

**The Comox Valley  
Shoreline Orthodontics Tri-K Triathlon  
29 May 2016  
Official Results**

Official Results

Number	Name or Team Name	From	Age @	D P I L S @ 31/12/2016	C P A T A E x e	Swim (or 1st Run for Duathlon) Time.....Place	T1 Time.....Place	Bike Time.....Place	Bike TPK	After Bike Time.....Place	T2 Time.....Place	Run Time.....Place	Run TPK	Total Time							
															Division 1 MINI Individual Males 8 - 9 years old Swim 100m / Bike 5k / Run 1k						
Division 1 MINI Individual Males 8 - 9 years old																					
Division 1	MINI	Individual Males	8 - 9 years old	Category		1	8 - 9 years old														
283	Gavin Chatterton	Campbell River	9	M	1	1	0:03:11	8	0:02:45	6	0:12:18	1	02:27	0:18:14	1	0:01:11	2	0:04:59	1	04:59	0:24:24
280	Daxin Moldenhauer	Comox	9	M	2	2	0:01:52	1	0:02:18	2	0:15:22	5	03:04	0:19:32	3	0:01:07	1	0:05:18	5	05:18	0:25:57
370	Rowan Neilson-Didham	Comox	9	M	3	3	0:02:32	3	0:02:26	3	0:14:15	3	02:51	0:19:13	2	0:01:33	7	0:05:19	6	05:19	0:26:05
294	Sam Schum	Courtenay	9	M	4	4	0:03:34	12	0:03:13	12	0:13:29	2	02:41	0:20:16	4	0:01:47	14	0:05:16	3	05:16	0:27:19
325	Alex Nicholson	Comox	9	M	5	5	0:02:44	5	0:02:38	5	0:15:14	4	03:02	0:20:36	6	0:01:25	6	0:05:56	11	05:56	0:27:57
352	Drew Duffell	Nanaino	9	M	6	6	0:02:37	4	0:02:31	4	0:15:44	8	03:08	0:20:52	7	0:01:33	7	0:05:34	7	05:34	0:27:59
267	Aiden Jeffries	Ladysmith	?	M	7	7	0:01:53	2	0:02:16	1	0:16:07	10	03:13	0:20:16	4	0:01:53	16	0:06:28	13	06:28	0:28:37
255	Elliott Hill	Courtenay	8	M	8	8	0:03:59	16	0:02:45	6	0:15:40	7	03:08	0:22:24	10	0:01:23	4	0:05:16	3	05:16	0:29:03
339	Theo Fyfe	Comox	9	M	9	9	0:03:15	9	0:02:52	8	0:15:48	9	03:09	0:21:55	8	0:01:36	10	0:05:52	10	05:52	0:29:23
297	Elliott Lee	Courtenay	9	M	10	10	0:03:00	7	0:03:03	10	0:16:35	11	03:19	0:22:38	11	0:01:24	5	0:06:33	14	06:33	0:30:35
357	Bryson Gailloux-Milina	Comox	9	M	11	11	0:03:16	10	0:03:10	11	0:17:02	12	03:24	0:23:28	12	0:01:20	3	0:05:56	11	05:56	0:30:44
334	Bodhi LaPerriere	Courtenay	9	M	12	12	0:03:20	11	0:03:18	13	0:15:36	6	03:07	0:22:14	9	0:01:35	9	0:07:25	15	07:25	0:31:14
251	Spencer Coles	Courtenay	9	M	13	13	0:02:58	6	0:02:53	9	0:18:28	16	03:41	0:24:19	13	0:01:36	10	0:05:44	8	05:44	0:31:39
336	Troy Preston	Comox	9	M	14	14	0:03:36	14	0:03:24	15	0:17:32	13	03:30	0:24:32	14	0:01:59	17	0:05:15	2	05:15	0:31:46
313	Noah Baker	Courtenay	8	M	15	15	0:03:35	13	0:03:19	14	0:17:51	14	03:34	0:24:45	15	0:01:38	12	0:05:47	9	05:47	0:32:10
318	Alister McDiarmid	Campbell River	8	M	16	16	0:03:58	15	0:04:10	17	0:19:02	17	03:48	0:27:10	17	0:01:38	12	0:09:01	16	09:01	0:37:49
286	Josh Moller	Courtenay	9	M	17	17	0:04:22	17	0:04:26	18	0:18:12	15	03:38	0:27:00	16	0:01:50	15	0:09:43	17	09:43	0:38:33
288	Leyland Guy	Courtenay	9	M	18	18	0:04:23	18	0:03:38	16	0:24:03	18	04:48	0:32:04	18	0:02:45	18	0:11:13	18	11:13	0:46:02
Division 2 MINI Individual Females 8 - 9 years old Swim 100m / Bike 5k / Run 1k																					
Division 2	MINI	Individual Females	8 - 9 years old	Category		1	8 - 9 years old														
306	Mackenzie Hoar	Courtenay	9	F	1	1	0:01:59	2	0:02:50	2	0:15:41	2	03:08	0:20:30	1	0:01:16	3	0:05:23	3	05:23	0:27:09
353	Hannah Duffell	Nanaino	9	F	2	2	0:02:39	4	0:02:44	1	0:16:48	4	03:21	0:22:11	3	0:01:14	2	0:05:05	1	05:05	0:28:30
295	Alexa Pauletto	Comox	9	F	3	3	0:01:46	1	0:02:52	3	0:18:38	6	03:43	0:23:16	5	0:01:13	1	0:05:08	2	05:08	0:29:37
257	Claire Florence	Nanaimo	9	F	4	4	0:02:16	3	0:03:57	8	0:15:19	1	03:03	0:21:32	2	0:02:02	7	0:06:14	5	06:14	0:29:48
262	Gillian Galik	Courtenay	8	F	5	5	0:02:53	7	0:03:01	4	0:17:34	5	03:30	0:23:28	6	0:01:18	4	0:05:55	4	05:55	0:30:41
265	Georgia Valdez	Nanaimo	9	F	6	6	0:02:51	6	0:03:27	5	0:16:25	3	03:17	0:22:43	4	0:02:26	8	0:07:14	7	07:14	0:32:23
342	Hannah Evans	Campbell River	8	F	7	7	0:03:21	8	0:03:29	6	0:23:24	8	04:40	0:30:14	7	0:01:31	5	0:06:56	6	06:56	0:38:41
366	Rachel Watson	Courtenay	9	F	8	8	0:02:44	5	0:03:48	7	0:24:28	9	04:53	0:31:00	8	0:01:44	6	0:09:40	8	09:40	0:42:24
290	Harissa Saunders	Cumberland	9	F	9	9	0:03:41	9	0:05:48	9	0:22:23	7	04:28	0:31:52	9	0:03:10	9	0:10:50	9	10:50	0:45:52
Division 3 MINI Individual Males 10 -11 years old Swim 150m / Bike 5k / Run 2k																					
Division 3	MINI	Individual Males	10 -11 years old	Category		1	10 - 11 years old														
355	Carl-Phillip Leipoldt	Victoria	11	M	1	1	0:02:32	1	0:01:30	1	0:10:39	1	02:07	0:14:41	1	0:00:53	1	0:07:24	1	03:42	0:22:58
345	Tommy Lafreniere	Whistler	10	M	2	2	0:03:33	8	0:01:58	2	0:11:50	2	02:22	0:17:21	3	0:01:10	7	0:09:12	3	04:36	0:27:43
268	Andrew Julianne Childs	Sidney	10	M	3	3	0:02:49	3	0:01:59	3	0:12:18	6	02:27	0:17:06	2	0:01:07	4	0:09:33	5	04:46	0:27:46
312	Joel Baker	Courtenay	10	M	4	4	0:03:06	5	0:02:36	11	0:12:17	5	02:27	0:17:59	6	0:01:09	5	0:09:05	2	04:32	0:28:13
291	Sam Spencelayh	Victoria	10	M	5	5	0:03:38	9	0:02:07	4	0:11:52	3	02:22	0:17:37	4	0:01:09	5	0:10:00	7	05:00	0:28:46
275	Sebastian Lambert	Denman Island	11	M	6	6	0:02:53	4	0:02:24	7	0:12:22	7	02:28	0:17:39	5	0:01:05	2	0:10:10	9	05:05	0:28:54
341	Josh Evans	Campbell River	11	M	7	7	0:03:21	7	0:02:33	10	0:12:25	8	02:29	0:18:19	8	0:01:37	13	0:10:01	8	05:00	0:29:57
328	Fynn Collins Mann	Courtenay	11	M	8	8	0:03:40	10	0:02:25	8	0:12:00	4	02:24	0:18:05	7	0:01:45	14	0:10:57	12	05:28	0:30:47
264	Finn Valdez	Nanaimo	11	M	9	9	0:03:48	11	0:02:17	6	0:14:11	11	02:50	0:20:16	9	0:01:30	12	0:09:48	6	04:54	0:31:34
371	Alexander Alguire	Campbell River	10	M	10	10	0:03:14	6	0:02:28	9	0:16:32	15	03:18	0:22:14	13	0:01:13	8	0:09:18	4	04:39	0:32:45

Official Results

Number	Name or Team Name	From	Age @ 31/12/2016	S e x	D P I l i a l	C P S t a t 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				
343	Liam Robertson	Courtenay	11	M	11	11	0:03:54 12	0:03:05 14	0:13:50 10	02:46	0:20:49 11	0:01:28 10	0:10:37 11	05:18	0:32:54	
274	Matthew Hutchison	Nanaimo	10	M	12	12	0:04:46 15	0:02:47 12	0:12:52 9	02:34	0:20:25 10	0:01:23 9	0:11:46 13	05:53	0:33:34	
281	Jace McDowell	Cumberland	10	M	13	13	0:02:47 2	0:02:09 5	0:17:14 16	03:26	0:22:10 12	0:01:06 3	0:10:24 10	05:12	0:33:40	
254	Taylor Hill	Courtenay	11	M	14	14	0:05:32 16	0:03:04 13	0:14:12 12	02:50	0:22:48 14	0:01:28 10	0:13:54 15	06:57	0:38:10	
351	Ethan Haston	Comox	11	M	15	15	0:04:05 14	0:03:33 16	0:15:16 13	03:03	0:22:54 15	0:01:48 15	0:16:37 16	08:18	0:41:19	
354	Liam Van Spronsen	Campbell River	10	M	16	16	0:06:24 17	0:04:48 17	0:16:19 14	03:15	0:27:31 17	0:03:18 17	0:12:54 14	06:27	0:43:43	
368	Aramis Goodmurphy	Cumberland	11	M	17	17	0:04:01 13	0:03:15 15	0:19:16 17	03:51	0:26:32 16	0:02:11 16	0:19:35 17	09:47	0:48:18	

Division 4 MINI Individual Females 10 - 11 years old Swim 150m / Bike 5k / Run 2k

Division 4	MINI Individual Females 10 - 11 years old	Category	1	10 - 11 years old
259	Sidney Clement	West Vancouver	11	F 1 1 0:02:27 1 0:01:44 1 0:11:08 1 02:13 0:15:19 1 0:01:26 7 0:08:24 1 04:12 0:25:09
340	Tiffany Tancon	Comox	11	F 2 2 0:02:39 2 0:03:20 10 0:14:40 3 02:56 0:20:39 2 0:01:21 5 0:09:28 3 04:44 0:31:28
362	Savanna Hall	Royston	11	F 3 3 0:02:39 2 0:02:44 5 0:15:16 5 03:03 0:20:39 2 0:01:25 6 0:09:27 2 04:43 0:31:31
367	Carly Ram	Comox	10	F 4 4 0:02:49 4 0:03:04 7 0:14:54 4 02:58 0:20:47 5 0:01:07 1 0:09:55 4 04:57 0:31:49
331	Vivianne Lemay	Courtenay	11	F 5 5 0:04:02 6 0:02:27 3 0:14:13 2 02:50 0:20:42 4 0:01:14 4 0:10:08 5 05:04 0:32:04
261	Madelaine Galik	Courtenay	10	F 6 6 0:04:07 8 0:02:11 2 0:15:53 7 03:10 0:22:11 7 0:01:13 3 0:11:21 7 05:40 0:34:45
299	Madeline Koropatniski	Victoria	10	F 7 7 0:03:28 5 0:02:37 4 0:15:43 6 03:08 0:21:48 6 0:01:11 2 0:12:03 8 06:01 0:35:02
256	Dana Florence	Nanaimo	11	F 8 8 0:04:11 9 0:03:52 11 0:16:30 8 03:18 0:24:33 8 0:01:27 8 0:11:17 6 05:38 0:37:17
320	Anik Nelson	Campbell River	10	F 9 9 0:04:12 10 0:03:13 8 0:17:46 9 03:33 0:25:11 9 0:01:28 9 0:15:51 9 07:55 0:42:30
361	Aneka Barber	Courtenay	10	F 10 10 0:04:02 6 0:03:18 9 0:17:54 10 03:34 0:25:14 10 0:01:28 9 0:16:04 10 08:02 0:42:46
289	Allyson Ellis	Cumberland	11	F 11 11 0:04:43 11 0:02:51 6 0:22:10 11 04:26 0:29:44 11 0:01:51 11 0:20:06 11 10:03 0:51:41
324	Madeline Payne	Comox	10	F 12 12 0:04:57 12 0:04:48 12 0:28:23 12 05:40 0:38:08 12 0:03:07 12 0:21:58 12 10:59 1:03:13

Division 5 MINI Individual Males 12 - 17 years old Swim 300m / Bike 10k / Run 3k

Division 5	MINI Individual Males 12 - 17 years old	Category	1	12 - 14 years old
337	Ian Aitken	Victoria	14	M 1 1 0:04:45 4 0:01:25 1 0:17:44 2 01:46 0:23:54 1 0:00:58 2 0:12:30 2 04:10 0:37:22
360	Aedan Crocker	Victoria	14	M 2 2 0:05:08 7 0:01:38 2 0:17:23 1 01:44 0:24:09 2 0:01:23 13 0:13:48 6 04:36 0:39:20
327	Bradley Christison	Victoria	12	M 4 3 0:04:53 5 0:01:55 4 0:20:23 5 02:02 0:27:11 3 0:01:32 17 0:13:30 4 04:30 0:42:13
359	Ambrose Tinmouth	Comox	12	M 5 4 0:06:10 11 0:01:57 5 0:21:50 8 02:11 0:29:57 9 0:00:57 1 0:12:13 1 04:04 0:43:07
300	Griffin Nielsen-Sendey	Nanaimo	12	M 6 5 0:04:32 2 0:01:48 3 0:22:29 9 02:14 0:28:49 5 0:01:09 3 0:13:10 3 04:23 0:43:08
363	Kyle Lemay Congdon	Victoria	14	M 7 6 0:05:14 8 0:02:12 6 0:20:23 5 02:02 0:27:49 4 0:01:20 9 0:14:53 8 04:57 0:44:02
330	Carson Dunn	Campbell River	13	M 8 7 0:04:01 1 0:02:37 10 0:22:47 10 02:16 0:29:25 7 0:01:13 5 0:13:43 5 04:34 0:44:21
333	Taz Oldaker	Black Creek	14	M 9 8 0:06:51 16 0:02:43 11 0:19:15 3 01:55 0:28:49 5 0:01:11 4 0:15:13 10 05:04 0:45:13
302	Alexander Swift	Courtenay	14	M 11 9 0:05:56 10 0:03:24 18 0:20:11 4 02:01 0:29:31 8 0:01:34 18 0:15:28 11 05:09 0:46:33
332	Theo Lemay	Courtenay	13	M 12 10 0:06:48 14 0:03:38 20 0:20:43 7 02:04 0:31:09 12 0:01:27 16 0:14:47 7 04:55 0:47:23
276	Evan Kostuik	Comox	12	M 13 11 0:04:32 2 0:03:16 17 0:23:12 12 02:19 0:31:00 10 0:01:16 7 0:16:35 14 05:31 0:48:51
329	Reid Benedict	Nanaimo	13	M 15 12 0:06:35 13 0:02:53 13 0:22:54 11 02:17 0:32:22 13 0:01:25 14 0:17:22 17 05:47 0:51:09
372	Adam Alguire	Campbell River	12	M 16 13 0:05:36 9 0:02:14 8 0:25:32 16 02:33 0:33:22 14 0:01:22 12 0:16:31 13 05:30 0:51:15
263	Graham Tattrie	Comox	13	M 17 14 0:04:53 5 0:02:13 7 0:24:01 13 02:24 0:31:07 11 0:01:17 8 0:19:21 18 06:27 0:51:45
301	Ethan Humphries	Nanoose Bay	13	M 19 15 0:06:54 17 0:03:13 14 0:24:30 14 02:27 0:34:37 16 0:01:21 11 0:17:02 15 05:40 0:53:00
279	Andrew Manson	Nanaimo	13	M 20 16 0:06:48 14 0:02:23 9 0:25:21 15 02:32 0:34:32 15 0:01:20 9 0:17:09 16 05:43 0:53:01
296	Ezra Anfossie Heather	Gabriola Island	13	M 21 17 0:08:26 19 0:03:14 16 0:25:47 17 02:34 0:37:27 17 0:01:25 14 0:15:06 9 05:02 0:53:58
282	Philippe Alsembach	Nanaimo	13	M 22 18 0:09:02 21 0:03:31 19 0:28:32 18 02:51 0:41:05 19 0:01:43 20 0:15:38 12 05:12 0:58:26
323	Peter Shaver	Courtenay	12	M 23 19 0:06:30 12 0:03:13 14 0:33:14 21 03:19 0:42:57 21 0:02:23 21 0:19:52 19 06:37 1:05:12
269	Colson Newton	Nanaimo	13	M 24 20 0:07:11 18 0:02:45 12 0:31:08 20 03:06 0:41:04 18 0:01:15 6 0:25:26 21 08:28 1:07:45
307	Caleb Nuamah	Nanoose Bay	13	M 25 21 0:09:46 22 0:04:31 22 0:34:15 22 03:25 0:48:32 22 0:01:42 19 0:23:56 20 07:58 1:14:10

Official Results

Number	Name or Team Name	From	Age @	S e	D P I l a l	C P S v a t a e c c	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				
315	Gavin VanOostrom	Nanaimo	14	M	26	22	0:08:54 20	0:03:43 21	0:29:40 19	02:58	0:42:17 20	0:02:57 22	0:30:53 22	10:17	1:16:07	
<b>Division 5 MINI Individual Males 12 - 17 years old Category 2 15 - 17 years old</b>																
270	Jaylon Grenier	Port Hardy	16	M	3	1	0:05:18 3	0:01:49 1	0:19:17 1	01:55	0:26:24 1	0:01:14 3	0:12:41 1	04:13	0:40:19	
335	Nathan Miller	Comox	15	M	10	2	0:04:08 1	0:02:19 2	0:24:01 3	02:24	0:30:28 3	0:01:10 2	0:14:21 2	04:47	0:45:59	
311	Peter Lindstrom	Nanaimo	15	M	14	3	0:05:55 4	0:03:00 4	0:24:37 4	02:27	0:33:32 4	0:01:33 4	0:14:57 3	04:59	0:50:02	
317	William Munro	Comox	15	M	18	4	0:04:26 2	0:02:24 3	0:23:18 2	02:19	0:30:08 2	0:01:09 1	0:21:22 4	07:07	0:52:39	
<b>Division 6 MINI Individual Females 12 - 17 years old Swim 300m / Bike 10k / Run 3k</b>																
<b>Division 6 MINI Individual Females 12 - 17 years old Category 1 12 - 14 years old</b>																
356	Danielle Leipoldt	Victoria	14	F	1	1	0:04:16 1	0:01:29 1	0:17:16 1	01:43	0:23:01 1	0:01:06 2	0:11:20 1	03:46	0:35:27	
349	Iris Tinmouth	Comox	12	F	3	2	0:04:24 4	0:02:20 7	0:20:29 3	02:02	0:27:13 3	0:01:02 1	0:13:50 3	04:36	0:42:05	
326	Ashley Christison	Victoria	14	F	4	3	0:04:16 1	0:01:36 2	0:20:26 2	02:02	0:26:18 2	0:01:13 8	0:14:51 5	04:57	0:42:22	
266	Kaila Lafreniere	Whistler	12	F	5	4	0:05:39 11	0:01:49 3	0:20:44 4	02:04	0:28:12 4	0:01:20 14	0:13:42 2	04:34	0:43:14	
316	Emmy Stapff	Campbell River	14	F	7	5	0:04:27 7	0:03:23 21	0:21:04 5	02:06	0:28:54 5	0:01:30 21	0:15:54 7	05:18	0:46:18	
369	Julia Alguire	Campbell River	14	F	8	6	0:04:45 8	0:02:51 14	0:21:57 8	02:11	0:29:33 7	0:01:18 12	0:16:14 10	05:24	0:47:05	
260	Jade Clement	West Vancouver	14	F	9	7	0:04:26 6	0:02:14 4	0:24:12 10	02:25	0:30:52 10	0:01:10 5	0:16:07 9	05:22	0:48:09	
308	Janaya Ryan	Comox	14	F	10	8	0:04:16 1	0:02:18 6	0:23:51 9	02:23	0:30:25 9	0:01:12 7	0:16:41 12	05:33	0:48:18	
358	Tessa Tinmouth	Comox	13	F	11	9	0:04:24 4	0:02:40 9	0:21:50 6	02:11	0:28:54 5	0:01:13 8	0:18:12 17	06:04	0:48:19	
338	Alexa Berq	Nanaimo	12	F	12	10	0:05:18 9	0:02:16 5	0:26:20 12	02:38	0:33:54 11	0:01:26 16	0:14:37 4	04:52	0:49:57	
253	Alexandra Apedaile	Black Creek	14	F	13	11	0:05:45 13	0:02:22 8	0:21:53 7	02:11	0:30:00 8	0:01:27 17	0:18:46 18	06:15	0:50:13	
348	Olivia MacIntyre	Courtenay	12	F	14	12	0:05:45 13	0:02:56 16	0:27:35 17	02:45	0:36:16 12	0:01:13 8	0:15:55 8	05:18	0:53:24	
272	Courtney Johnson	Nanaimo	13	F	15	13	0:09:02 25	0:02:46 13	0:26:07 11	02:36	0:37:55 16	0:01:06 2	0:16:20 11	05:26	0:55:21	
293	Savannah-dawn Look	Campbell River	12	F	16	14	0:06:14 16	0:04:08 24	0:29:03 20	02:54	0:39:25 20	0:01:19 13	0:14:52 6	04:57	0:55:36	
347	Ava Webb	Comox	12	F	17	15	0:05:48 15	0:03:45 23	0:27:14 15	02:43	0:36:47 13	0:01:20 14	0:17:46 15	05:55	0:55:53	
321	Emma Nelson	Campbell River	13	F	18	16	0:08:04 21	0:02:53 15	0:27:28 16	02:44	0:38:25 19	0:01:27 17	0:16:57 13	05:39	0:56:49	
350	Sophie Beshr	Comox	13	F	19	17	0:08:05 22	0:03:24 22	0:26:47 13	02:40	0:38:16 18	0:01:28 19	0:19:26 19	06:28	0:59:10	
298	Sydney Ball	Nanaimo	13	F	20	18	0:06:48 18	0:02:40 9	0:28:43 19	02:52	0:38:11 17	0:01:08 4	0:21:44 21	07:14	1:01:03	
314	Lael Forrest	Nanaimo	13	F	21	19	0:06:47 17	0:03:10 18	0:27:04 14	02:42	0:37:01 14	0:01:48 22	0:22:22 22	07:27	1:01:11	
273	Jessica Hutchison	Nanaimo	13	F	22	20	0:08:26 23	0:03:13 19	0:30:43 21	03:04	0:42:22 22	0:01:11 6	0:18:03 16	06:01	1:01:36	
287	Zaphira Ey	Gold River	13	F	23	21	0:05:42 12	0:02:59 17	0:34:42 25	03:28	0:43:23 24	0:02:00 24	0:17:02 14	05:40	1:02:25	
278	Sarah McNeill	Nanaimo	13	F	24	22	0:05:24 10	0:02:43 12	0:32:05 23	03:12	0:40:12 21	0:01:50 23	0:22:30 23	07:30	1:04:32	
309	Larissa Spain	Black Creek	12	F	26	23	0:06:48 18	0:02:42 11	0:28:02 18	02:48	0:37:32 15	0:01:13 8	0:26:30 26	08:50	1:05:15	
319	Caitlyn Burry	Courtenay	12	F	27	24	0:07:19 20	0:04:44 26	0:32:05 23	03:12	0:44:08 25	0:01:29 20	0:19:45 20	06:35	1:05:22	
304	Sophie Horvath	Qualicum Beach	13	F	28	25	0:08:27 24	0:03:15 20	0:31:07 22	03:06	0:42:49 23	0:02:18 26	0:23:53 24	07:57	1:09:00	
277	Jenny Feng	Nanaimo	14	F	29	26	0:09:31 26	0:04:09 25	0:37:22 26	03:44	0:51:02 26	0:02:09 25	0:26:29 25	08:49	1:19:40	
<b>Division 6 MINI Individual Females 12 - 17 years old Category 2 15 - 17 years old</b>																
258	Colette Reimer	Victoria	15	F	2	1	0:04:29 1	0:01:31 1	0:17:18 1	01:43	0:23:18 1	0:01:05 1	0:11:49 1	03:56	0:36:12	
364	Marilyn Mullan-Fraser	Courtenay	15	F	6	2	0:05:10 2	0:02:27 2	0:20:48 2	02:04	0:28:25 2	0:01:15 2	0:15:25 2	05:08	0:45:05	
285	Nikita Jütte	Comox	17	F	25	3	0:06:34 3	0:02:58 3	0:28:08 3	02:48	0:37:40 3	0:01:52 3	0:25:19 3	08:26	1:04:51	
<b>Division 7 MINI Teams 8 - 9 years old Swim 100m / Bike 5k / Run 1k</b>																
<b>Division 7 MINI Teams 8 - 9 years old Category 1 Males</b>																
384	The 3 Amigos	Black Creek	9	M	2	1	0:03:34 2	0:01:35 1	0:13:45 1	02:45	0:18:54 1	0:01:24 2	0:04:31 1	04:31	0:24:49	
383	Team TEE	Comox	9	M	4	2	0:02:43 1	0:01:45 2	0:16:05 2	03:13	0:20:33 2	0:01:16 1	0:04:57 2	04:57	0:26:46	
393	Two and a Half Red Necks??	Comox	9	M	6	3	0:04:16 3	0:02:37 3	0:19:09 3	03:49	0:26:02 3	0:01:56 3	0:06:20 3	06:20	0:34:18	

Official Results

Number	Name or Team Name	From	Age @	D P I L S @	C P I A L E C C	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				
<b>Division 7 MINI Teams 8 - 9 years old Category 2 Females</b>															
387	Girl Power	Courtenay	9	F	5 1	0:02:02 1	0:01:43 1	0:17:19 1	03:27	0:21:04 1	0:01:29 1	0:05:20 1	05:20	0:27:53	
<b>Division 7 MINI Teams 8 - 9 years old Category 3 Mixed</b>															
390	The Red Rockets	Comox	9	F	1 1	0:03:39 2	0:01:48 1	0:12:55 1	02:35	0:18:22 1	0:01:08 1	0:05:14 1	05:14	0:24:44	
396	Tri-ceratops	Black Creek	9	F	3 2	0:02:10 1	0:01:50 2	0:15:14 2	03:02	0:19:14 2	0:01:13 2	0:05:47 2	05:47	0:26:14	
<b>Division 8 MINI Teams 10 - 11 years old Swim 150m / Bike 5k / Run 2k</b>															
<b>Division 8 MINI Teams 10 - 11 years old Category 1 Males</b>															
391	Raging Rhinos	Comox	11	M	1 1	0:02:37 1	0:01:32 1	0:12:30 2	02:30	0:16:39 1	0:00:59 3	0:08:25 3	04:12	0:26:03	
388	The Inexplainables	Comox	10	M	3 2	0:03:57 3	0:01:41 4	0:11:55 1	02:23	0:17:33 2	0:00:57 1	0:08:07 2	04:03	0:26:37	
401	Fantastic 3	Courtenay	10	M	4 3	0:03:38 2	0:01:36 2	0:12:30 2	02:30	0:17:44 3	0:00:57 1	0:07:59 1	03:59	0:26:40	
398	Tornado Trio	Courtenay	10	M	10 4	0:04:37 4	0:01:40 3	0:16:26 4	03:17	0:22:43 4	0:01:11 4	0:09:06 4	04:33	0:33:00	
<b>Division 8 MINI Teams 10 - 11 years old Category 2 Females</b>															
402	Ice Breakers	Courtenay	11	F	5 1	0:03:17 3	0:01:43 4	0:13:23 1	02:40	0:18:23 2	0:00:57 1	0:08:46 1	04:23	0:28:06	
385	Fuzzy Pandas	Comox	11	F	6 2	0:02:49 2	0:01:33 1	0:13:55 2	02:47	0:18:17 1	0:01:21 7	0:08:55 3	04:27	0:28:33	
399	Splash/Flash and Dash	Campbell River	11	F	7 3	0:02:12 1	0:01:42 3	0:15:00 4	03:00	0:18:54 3	0:01:15 5	0:09:38 5	04:49	0:29:47	
392	Groovy Happy Kittens	Campbell River	11	F	8 4	0:03:35 4	0:02:06 7	0:14:33 3	02:54	0:20:14 4	0:01:08 4	0:10:11 6	05:05	0:31:33	
377	Triple Threat	Port Hardy	11	F	9 5	0:03:37 5	0:01:33 1	0:17:43 7	03:32	0:22:53 5	0:01:02 2	0:08:48 2	04:24	0:32:43	
378	Aspen Athletes	Comox	9	F	10 6	0:05:29 7	0:01:51 5	0:15:33 5	03:06	0:22:53 5	0:01:03 3	0:09:04 4	04:32	0:33:00	
365	Katherine Watson	Courtenay	11	F	12 7	0:03:42 6	0:02:00 6	0:17:27 6	03:29	0:23:09 7	0:01:16 6	0:10:29 7	05:14	0:34:54	
<b>Division 8 MINI Teams 10 - 11 years old Category 3 Mixed</b>															
379	CR Rockets	Black Creek	11	M	2 1	0:02:47 1	0:01:46 1	0:12:12 1	02:26	0:16:45 1	0:01:03 1	0:08:25 1	04:12	0:26:13	
<b>Division 9 MINI Teams 12 - 14 years old Swim 300m / Bike 10k / Run 3k</b>															
<b>Division 9 MINI Teams 12 - 14 years old Category 1 Males</b>															
400	The Invincible 3	Courtenay	12	M	1 1	0:05:31 1	0:01:24 1	0:19:22 1	01:56	0:26:17 1	0:00:56 1	0:13:26 1	04:28	0:40:39	
<b>Division 9 MINI Teams 12 - 14 years old Category 2 Females</b>															
381	Team Awesome	Courtenay	13	F	3 1	0:04:59 1	0:01:43 3	0:21:22 2	02:08	0:28:04 1	0:01:03 2	0:14:39 1	04:53	0:43:46	
376	Smarties	Comox	12	F	4 2	0:07:48 3	0:01:30 2	0:20:59 1	02:05	0:30:17 2	0:01:07 3	0:14:59 2	04:59	0:46:23	
386	Around the track	Royston	13	F	5 3	0:07:10 2	0:01:28 1	0:23:47 3	02:22	0:32:25 3	0:01:01 1	0:19:09 3	06:23	0:52:35	
<b>Division 9 MINI Teams 12 - 14 years old Category 3 Mixed</b>															
380	Tri-tons	Cumberland	13	F	2 1	0:04:36 1	0:01:20 1	0:21:08 1	02:06	0:27:04 1	0:01:08 1	0:13:44 1	04:34	0:41:56	
394	The Reluctants	Comox	13	M	6 2	0:05:39 2	0:01:43 2	0:23:30 2	02:21	0:30:52 2	0:01:29 2	0:20:23 2	06:47	0:52:44	
382	Trio of Awesomeness	courtenay	10	M	7 3	0:06:14 3	0:02:14 3	0:26:07 3	02:36	0:34:35 3	0:01:35 3	0:28:11 3	09:23	1:04:21	
<b>Division 9.1 MINI Teams 15 - 17 years old Swim 300m / Bike 10k / Run 3k</b>															
<b>Division 9.1 MINI Teams 15 - 17 years old Category 2 Females</b>															
397	Tidal Waves	Campbell River	16	F	3 1	0:03:59 1	0:01:27 1	0:21:50 1	02:11	0:27:16 1	0:00:55 1	0:12:47 1	04:15	0:40:58	
<b>Division 9.1 MINI Teams 15 - 17 years old Category 3 Mixed</b>															
403	ATM	Courtenay	16	F	1 1	0:04:42 1	0:01:24 1	0:17:03 1	01:42	0:23:09 1	0:00:54 1	0:13:38 1	04:32	0:37:41	
<b>Division 9.1 MINI Teams 15 - 17 years old Category 4 Family</b>															
395	Mommy's Little Helpards	Comox	17	F	2 1	0:04:27 1	0:01:34 1	0:17:32 1	01:45	0:23:33 1	0:00:51 1	0:16:14 1	05:24	0:40:38	
<b>Division 10 SPRINT Individual Males Open Swim 750m / Bike 20k / Run 5k</b>															

Official Results

Number	Name or Team Name	From	Age @	D P i l i a l	C P S v a t a e c c	Swim (or 1st Run for Duathlon)	T1		Bike		Bike		After Bike		T2		Run		Run		Total Time
							Time.....Place	Time.....Place	Time.....Place	TPK	Time.....Place	Time.....Place	Time.....Place	Time.....Place	Time.....Place	Time.....Place	Time.....Place	Time.....Place	TPK		
<b>Division 10 SPRINT Individual Males Open Category 2 17 - 19 years old</b>																					
71	Connor McGrady	Comox	17	M	10	1	0:18:39	2	0:02:12	1	0:35:24	1	01:46	0:56:15	1	0:01:29	2	0:27:49	2	05:33	1:25:33
54	Jackson Slater	Comox	17	M	11	2	0:16:01	1	0:02:55	2	0:38:42	2	01:56	0:57:38	2	0:01:22	1	0:27:22	1	05:28	1:26:22
<b>Division 10 SPRINT Individual Males Open Category 3 20 - 24 years old</b>																					
47	Brennen Smith	Lazo	23	M	7	1	0:14:34	1	0	0:37:20	1	01:52	0:51:54	1	0:01:49	1	0:24:55	1	04:59	1:18:38	
<b>Division 10 SPRINT Individual Males Open Category 4 25 - 29 years old</b>																					
17	Wilson Cowan	Victoria	25	M	3	1	0:09:25	1	0:02:15	1	0:36:26	1	01:49	0:48:06	1	0:01:14	1	0:24:16	1	04:51	1:13:36
<b>Division 10 SPRINT Individual Males Open Category 5 30 - 34 years old</b>																					
79	Rob MacInnis	Comox	32	M	5	1	0:14:11	1	0:02:41	1	0:35:47	1	01:47	0:52:39	1	0:01:16	1	0:23:03	1	04:36	1:16:58
<b>Division 10 SPRINT Individual Males Open Category 6 35 - 39 years old</b>																					
14	Darcy Corder	North Vancouver	39	M	2	1	0:12:23	2	0:02:07	1	0:31:47	1	01:35	0:46:17	1	0:01:52	5	0:24:36	2	04:55	1:12:45
16	Ryan Parton	Courtenay	39	M	4	2	0:12:17	1	0:02:15	2	0:35:17	2	01:45	0:49:49	2	0:01:18	1	0:24:18	1	04:51	1:15:25
6	Douglas Sauer	Campbell River	38	M	9	3	0:14:50	3	0:02:34	3	0:36:40	3	01:50	0:54:04	3	0:01:49	4	0:28:06	4	05:37	1:23:59
19	Chris Marrie	Campbell River	35	M	16	4	0:15:22	4	0:03:31	4	0:44:54	5	02:14	1:03:47	5	0:01:34	3	0:27:51	3	05:34	1:33:12
65	Nathan Weber	Courtenay	38	M	20	5	0:16:02	5	0:03:57	5	0:43:38	4	02:10	1:03:37	4	0:01:18	1	0:32:26	5	06:29	1:37:21
<b>Division 10 SPRINT Individual Males Open Category 7 40 - 44 years old</b>																					
28	Joshua West	Campbell River	44	M	1	1	0:13:13	2	0:02:04	1	0:34:19	1	01:42	0:49:36	1	0:01:11	1	0:21:36	1	04:19	1:12:23
56	Trevor Olson	Comox	44	M	8	2	0:10:18	1	0:03:00	2	0:36:42	2	01:50	0:50:00	2	0:01:24	2	0:28:54	3	05:46	1:20:18
35	Simon Deller	Comox	41	M	13	3	0:15:39	4	0:03:07	3	0:38:33	3	01:55	0:57:19	3	0:01:56	4	0:27:47	2	05:33	1:27:02
83	Dave Kitano	Cumberland	40	M	17	4	0:14:17	3	0:03:15	4	0:40:10	4	02:00	0:57:42	4	0:01:55	3	0:33:36	4	06:43	1:33:13
34	Matie C Looch	Campbell River	42	M	23	5	0:20:21	5	0:03:56	5	0:42:58	5	02:08	1:07:15	5	0:02:13	5	0:33:44	5	06:44	1:43:12
<b>Division 10 SPRINT Individual Males Open Category 7.1 45 - 49 years old</b>																					
59	Dennis Lightfoot	Courtenay	49	M	12	1	0:13:52	1	0:02:52	2	0:38:58	1	01:56	0:55:42	1	0:01:37	1	0:29:26	1	05:53	1:26:45
21	Trace Thomas	Comox	47	M	15	2	0:16:26	2	0:03:47	3	0:39:59	2	01:59	1:00:12	2	0:02:22	3	0:29:45	3	05:57	1:32:19
26	Neil Collins	Comox	45	M	18	3	0:17:34	3	0:02:49	1	0:42:13	3	02:06	1:02:36	3	0:01:58	2	0:29:35	2	05:55	1:34:09
<b>Division 10 SPRINT Individual Males Open Category 8 50 - 54 years old</b>																					
61	Bruce Benedict	Nanaimo	52	M	14	1	0:16:43	2	0:04:16	3	0:38:17	1	01:54	0:59:16	1	0:01:12	1	0:28:35	1	05:43	1:29:03
80	James Sherry	North Vancouver	52	M	19	2	0:15:51	1	0:02:41	1	0:43:56	3	02:11	1:02:28	3	0:01:41	2	0:30:14	2	06:02	1:34:23
22	David Hutchison	Nanaimo	50	M	21	3	0:17:03	3	0:03:08	2	0:39:13	2	01:57	0:59:24	2	0:01:47	3	0:36:26	3	07:17	1:37:37
<b>Division 10 SPRINT Individual Males Open Category 8.1 55 - 59 years old</b>																					
46	Robert Arnold	Black Creek	57	M	22	1	0:15:09	1	0:03:57	1	0:45:47	1	02:17	1:04:53	1	0:02:05	1	0:32:08	1	06:25	1:39:06
<b>Division 10 SPRINT Individual Males Open Category 9.1 65 - 69 years old</b>																					
7	Derek Tripp	Courtenay	66	M	6	1	0:15:16	1	0:02:49	1	0:31:07	1	01:33	0:49:12	1	0:01:44	1	0:27:14	1	05:26	1:18:10
<b>Division 11 SPRINT Individual Females Open Swim 750m / Bike 20k / Run 5k</b>																					
<b>Division 11 SPRINT Individual Females Open Category 2 17 - 19 years old</b>																					
38	Jordyn Ryan	Comox	17	F	1	1	0:09:35	1	0:01:46	1	0:38:40	1	01:56	0:50:01	1	0:00:54	1	0:25:28	1	05:05	1:16:23
62	Lauren Benedict	Nanaimo	17	F	16	2	0:15:41	2	0:02:33	2	0:44:20	2	02:13	1:02:34	2	0:01:07	2	0:32:16	2	06:27	1:35:57
<b>Division 11 SPRINT Individual Females Open Category 4 25 - 29 years old</b>																					
53	Alexandra Spicer	Port Hardy	29	F	11	1	0:16:07	2	0:03:19	3	0:40:00	1	02:00	0:59:26	1	0:01:14	1	0:32:11	2	06:26	1:32:51
63	Heather Han	Gillies Bay	27	F	19	2	0:19:55	4	0:03:50	4	0:45:06	3	02:15	1:08:51	3	0:02:27	4	0:29:45	1	05:57	1:41:03
68	Brittany Thompson	Campbell River	26	F	20	3	0:17:09	3	0:03:16	2	0:43:36	2	02:10	1:04:01	2	0:01:57	3	0:35:31	4	07:06	1:41:29
84	Chelsea Hutton	Port Hardy	28	F	26	4	0:15:29	1	0:03:06	1	0:52:48	4	02:38	1:11:23	4	0:01:21	2	0:34:29	3	06:53	1:47:13

Official Results

Number	Name or Team Name	From	Age @ 31/12/2016	S . e . x	D P I l i a l	C P a t a c c	Swim (or 1st Run for Duathlon)	T1		Bike		After Bike		T2		Run		Run TPK	Total Time		
								Time.....Place	Time.....Place	Time.....Place	TPK	Time.....Place	Time.....Place	Time.....Place	Time.....Place						
<b>Division 11 SPRINT Individual Females Open</b>				<b>Category 5</b>		<b>30 - 34 years old</b>															
20	Andrée-Anne Trudel	Lazo	31	F	4	1	0:13:07	1	0:02:26	1	0:37:35	1	01:52	0:53:08	1	0:01:28	2	0:30:31	1	06:06	1:25:07
42	Shannon Archer	Courtenay	32	F	15	2	0:14:53	3	0:03:24	3	0:38:56	2	01:56	0:57:13	2	0:01:47	4	0:34:26	4	06:53	1:33:26
23	Christina Hurley	Comox	31	F	17	3	0:18:16	4	0:03:13	2	0:42:51	3	02:08	1:04:20	4	0:01:46	3	0:32:16	2	06:27	1:38:22
81	Anna Maqera	Cumberland	33	F	18	4	0:13:39	2	0:05:32	4	0:44:26	4	02:13	1:03:37	3	0:01:26	1	0:33:31	3	06:42	1:38:34
<b>Division 11 SPRINT Individual Females Open</b>				<b>Category 6</b>		<b>35 - 39 years old</b>															
40	Heidi Evans	Campbell River	36	F	3	1	0:16:04	2	0:02:16	1	0:36:25	1	01:49	0:54:45	1	0:01:47	2	0:26:55	1	05:23	1:23:27
75	Nancy MacPherson	Courtenay	39	F	5	2	0:16:05	3	0:02:22	2	0:36:58	2	01:50	0:55:25	2	0:01:53	3	0:28:24	2	05:40	1:25:42
24	Amy Taylor	Nanaimo	35	F	9	3	0:15:27	1	0:02:35	3	0:42:39	4	02:07	1:00:41	3	0:01:36	1	0:29:41	3	05:56	1:31:58
70	Penny Coolen	Victoria	38	F	27	4	0:23:14	4	0:03:10	4	0:40:37	3	02:01	1:07:01	4	0:03:05	4	0:38:19	4	07:39	1:48:25
<b>Division 11 SPRINT Individual Females Open</b>				<b>Category 7</b>		<b>40 - 44 years old</b>															
29	Sandra Jensen	Campbell River	42	F	2	1	0:13:30	1	0:02:16	1	0:36:48	1	01:50	0:52:34	1	0:01:13	1	0:23:30	1	04:42	1:17:17
57	Nikki Spence	Gillies Bay	42	F	7	2	0:14:09	2	0:02:51	3	0:41:47	5	02:05	0:58:47	4	0:01:48	2	0:28:15	2	05:39	1:28:50
36	Tamsyn Hendricks	Bowen Island	41	F	8	3	0:15:56	4	0:03:04	5	0:38:18	2	01:54	0:57:18	3	0:02:09	4	0:29:44	3	05:56	1:29:11
67	Kelly Mackenzie-Rife	Comox	44	F	12	4	0:14:09	2	0:02:27	2	0:39:23	3	01:58	0:55:59	2	0:02:33	7	0:34:33	6	06:54	1:33:05
64	Odette Lemay	Courtenay	44	F	14	5	0:16:26	5	0:03:32	6	0:39:33	4	01:58	0:59:31	5	0:02:09	4	0:31:45	5	06:21	1:33:25
72	Kathleen Power	Herriot bay	42	F	21	6	0:23:33	7	0:03:01	4	0:42:26	6	02:07	1:09:00	6	0:02:09	4	0:31:30	4	06:18	1:42:39
2	Sherri Kennedy	Courtenay	42	F	29	7	0:21:25	6	0:03:55	7	0:51:32	7	02:34	1:16:52	7	0:01:51	3	0:40:47	7	08:09	1:59:30
<b>Division 11 SPRINT Individual Females Open</b>				<b>Category 7.1</b>		<b>45 - 49 years old</b>															
49	Michelle Krall	Nanaimo	45	F	6	1	0:16:16	1	0:02:09	1	0:39:47	1	01:59	0:58:12	1	0:01:36	1	0:26:10	1	05:14	1:25:58
48	Joyce Shepherd	Comox	46	F	23	2	0:17:25	3	0:02:33	2	0:45:46	3	02:17	1:05:44	3	0:01:52	2	0:35:28	2	07:05	1:43:04
77	Marnie van der Vliet	Courtenay	49	F	24	3	0:16:36	2	0:03:25	3	0:41:19	2	02:03	1:01:20	2	0:02:26	3	0:40:06	3	08:01	1:43:52
<b>Division 11 SPRINT Individual Females Open</b>				<b>Category 8</b>		<b>50 - 54 years old</b>															
8	Kerri Brownie	Courtenay	51	F	22	1	0:19:08	2	0:03:32	1	0:42:32	1	02:07	1:05:12	1	0:02:39	2	0:34:55	1	06:59	1:42:46
60	Judith Marriott	Courtenay	54	F	30	2	0:17:52	1	0:04:44	2	0:58:36	2	02:55	1:21:12	2	0:02:35	1	0:57:10	2	11:26	2:20:57
<b>Division 11 SPRINT Individual Females Open</b>				<b>Category 8.1</b>		<b>55 - 59 years old</b>															
4	Zina Richmond	Courtenay	59	F	10	1	0:15:59	1	0:02:27	1	0:43:34	2	02:10	1:02:00	1	0:01:36	1	0:29:00	1	05:48	1:32:36
18	Cyndi Lyle	Nanaimo	55	F	25	2	0:18:25	3	0:03:45	3	0:43:13	1	02:09	1:05:23	2	0:02:41	3	0:36:44	2	07:20	1:44:48
45	Caitlin ( kathleen) Arnold	Black Creek	55	F	28	3	0:17:52	2	0:03:30	2	0:48:38	3	02:25	1:10:00	3	0:01:45	2	0:37:40	3	07:32	1:49:25
<b>Division 11 SPRINT Individual Females Open</b>				<b>Category 9</b>		<b>60 - 64 years old</b>															
73	Wanda Reglin	Courtenay	60	F	31	1	0:30:25	1	0:18:03	1	0:59:18	1	02:57	1:47:46	1	0:05:39	1	1:04:23	1	12:52	2:57:48
<b>Division 11 SPRINT Individual Females Open</b>				<b>Category 9.1</b>		<b>65 - 69 years old</b>															
15	Bonny Ervin	Royston	69	F	13	1	0:16:25	1	0:02:47	1	0:40:36	1	02:01	0:59:48	1	0:02:04	1	0:31:28	1	06:17	1:33:20
<b>Division 12 SPRINT Team 15 - 18</b>				<b>Category 3</b>		<b>Mixed</b>															
129	B.A.E.	Courtenay	18	F	1	1	0:08:58	1	0:01:19	1	0:36:23	1	01:49	0:46:40	1	0:00:49	1	0:25:08	1	05:01	1:12:37
<b>Division 13 SPRINT Team Open</b>				<b>Category 4</b>		<b>Family</b>															
130	Fam Jam	Victoria	15	F	1	1	0:11:49	1	0:01:17	1	0:34:15	1	01:42	0:47:21	1	0:01:01	1	0:31:11	2	06:14	1:19:33
128	Sea Star Run	Comox	61	M	2	2	0:15:55	2	0:02:04	2	0:55:57	2	02:47	1:13:56	2	0:01:06	2	0:28:47	1	05:45	1:43:49
<b>Division 16 Duathlon</b>				<b>Run 5k / Bike 20k / Run 5k</b>																	

Official Results

Number	Name or Team Name	From	Age	S @	v e	t .	a c	Swim (or 1st Run for Duathlon)	T1		Bike		After Bike		T2		Run		Run TPK	Total Time	
									Time.....Place	Time.....Place	Time.....Place	TPK	Time.....Place	Time.....Place	Time.....Place	Time.....Place					
<b>Division 16 Duathlon</b>																					
			<b>Category 1 Males</b>																		
76	Ray Hawkes	Courtenay	51	M	1	1	0:24:44	1	0:00:57	1	0:40:19	1	02:00	1:06:00	1	0:01:32	1	0:25:55	1	05:11	1:33:27
69	Marshall Thompson	Campbell River	30	M	2	2	0:29:26	2	0:01:17	2	0:43:58	3	02:11	1:14:41	3	0:02:13	2	0:29:00	2	05:48	1:45:54
58	Rod Spence	Gillies Bay	43	M	3	3	0:30:22	3	0:01:36	3	0:42:41	2	02:08	1:14:39	2	0:02:52	3	0:34:15	3	06:51	1:51:46
<b>Division 16 Duathlon</b>																					
			<b>Category 2 Females</b>																		
74	Karsha Dunn	Campbell River	42	F	4	1	0:34:18	1	0:02:14	1	0:42:57	1	02:08	1:19:29	1	0:02:32	1	0:35:40	1	07:08	1:57:41