0:37:21	
157	Gabriel Lessard-Kragen	Quathiaski Cove	17	M	3	2			0:06:29 3	0:01:56 1	0:18:42 1	01:52	0:27:07 1	0:00:55 3	0:11:14 3	03:44	0:39:16	
160	Marcel Bernard	Campbell River	17	M	5	3			0:06:16 2	0:03:25 3	0:20:40 3	02:04	0:30:21 3	0:00:53 2	0:10:48 2	03:36	0:42:02	
Division 6 MINI Individual Females 12 - 17 years old Swim 300m / Bike 10k / Run 3k																		
Division 6 MINI Individual Females 12 - 17 years old Category 1 12 - 14 years old																		
159	Joanna Williams	Campbell River	13	F	2	1			0:05:01 2	0:02:47 4	0:23:10 2	02:19	0:30:58 2	0:01:13 8	0:10:32 1	03:30	0:42:43	
54	Anabelle St-Denis	Comox	14	F	3	2			0:04:44 1	0:02:07 1	0:21:53 1	02:11	0:28:44 1	0:01:15 12	0:13:07 6	04:22	0:43:06	
48	Amelia Helpard	Comox	12	F	4	3			0:05:20 6	0:02:35 2	0:24:23 4	02:26	0:32:18 3	0:00:15 1	0:12:12 3	04:04	0:44:45	
31	Sylvie Stewart Grantham	Courtenay	12	F	6	4			0:05:25 7	0:03:12 11	0:23:56 3	02:23	0:32:33 4	0:01:12 7	0:12:22 4	04:07	0:46:07	
4	Isabelle Poulin	Nanaimo	12	F	8	5			0:06:33 9	0:02:46 3	0:25:10 5	02:31	0:34:29 5	0:01:21 15	0:14:59 12	04:59	0:50:49	
77	Amanda Stevenson	Nanoose Bay	13	F	9	6			0:07:04 12	0:03:07 10	0:29:23 8	02:56	0:39:34 9	0:01:05 4	0:11:33 2	03:51	0:52:12	
80	Vanessa Savoie	Nanaimo, BC	13	F	10	7			0:05:15 5	0:03:33 13	0:27:59 7	02:47	0:36:47 7	0:01:14 10	0:14:27 9	04:49	0:52:28	
7	Breanna Kossey	Lantzville	12	F	11	8			0:05:14 4	0:02:48 5	0:27:23 6	02:44	0:35:25 6	0:01:13 8	0:16:16 15	05:25	0:52:54	
85	Kennedy Gagnon	Nanaimo	13	F	12	9			0:07:10 14	0:03:38 14	0:30:39 12	03:03	0:41:27 14	0:01:02 3	0:12:23 5	04:07	0:54:52	
71	Jessica Novocosky	Courtenay	12	F	13	10			0:05:40 8	0:03:06 9	0:30:52 14	03:05	0:39:38 10	0:01:17 14	0:13:59 8	04:39	0:54:54	
81	Tiffany Blattgerste	Lantzville	13	F	14	11			0:07:00 11	0:04:06 15	0:29:24 9	02:56	0:40:30 13	0:01:15 12	0:13:17 7	04:25	0:55:02	
105	Bianca Di Nobile	Nanaimo	13	F	15	12			0:07:07 13	0:03:00 7	0:29:36 10	02:57	0:39:43 11	0:01:06 5	0:14:37 11	04:52	0:55:26	
101	Nicola Hennings	Nanaimo	13	F	16	13			0:05:04 3	0:03:30 12	0:30:23 11	03:02	0:38:57 8	0:01:14 10	0:16:00 14	05:20	0:56:11	
26	Miranda Lebeuf	Royston BC	12	F	17	14			0:06:36 10	0:02:50 6	0:30:51 13	03:05	0:40:17 12	0:01:21 15	0:15:41 13	05:13	0:57:19	
104	Madeline MacPherson	Nanoose Bay	13	F	18	15			0:07:27 15	0:03:00 7	0:33:09 16	03:18	0:43:36 15	0:01:07 6	0:14:31 10	04:50	0:59:14	
96	Alexa Der	Gabriola Island	13	F	19	16			0:11:15 16	0:04:40 16	0:31:15 15	03:07	0:47:10 16	0:00:49 2	0:17:18 16	05:46	1:05:17	
Division 6 MINI Individual Females 12 - 17 years old Category 2 15 - 17 years old																		
20	Bernadette Moore	Comox	15	F	1	1			0:03:57 1	0:01:50 1	0:18:08 1	01:48	0:23:55 1	0:00:58 1	0:09:39 1	03:13	0:34:32	
125	Laurence Poirier	Campbell River	16	F	5	2			0:05:24 2	0:02:59 2	0:23:39 2	02:21	0:32:02 2	0:01:04 2	0:12:43 2	04:14	0:45:49	
158	Viktoria Seemannova	Campbell River	16	F	7	3			0:06:35 3	0:03:02 3	0:24:20 3	02:26	0:33:57 3	0:01:07 3	0:12:55 3	04:18	0:47:59	
Division 7 MINI Teams 8 - 9 years old Swim 100m / Bike 5k / Run 1.5k																		
Division 7 MINI Teams 8 - 9 years old Category 1 Males																		
224	The Melonheads	Comox	9	M	1	1			0:03:08 2	0:01:39 1	0:14:01 1	02:48	0:18:48 1	0:00:46 1	0:07:34 1	05:02	0:27:08	
225	Annoying Oranges	Courtenay	9	M	4	2			0:02:41 1	0:01:41 2	0:15:40 2	03:08	0:20:02 2	0:01:12 2	0:08:04 2	05:22	0:29:18	

Number	Name or Team Name	From	Age	S	D P C P i l a l v a t a e . c c x e	Swim (or 1st Run for Duathlon) Time.....Place	T1 Time.....Place	Bike Time.....Place	Bike TPK	After		T2 Time.....Place	Run Time.....Place	Run TPK	Total Time
										Bike Time.....Place	Run Time.....Place				
Division 7 MINI Teams 8 - 9 years old			Category 2		Females										
170	Miffy's Army	Comox	9	F	5 1	0:02:02 1	0:01:40 2	0:15:36 1	03:07	0:19:18 1	0:01:01 2	0:09:11 3	06:07	0:29:30	
201	The Hot Raspberries	Courtenay	9	F	6 2	0:02:20 2	0:01:34 1	0:16:44 2	03:20	0:20:38 2	0:00:54 1	0:09:02 2	06:01	0:30:34	
174	Starburst	Courtenay	9	F	7 3	0:02:43 3	0:01:57 3	0:17:17 3	03:27	0:21:57 3	0:01:13 3	0:08:52 1	05:54	0:32:02	
Division 7 MINI Teams 8 - 9 years old			Category 3		Mixed										
212	MNM	Comox	9	F	2 1	0:01:59 1	0:01:45 2	0:14:53 2	02:58	0:18:37 2	0:00:56 2	0:08:35 1	05:43	0:28:08	
173	Pajama Pants	Comox	8	F	3 2	0:02:46 2	0:01:43 1	0:14:03 1	02:48	0:18:32 1	0:00:49 1	0:09:03 2	06:02	0:28:24	
Division 8 MINI Teams 10 - 11 years old Swim 150m / Bike 10k / Run 2k			Category 1		Males										
197	Return of the Stinky Carpets	Campbell River	10	M	2 1	0:02:54 2	0:01:24 1	0:25:09 2	02:30	0:29:27 1	0:00:49 5	0:09:17 6	04:38	0:39:33	
203	Wave Runners	Comox	10	M	3 2	0:03:28 5	0:01:30 2	0:25:04 1	02:30	0:30:02 2	0:00:47 2	0:08:57 5	04:28	0:39:46	
185	Arden Awesome Peoples	Courtenay	10	M	5 3	0:03:19 4	0:01:30 2	0:26:37 3	02:39	0:31:26 3	0:00:45 1	0:08:43 3	04:21	0:40:54	
178	Three Amigos	Comox	11	M	7 4	0:03:16 3	0:01:37 6	0:27:15 4	02:43	0:32:08 4	0:00:49 5	0:08:15 1	04:07	0:41:12	
196	The Rockers	Cumberland	11	M	10 5	0:04:10 7	0:01:32 4	0:27:41 5	02:46	0:33:23 5	0:00:59 7	0:08:54 4	04:27	0:43:16	
200	Crazy Houligans	Courtenay	11	M	18 6	0:03:55 6	0:01:45 7	0:30:15 6	03:01	0:35:55 6	0:00:47 2	0:09:17 6	04:38	0:45:59	
204	Cruising Spartans	comox	11	M	19 7	0:04:20 8	0:01:36 5	0:31:41 7	03:10	0:37:37 7	0:00:47 2	0:08:20 2	04:10	0:46:44	
198	Killer Dragons	Comox	10	M	24 8	0:02:48 1	0:01:49 8	0:38:19 8	03:49	0:42:56 8	0:01:05 8	0:10:29 8	05:14	0:54:30	
Division 8 MINI Teams 10 - 11 years old			Category 2		Females										
172	The Mighty Racers	Comox	11	F	4 1	0:02:15 1	0:02:09 10	0:25:34 1	02:33	0:29:58 1	0:00:54 7	0:09:22 1	04:41	0:40:14	
179	Yodeling Pickles	Comox	11	F	6 2	0:02:26 3	0:01:42 3	0:25:57 2	02:35	0:30:05 2	0:00:48 3	0:10:06 5	05:03	0:40:59	
177	Happy Monkey Angel's	Comox	11	F	11 3	0:03:02 4	0:01:45 4	0:28:09 5	02:48	0:32:56 4	0:00:50 5	0:09:46 3	04:53	0:43:32	
208	Demons :P	Courtenay	10	F	12 4	0:02:23 2	0:01:39 1	0:28:31 7	02:51	0:32:33 3	0:00:48 3	0:10:15 6	05:07	0:43:36	
220	Rampaging Rhinos	Courtenay, B C	10	F	13 5	0:04:04 8	0:01:54 5	0:27:16 3	02:43	0:33:14 6	0:00:52 6	0:09:47 4	04:53	0:43:53	
169	Huband Rockets	Courtenay	11	F	15 6	0:03:23 6	0:01:40 2	0:28:05 4	02:48	0:33:08 5	0:00:47 1	0:10:48 10	05:24	0:44:43	
219	Team Warriors	Courtenay	11	F	17 7	0:04:17 9	0:02:07 8	0:28:15 6	02:49	0:34:39 7	0:00:55 8	0:09:43 2	04:51	0:45:17	
193	The Cheeky Cheetahs!	Comox	11	F	20 8	0:03:22 5	0:01:57 6	0:30:23 8	03:02	0:35:42 8	0:01:03 11	0:10:35 9	05:17	0:47:20	
182	Golden Girls	Courtenay	10	F	21 9	0:05:15 11	0:02:16 11	0:30:50 9	03:05	0:38:21 9	0:00:47 1	0:10:19 8	05:09	0:49:27	
211	Valley View Aqua Tigers	Courtenay	10	F	22 10	0:03:36 7	0:02:07 8	0:36:38 11	03:39	0:42:21 11	0:00:55 8	0:10:18 7	05:09	0:53:34	
222	Orcas	Denman Island	9	F	23 11	0:04:44 10	0:01:57 6	0:33:15 10	03:19	0:39:56 10	0:01:01 10	0:12:52 11	06:26	0:53:49	
Division 8 MINI Teams 10 - 11 years old			Category 3		Mixed										
194	BET on us	Courtenay	10	F	1 1	0:02:44 1	0:01:19 1	0:24:29 1	02:26	0:28:32 1	0:00:46 2	0:09:34 4	04:47	0:38:52	
192	Hannah, Eyla And Conner's Team	Cumberland, B.C.	11	M	8 2	0:04:03 2	0:01:33 2	0:25:51 3	02:35	0:31:27 2	0:00:48 3	0:09:13 3	04:36	0:41:28	
184	The Comox Valley Blackhawks	Comox BC	9	F	9 3	0:05:26 5	0:01:38 4	0:25:01 2	02:30	0:32:05 3	0:00:42 1	0:08:54 2	04:27	0:41:41	
171	Tri Force	Royston	10	F	14 4	0:04:27 4	0:01:50 5	0:28:38 5	02:51	0:34:55 5	0:01:00 5	0:08:40 1	04:20	0:44:35	
226	Port Hardy Comets	Port Hardy	10	F	16 5	0:04:15 3	0:01:33 2	0:27:04 4	02:42	0:32:52 4	0:00:48 3	0:11:19 5	05:39	0:44:59	
Division 9 MINI Teams 12 - 14 years old Swim 300m / Bike 10k / Run 3k			Category 1		Males 12 - 14										
190	The ignorant noob pwners	Comox	14	M	2 1	0:03:47 1	0:01:23 1	0:20:22 2	02:02	0:25:32 1	0:00:39 4	0:09:01 1	03:00	0:35:12	
202	Nicolas Samsom's Team	Courtenay	12	M	6 2	0:06:22 6	0:01:30 2	0:20:17 1	02:01	0:28:09 2	0:00:38 2	0:09:46 3	03:15	0:38:33	
214	The Team to Beat!!	Comox B.C.	13	M	7 3	0:05:12 3	0:01:31 3	0:22:48 3	02:16	0:29:31 3	0:00:38 2	0:09:26 2	03:08	0:39:35	
216	tri-kings	Comox	12	M	9 4	0:05:18 4	0:01:36 5	0:24:40 4	02:28	0:31:34 4	0:01:05 7	0:09:59 4	03:19	0:42:38	
210	The Rockets	Courtenay	12	M	11 5	0:05:31 5	0:01:36 5	0:26:02 5	02:36	0:33:09 5	0:00:12 1	0:10:37 6	03:32	0:43:58	
228	trouble	Comox	14	M	15 6	0:04:47 2	0:01:35 4	0:29:55 7	02:59	0:36:17 6	0:00:43 5	0:10:02 5	03:20	0:47:02	
195	The Three Unbeatables	Denman Island, BC	12	M	22 7	0:10:45 7	0:01:40 7	0:28:59 6	02:53	0:41:24 7	0:00:49 6	0:10:56 7	03:38	0:53:09	
Division 9 MINI Teams 12 - 14 years old			Category 2		Females 12 - 14										
223	Goinq, Goinq, Gone	Courtenay	13	F	1 1	0:03:50 1	0:01:21 2	0:18:47 1	01:52	0:23:58 1	0:00:36 2	0:09:37 2	03:12	0:34:11	
175	The Nerd Herd	Courtenay	14	F	3 2	0:04:36 3	0:01:26 4	0:20:12 3	02:01	0:26:14 2	0:00:37 3	0:10:20 4	03:26	0:37:11	

Number	Name or Team Name	From	Age @ 31/12/2010	S e x	D P C P i l l a l	S v a t a (or 1st Run for Duathlon) Time.....Place	T1 Time.....Place	Bike Time.....Place	Bike TPK	After Bike		T2 Time.....Place	Run Time.....Place	Run TPK	Total Time						
										Time.....Place	Time.....Place										
180	Triple Threat	Courtenay	13	F	4	3	0:06:21	6	0:01:36	6	0:19:25	2	01:56	0:27:22	3	0:00:30	1	0:09:33	1	03:11	0:37:25
205	Super KEN	Courtenay	13	F	8	4	0:06:09	5	0:01:40	9	0:22:24	4	02:14	0:30:13	4	0:00:45	8	0:10:13	3	03:24	0:41:11
187	Triple Threat Turtles	Merville, B.C.	13	F	10	5	0:05:45	4	0:01:49	12	0:22:58	5	02:17	0:30:32	5	0:00:45	8	0:11:58	10	03:59	0:43:15
186	Splash, Flash and Dash	Courtenay	12	F	13	6	0:04:10	2	0:01:39	8	0:28:01	11	02:48	0:33:50	6	0:00:44	7	0:10:51	5	03:37	0:45:25
215	Vampire Girls	Courtenay	12	F	16	7	0:06:35	8	0:01:44	10	0:27:11	10	02:43	0:35:30	9	0:00:45	8	0:11:14	8	03:44	0:47:29
207	Supercalifragilisticexpialidocious	Comox	12	F	17	8	0:07:44	11	0:01:45	11	0:26:04	7	02:36	0:35:33	10	0:00:40	4	0:11:17	9	03:45	0:47:30
217	Schnellies	Comox	12	F	18	9	0:07:19	10	0:01:31	5	0:25:52	6	02:35	0:34:42	8	0:00:42	5	0:12:09	12	04:03	0:47:33
189	Rebal Ninjas	Lazo	12	F	19	10	0:07:01	9	0:00:46	1	0:26:45	8	02:40	0:34:32	7	0:00:54	12	0:12:08	11	04:02	0:47:34
188	the three stooges	Cumberland	13	F	20	11	0:07:49	12	0:01:24	3	0:26:50	9	02:41	0:36:03	11	0:00:42	5	0:11:04	7	03:41	0:47:49
181	Short but Shining	Comox	13	F	21	12	0:06:28	7	0:01:37	7	0:29:11	12	02:55	0:37:16	12	0:00:46	11	0:10:52	6	03:37	0:48:54
Division 9 MINI Teams 12 - 14 years old Category 3 Mixed 12 - 14																					
206	Tri B's	comox	13	F	5	1	0:04:34	1	0:01:34	2	0:21:30	1	02:09	0:27:38	1	0:00:44	1	0:10:07	2	03:22	0:38:29
191	No Names	Courtenay	14	F	12	2	0:06:59	3	0:01:44	3	0:25:15	2	02:31	0:33:58	3	0:00:46	3	0:09:21	1	03:07	0:44:05
209	2g1b	Courtenay	11	F	14	3	0:05:52	2	0:01:26	1	0:26:19	3	02:37	0:33:37	2	0:00:44	1	0:11:31	3	03:50	0:45:52
Division 9.1 MINI Teams 15 - 17 years old Swim 300m / Bike 10k / Run 3k																					
Division 9.1 MINI Teams 15 - 17 years old Category 2 Females 15 - 17																					
213	The Nannuks	Black Creek	15	F	1	1	0:05:52	1	0:02:36	1	0:22:01	1	02:12	0:30:29	1	0:00:39	1	0:09:55	1	03:18	0:41:03
Division 9.1 MINI Teams 15 - 17 years old Category 3 Mixed 15 - 17																					
176	WIKKID LIZARDS	Comox	13	F	3	1	0:09:02	1	0:01:54	1	0:24:55	1	02:29	0:35:51	1	0:00:44	1	0:11:17	1	03:45	0:47:52
Division 9.1 MINI Teams 15 - 17 years old Category 4 Family 15 - 17																					
199	The McDream Team	Comox	17	F	2	1	0:06:25	1	0:01:11	1	0:22:37	1	02:15	0:30:13	1	0:00:56	1	0:12:30	1	04:10	0:43:39
Division 10 SPRINT Individual Males Open Swim 750m / Bike 20k / Run 5k																					
Division 10 SPRINT Individual Males Open Category 1 15 - 16 years old																					
433	Erik Wright	campbell River	16	M	9	1	0:12:23	1	0:01:55	1	0:36:35	1	01:49	0:50:53	1	0:01:07	1	0:20:33	1	04:06	1:12:33
Division 10 SPRINT Individual Males Open Category 2 17 - 19 years old																					
430	Jaimen Cronk	Campbell River	18	M	4	1	0:11:58	1	0:01:47	1	0:34:05	1	01:42	0:47:50	1	0:00:58	1	0:20:15	2	04:03	1:09:03
426	Michael Brandon	Campbell River	17	M	10	2	0:14:08	4	0:01:55	2	0:36:59	3	01:50	0:53:02	3	0:01:31	3	0:18:56	1	03:47	1:13:29
432	Dylan Hinshaw	campbell River	18	M	16	3	0:13:31	2	0:02:29	4	0:36:21	2	01:49	0:52:21	2	0:01:40	4	0:21:30	3	04:18	1:15:31
434	Matthew Barclay	Heriot Bay	17	M	24	4	0:13:42	3	0:02:12	3	0:37:46	4	01:53	0:53:40	4	0:01:23	2	0:24:32	4	04:54	1:19:35
Division 10 SPRINT Individual Males Open Category 4 25 - 29 years old																					
391	Kevin Doherty	Courtenay	25	M	14	1	0:11:12	1	0:02:27	1	0:35:55	1	01:47	0:49:34	1	0:01:56	2	0:23:06	2	04:37	1:14:36
454	Colan Grootenboer	Campbell River	29	M	26	2	0:16:56	2	0:03:03	2	0:39:06	2	01:57	0:59:05	2	0:00:48	1	0:22:42	1	04:32	1:22:35
Division 10 SPRINT Individual Males Open Category 5 30 - 34 years old																					
275	Michael Digham	Courtenay	31	M	1	1	0:12:29	2	0:01:42	1	0:31:13	1	01:33	0:45:24	1	0:01:01	1	0:17:57	2	03:35	1:04:22
384	Colin Bullock	Comox	32	M	2	2	0:11:07	1	0:02:09	2	0:34:34	2	01:43	0:47:50	2	0:01:20	2	0:16:25	1	03:17	1:05:35
376	James Warren	Comox	34	M	19	3	0:13:23	3	0:02:56	4	0:37:15	3	01:51	0:53:34	3	0:01:24	4	0:21:44	3	04:20	1:16:42
348	Dustin Williams	Victoria	33	M	28	4	0:14:47	4	0:02:52	3	0:42:36	4	02:07	1:00:15	4	0:01:20	2	0:23:55	4	04:47	1:25:30
Division 10 SPRINT Individual Males Open Category 6 35 - 39 years old																					
455	Dave Nowak	Comox	38	M	3	1	0:12:10	2	0:02:06	1	0:31:04	1	01:33	0:45:20	1	0:01:13	1	0:20:34	2	04:06	1:07:07
414	Jason Wale	Comox	39	M	6	2	0:13:07	3	0:02:55	5	0:33:13	2	01:39	0:49:15	2	0:01:50	5	0:20:06	1	04:01	1:11:11
334	Eric Jensen	Tofino	36	M	7	3	0:10:35	1	0:02:22	2	0:36:26	4	01:49	0:49:23	3	0:01:15	2	0:21:02	3	04:12	1:11:40
442	jacob jensen	Port Hardy	39	M	17	4	0:15:33	4	0:02:32	3	0:33:30	3	01:40	0:51:35	4	0:01:25	3	0:22:35	4	04:31	1:15:35
374	Brad Goodman	Nanaimo	36	M	30	5	0:18:29	5	0:02:40	4	0:38:19	5	01:54	0:59:28	5	0:01:37	4	0:27:13	5	05:26	1:28:18
412	Robin Martens	Campbell River	39	M	41	6	0:24:03	6	0:04:52	6	0:42:14	6	02:06	1:11:09	6	0:01:54	6	0:30:29	6	06:05	1:43:32
Division 10 SPRINT Individual Males Open Category 7 40 - 49 years old																					
378	Guy St-Denis	Comox	41	M	5	1	0:11:41	1	0:02:12	1	0:34:25	2	01:43	0:48:18	1	0:01:19	3	0:20:21	1	04:04	1:09:58

Number	Name or Team Name	From	Age @ 31/12/2010	S	D P C P i l a l v a t a e . c c e e	Swim (or 1st Run for Duathlon) Time.....Place	T1 Time.....Place	Bike Time.....Place	Bike TPK	After		T2 Time.....Place	Run Time.....Place	Run TPK	Total Time
										Time.....Place	Time.....Place				
457	Greg Kingston	Campbell River	43	M	11	2	0:14:00 4	0:02:37 2	0:35:14 3	01:45	0:51:51 3	0:01:20 4	0:20:57 4	04:11	1:14:08
349	Chris Hall	Port Alberni	41	M	12	3	0:12:35 2	0:02:41 4	0:35:46 4	01:47	0:51:02 2	0:01:49 9	0:21:34 6	04:18	1:14:25
446	Gavin Arthur	Vancouver	42	M	15	4	0:15:46 8	0:02:48 5	0:33:30 1	01:40	0:52:04 4	0:01:59 11	0:20:38 2	04:07	1:14:41
362	Rob Grantham	Courtenay	47	M	21	5	0:14:37 5	0:03:09 9	0:37:02 5	01:51	0:54:48 5	0:01:27 6	0:20:54 3	04:10	1:17:09
367	Patrick Ney	Gold River	44	M	22	6	0:13:16 3	0:03:07 8	0:39:25 9	01:58	0:55:48 7	0:02:08 12	0:21:06 5	04:13	1:19:02
382	Terry Browne	Campbell River	49	M	25	7	0:15:24 6	0:02:37 2	0:37:44 6	01:53	0:55:45 6	0:01:26 5	0:23:34 8	04:42	1:20:45
357	Angellos Glaros	Nanaimo	41	M	27	8	0:15:34 7	0:02:53 6	0:39:15 8	01:57	0:57:42 8	0:01:34 7	0:24:51 9	04:58	1:24:07
361	Jonathan Watson	Comox	41	M	32	9	0:16:04 9	0:03:50 12	0:40:21 10	02:01	1:00:15 9	0:01:37 8	0:29:45 15	05:57	1:31:37
330	Fabian Poulin	Nanaimo	47	M	33	10	0:19:11 11	0:02:54 7	0:38:50 7	01:56	1:00:55 10	0:02:35 15	0:28:20 14	05:40	1:31:50
332	Michael Kossey	Lantzville	42	M	34	11	0:18:21 10	0:04:20 15	0:41:25 13	02:04	1:04:06 12	0:01:55 10	0:25:53 10	05:10	1:31:54
396	Glen Gordon	Nanaimo BC	43	M	35	12	0:19:24 12	0:04:04 14	0:40:34 11	02:01	1:04:02 11	0:01:10 2	0:27:49 13	05:33	1:33:01
402	Russell Berg	Nanaimo	42	M	36	13	0:20:47 15	0:03:37 11	0:40:41 12	02:02	1:05:05 13	0:01:09 1	0:27:05 12	05:25	1:33:19
440	Alan Hampshire	Nanaimo	45	M	37	14	0:20:28 14	0:04:03 13	0:43:36 14	02:10	1:08:07 14	0:02:09 13	0:23:22 7	04:40	1:33:38
379	John Kalhous	Courtenay	40	M	40	15	0:20:20 13	0:03:23 10	0:50:17 15	02:30	1:14:00 15	0:02:31 14	0:26:24 11	05:16	1:42:55
Division 10 SPRINT Individual Males Open Category 8 50 - 59 years old															
335	Tom Weber	Courtenay	53	M	8	1	0:13:32 3	0:02:40 3	0:35:01 1	01:45	0:51:13 1	0:01:08 1	0:19:33 1	03:54	1:11:54
428	Andreas Conradi	Comox	52	M	13	2	0:14:06 4	0:02:04 1	0:35:50 3	01:47	0:52:00 2	0:01:10 2	0:21:23 3	04:16	1:14:33
425	Dave Metcalfe	Nanaimo	58	M	18	3	0:13:20 2	0:02:44 4	0:36:00 4	01:48	0:52:04 3	0:01:31 5	0:22:49 4	04:33	1:16:24
355	Peter Bezuidenhout	Campbell river	53	M	20	4	0:14:11 5	0:02:49 5	0:37:46 5	01:53	0:54:46 5	0:01:20 3	0:20:54 2	04:10	1:17:00
345	Hugh Fletcher	Cumberland	55	M	23	5	0:14:31 6	0:02:36 2	0:35:18 2	01:45	0:52:25 4	0:01:49 6	0:24:58 5	04:59	1:19:12
337	Jim Brackett	Parksville	55	M	29	6	0:14:52 7	0:03:10 7	0:41:50 7	02:05	0:59:52 6	0:01:23 4	0:26:37 6	05:19	1:27:52
452	Kevin Widdifield	Comox	54	M	38	7	0:16:17 8	0:05:21 8	0:40:58 6	02:02	1:02:36 7	0:03:16 8	0:28:01 7	05:36	1:33:53
371	Darcy Walters	Courtenay	53	M	39	8	0:12:24 1	0:03:01 6	0:51:52 8	02:35	1:07:17 8	0:01:52 7	0:29:17 8	05:51	1:38:26
Division 10 SPRINT Individual Males Open Category 9 60 - 69 years old															
415	Don Blacklock	Comox	64	M	31	1	0:19:38 1	0:04:27 1	0:40:09 1	02:00	1:04:14 1	0:02:04 1	0:25:18 1	05:03	1:31:36
Division 11 SPRINT Individual Females Open Swim 750m / Bike 20k / Run 5k															
Division 11 SPRINT Individual Females Open Category 1 15 - 16 years old															
431	Kaely Cronk	Campbell River	16	F	7	1	0:12:59 1	0:01:59 1	0:39:59 1	01:59	0:54:57 1	0:01:25 2	0:22:57 1	04:35	1:19:19
399	Mykelti Berg	Nanaimo	15	F	20	2	0:13:19 2	0:02:42 2	0:40:39 2	02:01	0:56:40 2	0:01:04 1	0:27:59 2	05:35	1:25:43
Division 11 SPRINT Individual Females Open Category 2 17 - 19 years old															
436	Breanne Flohr	Campbell River	17	F	31	1	0:17:12 1	0:03:18 1	0:42:46 1	02:08	1:03:16 1	0:01:10 1	0:26:38 1	05:19	1:31:04
409	Micah Thompson	Courtenay	17	F	53	2	0:17:15 2	0:05:59 2	0:55:06 2	02:45	1:18:20 2	0:01:28 2	0:38:31 2	07:42	1:58:19
Division 11 SPRINT Individual Females Open Category 3 20 - 24 years old															
420	Michelle Dagg	Port Alberni	21	F	3	1	0:12:21 1	0:02:35 1	0:40:05 1	02:00	0:55:01 1	0:01:31 1	0:21:09 1	04:13	1:17:41
Division 11 SPRINT Individual Females Open Category 4 25 - 29 years old															
346	Alice Grasby	Cumberland	28	F	21	1	0:14:33 1	0:03:14 1	0:41:02 1	02:03	0:58:49 1	0:01:37 1	0:25:41 1	05:08	1:26:07
403	Wendy Stewart	Comox	29	F	35	2	0:15:35 2	0:03:59 2	0:41:30 2	02:04	1:01:04 2	0:02:06 2	0:29:10 2	05:50	1:32:20
Division 11 SPRINT Individual Females Open Category 5 30 - 34 years old															
447	Suzanne Watters Bullock	Comox	32	F	4	1	0:15:02 4	0:03:47 4	0:37:17 1	01:51	0:56:06 2	0:00:56 1	0:20:46 1	04:09	1:17:48
441	Arran Kerrigan	Courtenay	33	F	10	2	0:12:30 2	0:02:45 1	0:41:28 3	02:04	0:56:43 4	0:01:42 5	0:22:03 2	04:24	1:20:28
453	Georgina Knox	Campbell River	32	F	13	3	0:12:41 3	0:02:53 2	0:39:01 2	01:57	0:54:35 1	0:01:10 2	0:25:54 4	05:10	1:21:39
411	Debbie Wright	Comox	33	F	16	4	0:10:40 1	0:03:42 3	0:41:45 4	02:05	0:56:07 3	0:01:16 3	0:25:48 3	05:09	1:23:11
274	Lisa Neilson	Courtenay	30	F	32	5	0:17:02 5	0:03:48 5	0:42:47 5	02:08	1:03:37 5	0:01:18 4	0:26:29 5	05:17	1:31:24
Division 11 SPRINT Individual Females Open Category 6 35 - 39 years old															
416	Cheryl Morch	Lantzville	39	F	2	1	0:13:08 1	0:03:05 3	0:36:07 1	01:48	0:52:20 1	0:01:27 4	0:22:43 3	04:32	1:16:30
418	Michelle Krall	Nanaimo	39	F	6	2	0:14:37 3	0:02:12 1	0:39:52 2	01:59	0:56:41 2	0:01:36 5	0:20:39 1	04:07	1:18:56
377	Karla Leighton	Campbell River	39	F	17	3	0:15:06 4	0:04:09 8	0:40:28 4	02:01	0:59:43 3	0:01:16 2	0:23:27 4	04:41	1:24:26
417	Petra Gregson	Campbell River	37	F	23	4	0:19:08 7	0:03:33 6	0:40:26 3	02:01	1:03:07 6	0:01:54 6	0:22:15 2	04:27	1:27:16

Number	Name or Team Name	From	Age @ 31/12/2010	S e x	V a l e t a r e	C P i l a l	Swim (or 1st Run for Duathlon) Time.....Place	T1 Time.....Place	Bike Time.....Place	Bike TPK	After		T2 Time.....Place	Run Time.....Place	Run TPK	Total Time	
											Bike Time.....Place	Run Time.....Place					
413	Leanne Martens	Campbell River	36	F	24	5	0:16:00 5	0:02:57 2	0:41:13 5	02:03	1:00:10 4	0:01:15 1	0:26:23 7	05:16	1:27:48		
392	Jouska Lockquell	Comox	35	F	28	6	0:16:43 6	0:03:25 4	0:44:12 7	02:12	1:04:20 7	0:01:22 3	0:24:07 5	04:49	1:29:49		
385	Rae Walsh	Courtenay	37	F	34	7	0:13:43 2	0:03:47 7	0:44:04 6	02:12	1:01:34 5	0:02:00 8	0:28:11 8	05:38	1:31:45		
341	Melanie McAulay	Nanaimo	37	F	45	8	0:19:51 8	0:03:30 5	0:48:14 9	02:24	1:11:35 9	0:01:54 6	0:26:19 6	05:15	1:39:48		
353	Tara Gueulette	Lantzville	37	F	49	9	0:19:56 9	0:04:20 9	0:44:45 8	02:14	1:09:01 8	0:02:38 9	0:32:24 9	06:28	1:44:03		
373	Tammi Servizi	Courtenay	37	F	52	10	0:21:06 10	0:05:07 10	0:50:27 10	02:31	1:16:40 10	0:02:52 10	0:33:12 10	06:38	1:52:44		
Division 11 SPRINT Individual Females Open				Category 7		40 - 49 years old											
358	Carla Valentine	Campbell River	40	F	1	1	0:13:42 4	0:02:52 7	0:38:54 4	01:56	0:55:28 2	0:01:57 16	0:17:34 1	03:30	1:14:59		
343	Lo Lanning	Merville	44	F	5	2	0:13:35 3	0:02:23 1	0:37:21 1	01:52	0:53:19 1	0:01:22 3	0:23:46 6	04:45	1:18:27		
421	Annette Noble	Nanaimo	46	F	8	3	0:14:37 5	0:02:51 6	0:38:28 2	01:55	0:55:56 4	0:01:24 5	0:22:03 3	04:24	1:19:23		
354	Shannon Lebeuf	Royston BC	40	F	9	4	0:15:32 8	0:02:57 8	0:39:35 7	01:58	0:58:04 7	0:01:22 3	0:20:39 2	04:07	1:20:05		
375	janice scriba	campbell river	45	F	12	5	0:15:12 6	0:02:29 2	0:38:42 3	01:56	0:56:23 5	0:01:10 1	0:23:29 5	04:41	1:21:02		
423	Cindy Steuart	Courtenay	43	F	14	6	0:15:17 7	0:02:38 4	0:39:13 5	01:57	0:57:08 6	0:01:54 14	0:22:59 4	04:35	1:22:01		
401	Sandra Rowland	Courtenay	49	F	18	7	0:13:05 2	0:02:49 5	0:42:55 13	02:08	0:58:49 8	0:01:29 9	0:24:33 9	04:54	1:24:51		
360	Maureen Thomson	Courtenay	48	F	19	8	0:11:14 1	0:02:33 3	0:41:41 9	02:05	0:55:28 2	0:02:23 18	0:27:05 13	05:25	1:24:56		
408	Karen Jakobsen	Squamish	44	F	25	9	0:17:46 15	0:03:17 13	0:39:34 6	01:58	1:00:37 9	0:01:44 12	0:25:46 10	05:09	1:28:07		
368	Sabine Schill	Cumberland	47	F	27	10	0:19:34 19	0:02:57 8	0:39:54 8	01:59	1:02:25 11	0:01:25 7	0:25:54 11	05:10	1:29:44		
404	Dianne Harris	Pt Hardy	44	F	29	11	0:19:23 18	0:02:59 10	0:41:50 10	02:05	1:04:12 12	0:01:40 11	0:24:01 7	04:48	1:29:53		
398	Cindy Alguire	Campbell River	43	F	33	12	0:18:29 16	0:02:59 10	0:44:19 16	02:12	1:05:47 15	0:01:32 10	0:24:11 8	04:50	1:31:30		
400	Maureen Christensen	Campbell River	47	F	37	13	0:17:00 12	0:03:08 12	0:41:53 11	02:05	1:02:01 10	0:02:02 17	0:29:34 19	05:54	1:33:37		
333	Jo-Anne Kossey	Lantzville	41	F	38	14	0:16:21 9	0:05:56 21	0:43:11 15	02:09	1:05:28 13	0:01:56 15	0:27:30 15	05:30	1:34:54		
331	Jacquie Poulin	Nanaimo	41	F	39	15	0:19:07 17	0:03:20 14	0:43:03 14	02:09	1:05:30 14	0:01:49 13	0:28:53 18	05:46	1:36:12		
394	Laurie Gage	Campbell River	48	F	40	16	0:17:02 14	0:04:13 17	0:44:39 17	02:13	1:05:54 16	0:02:33 21	0:28:07 16	05:37	1:36:34		
450	Jill Kotapski	Comox	40	F	41	17	0:21:08 21	0:05:19 19	0:42:28 12	02:07	1:08:55 18	0:02:30 20	0:26:20 12	05:16	1:37:45		
387	Clndy Michalewich	Cumberland	45	F	42	18	0:16:52 11	0:05:48 20	0:46:35 20	02:19	1:09:15 19	0:01:24 5	0:27:16 14	05:27	1:37:55		
338	Carole Phee	Nanaimo	49	F	46	19	0:19:36 20	0:04:05 16	0:46:30 19	02:19	1:10:11 20	0:01:27 8	0:28:44 17	05:44	1:40:22		
372	Marnie van der Vliet	Courtenay	43	F	50	20	0:17:00 12	0:03:54 15	0:45:47 18	02:17	1:06:41 17	0:02:26 19	0:35:41 21	07:08	1:44:48		
356	Cathy Revoy	Campbell River	41	F	51	21	0:16:29 10	0:04:26 18	0:53:18 21	02:39	1:14:13 21	0:01:19 2	0:30:03 20	06:00	1:45:35		
Division 11 SPRINT Individual Females Open				Category 8		50 - 59 years old											
422	Kim Griffiths	Royston	51	F	15	1	0:14:19 1	0:02:47 1	0:39:23 2	01:58	0:56:29 1	0:01:38 2	0:24:30 4	04:54	1:22:37		
424	Lorrie Baidham	Nanaimo	50	F	22	2	0:19:20 7	0:03:23 6	0:37:51 1	01:53	1:00:34 2	0:01:59 5	0:24:10 3	04:50	1:26:43		
406	Zina Richmond	Comox	53	F	26	3	0:16:08 3	0:03:01 3	0:44:26 5	02:13	1:03:35 3	0:01:38 2	0:23:07 2	04:37	1:28:20		
369	Jeanette Christian	Nanoose Bay.	52	F	30	4	0:18:38 6	0:04:04 7	0:44:03 4	02:12	1:06:45 6	0:02:08 6	0:21:03 1	04:12	1:29:56		
370	Leanne Eriksen	Campbell River	50	F	36	5	0:17:04 5	0:02:56 2	0:43:53 3	02:11	1:03:53 4	0:01:48 4	0:26:48 5	05:21	1:32:29		
405	Wilma Steinke	Campbell River	55	F	44	6	0:16:57 4	0:03:05 4	0:45:15 6	02:15	1:05:17 5	0:02:21 7	0:31:48 8	06:21	1:39:26		
336	Pat Eagan-Brackett	Parksville	55	F	47	7	0:15:12 2	0:04:49 8	0:48:53 8	02:26	1:08:54 7	0:02:22 8	0:29:54 6	05:58	1:41:10		
351	Dawn Taylor	Ladysmith	51	F	48	8	0:20:51 8	0:03:17 5	0:47:46 7	02:23	1:11:54 8	0:01:14 1	0:30:33 7	06:06	1:43:41		
Division 11 SPRINT Individual Females Open				Category 9		60 - 69 years old											
347	Bonny Ervin	Royston	63	F	11	1	0:14:36 1	0:02:37 1	0:38:06 1	01:54	0:55:19 1	0:01:32 1	0:24:03 1	04:48	1:20:54		
383	Barbara Kenno	Parksville	61	F	43	2	0:16:25 2	0:04:52 2	0:42:32 2	02:07	1:03:49 2	0:02:40 2	0:31:45 2	06:21	1:38:14		
Division 13 SPRINT Team Open Swim 750m / Bike 20k / Run 5k																	
Division 13 SPRINT Team Open				Category 1		Males											
255	Two and a half men	Merville, B.C	54	M	11	1	0:12:03 1	0:01:48 1	0:38:49 1	01:56	0:52:40 1	0:00:44 1	0:24:41 1	04:56	1:18:05		
Division 13 SPRINT Team Open				Category 2		Females											
256	dynamic duo	Courtenay	47	F	6	1	0:12:44 2	0:01:36 1	0:35:34 1	01:46	0:49:54 1	0:00:47 1	0:24:00 2	04:48	1:14:41		
267	Trio	Courtenay	15	F	8	2	0:12:11 1	0:01:36 1	0:38:11 2	01:54	0:51:58 2	0:00:51 3	0:23:23 1	04:40	1:16:12		
260	Three Sexy Things	Comox	40	F	16	3	0:14:42 3	0:01:38 3	0:52:19 6	02:36	1:08:39 5	0:00:56 5	0:24:37 3	04:55	1:34:12		
251	Mamavalous Merville Mamas	Courtenay	46	F	17	4	0:20:23 6	0:02:26 6	0:45:05 3	02:15	1:07:54 4	0:00:47 1	0:25:54 4	05:10	1:34:35		
272	Last Minute Ladies	Comox	40	F	18	5	0:18:06 5	0:01:38 3	0:45:27 4	02:16	1:05:11 3	0:00:51 3	0:29:42 5	05:56	1:35:44		

Number	Name or Team Name	From	Age @ 31/12/2010	S e x	D P C P i l l a l	v a t a c e	Swim (or 1st Run for Duathlon) Time.....Place	T1 Time.....Place	Bike Time.....Place	Bike TPK	After Bike		T2 Time.....Place	Run Time.....Place	Run TPK	Total Time
											Time.....Place	Time.....Place				
263	Wild Women	Comox	52	F	19	6	0:16:51 4	0:02:01 5	0:50:52 5	02:32	1:09:44 6	0:01:03 6	0:30:37 6	06:07	1:41:24	
Division 13 SPRINT Team Open			Category 3			Mixed										
271	The Clean Up Crew	Courtenay	23	F	2	1	0:11:52 2	0:01:36 2	0:30:12 1	01:30	0:43:40 1	0:00:36 1	0:21:50 5	04:22	1:06:06	
254	The Helpards	Comox	43	F	3	2	0:11:38 1	0:01:43 3	0:32:06 2	01:36	0:45:27 2	0:00:45 4	0:24:56 7	04:59	1:11:08	
259	Two guys n a gal	Courtenay	18	F	4	3	0:15:18 5	0:01:47 6	0:37:14 4	01:51	0:54:19 5	0:00:43 2	0:17:11 1	03:26	1:12:13	
270	Bodynetix	Comox	41	F	5	4	0:12:54 3	0:01:44 4	0:38:09 5	01:54	0:52:47 4	0:00:44 3	0:18:53 2	03:46	1:12:24	
257	Snap, Crackle, Pop	Courtenay	47	F	9	5	0:14:03 4	0:02:35 8	0:39:01 6	01:57	0:55:39 6	0:00:46 5	0:21:06 4	04:13	1:17:31	
252	The Cougar and the Manther	Comox	39	F	10	6	0:16:20 6	0:01:46 5	0:34:30 3	01:43	0:52:36 3	0:00:53 8	0:24:34 6	04:54	1:18:03	
262	The Tropic of Capricorn	Comox	43	F	12	7	0:19:44 7	0:01:33 1	0:41:35 8	02:04	1:02:52 7	0:00:46 5	0:21:00 3	04:12	1:24:38	
253	Team Zero Local	Comox	47	M	14	8	0:20:07 8	0:01:55 7	0:41:00 7	02:03	1:03:02 8	0:00:51 7	0:27:22 8	05:28	1:31:15	
Division 13 SPRINT Team Open			Category 4			Family										
264	Cathie's Kids	Comox	58	F	1	1	0:13:45 1	0:01:41 2	0:06:38 1	00:19	0:22:04 1	0:10:34 5	0:23:47 1	04:45	0:56:25	
250	Text Girls & Couch Guy	Courtenay	18	F	13	2	0:16:19 2	0:01:35 1	0:37:07 2	01:51	0:55:01 2	0:01:15 4	0:33:31 3	06:42	1:29:47	
261	Hinds57	Courtenay	34	M	15	3	0:18:44 3	0:01:57 3	0:41:48 3	02:05	1:02:29 3	0:00:58 1	0:29:54 2	05:58	1:33:21	
269	Purple Side Kicks	Courtenay	55	F	20	4	0:23:09 4	0:03:35 5	0:58:04 5	02:54	1:24:48 5	0:01:05 3	0:34:31 4	06:54	2:00:24	
268	Transition	Courtenay	28	M	21	5	0:23:21 5	0:03:13 4	0:53:43 4	02:41	1:20:17 4	0:01:04 2	0:41:34 5	08:18	2:02:55	
Division 13 SPRINT Team Open			Category 5			50+										
258	Perfect Strangers	Courtenay	66	M	7	1	0:14:44 1	0:01:59 1	0:35:36 1	01:46	0:52:19 1	0:00:47 1	0:22:56 1	04:35	1:16:02	
Division 16 Duathlon Run 5k / Bike 20k / Run 5k																
Division 16 Duathlon			Category 1			Males										
435	Sean Jackman	Campbell River	17	M	1	1	0:18:35 1	0:00:48 1	0:37:08 3	01:51	0:56:31 3	0:00:53 1	0:19:23 1	03:52	1:16:47	
407	Derek Richmond	Comox	60	M	2	2	0:19:46 5	0:01:00 3	0:34:52 1	01:44	0:55:38 1	0:01:17 3	0:20:43 3	04:08	1:17:38	
427	Bruce Busby	Nanaimo	57	M	3	3	0:18:36 2	0:01:55 7	0:35:38 2	01:46	0:56:09 2	0:02:03 7	0:19:55 2	03:59	1:18:07	
439	Robin Arbuthnot	Ladysmith	54	M	4	4	0:19:36 3	0:01:03 4	0:37:41 4	01:53	0:58:20 4	0:01:13 2	0:20:53 4	04:10	1:20:26	
273	dynamic duo	Courtenay	46	M	5	5	0:19:44 4	0:01:17 6	0:38:10 5	01:54	0:59:11 5	0:01:44 6	0:20:53 4	04:10	1:21:48	
390	Stephen O'brien	Nanaimo	46	M	6	6	0:20:07 6	0:01:09 5	0:45:03 6	02:15	1:06:19 6	0:01:24 5	0:23:39 6	04:43	1:31:22	
339	Eddy St Pierre	Comox	36	M	9	7	0:24:20 7	0:00:54 2	0:48:25 7	02:25	1:13:39 7	0:01:17 3	0:25:16 7	05:03	1:40:12	
Division 16 Duathlon			Category 2			Females										
350	Robyn Dicesare	Courtenay	46	F	7	1	0:23:23 1	0:01:06 1	0:41:08 1	02:03	1:05:37 1	0:01:49 2	0:25:22 2	05:04	1:32:48	
451	Carly Arbuthnot	Vancouver	26	F	8	2	0:24:15 3	0:01:15 2	0:44:40 2	02:14	1:10:10 2	0:01:41 1	0:27:49 3	05:33	1:39:40	
419	Del McCumber	Nanaimo	52	F	10	3	0:24:03 2	0:01:45 3	0:47:09 3	02:21	1:12:57 3	0:02:11 4	0:25:16 1	05:03	1:40:24	
449	Melissa Marsh	Port Hardy	37	F	11	4	0:30:05 4	0:01:57 4	0:51:11 4	02:33	1:23:13 4	0:02:09 3	0:35:16 4	07:03	2:00:38	