



# 10TH ANNUAL 10 MILE TRI RESULTS



Over-All Rank	Heat #	FirstName	LastName	Athlete number	Swim (m)	Bike (m)	Run (m)	Total Distane (m)	Heat Rank	Overall Rank	Swim Rank	Bike Rank	Run Rank
1	8	Matthew	Stewart	H8-L6-B14	860	10400	4000	15260	1	1	35	1	3
2	4	Martin	Gajardo	H4-L7-B14	1100	9000	4200	14300	1	2	3	14	1
3	5	Joel	Neumann	H5-L2-B5	800	9500	3800	14100	1	3	47	5	5
4	5	Andrew	Martin	H5-L1-B1	885	9400	3800	14085	2	4	28	7	5
5	1	Noel	Kerschner	H1-L6-B14	1125	9300	3400	13825	1	5	2	8	17
6	4	Diego	Romero	H4-L1-B1	1100	8500	4200	13800	2	6	3	35	1
7	4	Ella	Hnatyshyn	H4-L6-B13	1140	9000	3600	13740	3	7	1	14	8
8	5	Kevin	McCann	H5-L3-B9	575	9700	3400	13675	3	8	144	2	17
9	9	Mathew	Bennett	H9-L1-B1	925	9000	3600	13525	1	9	21	14	8
10	9	Joel	Souchotte	H9-L3-B6	650	9600	3200	13450	2	10	113	3	29
11	9	Sharon	Styles	H9-L5-B14	1020	8800	3600	13420	3	11	9	22	8
12	4	Halle	Bodnarchuk	H4-L4-B7	975	8800	3600	13375	4	12	13	22	8
13	6	Adam	Wasylyshyn	H6-L3-B7	575	9600	3200	13375	1	12	144	3	29
14	8	Peter	Verschoote	H8-L7-B15	835	9100	3400	13335	2	14	41	11	17
15	4	Kern	Jones	H4-L7-B19	565	9100	3600	13265	5	15	152	11	8
16	6	Erwin	Zeekant	H6-L6-B15	750	9000	3400	13150	2	16	68	14	17
17	1	Matus	Kmet	H1-L7-B16	935	8600	3600	13135	2	17	19	33	8
18	10	Keith	Bradford	H10-L2-B3	725	8800	3600	13125	1	18	77	22	8
19	10	Alex	Danzinger	H10-L1-B2	950	8700	3400	13050	2	19	17	27	17
20	4	Ross	Leclair	H4-L3-B6	875	8100	4000	12975	6	20	29	56	3
21	6	Ryan	Taal	H6-L7-B17	650	9500	2800	12950	3	21	113	5	78
22	1	Kieran	Hildebrand	H1-L7-B21	1015	8500	3400	12915	3	22	10	35	17
23	8	Michael	Norris	H8-L7-B16	690	8800	3400	12890	3	23	97	22	17
24	6	Manuel	Solis	H6-L5-B11	965	8700	3200	12865	4	24	14	27	29
25	3	Matt	McCormack	H3-L6-B12	950	8900	3000	12850	1	25	17	19	53
26	4	Tomas	Hogan	H4-L7-B15	585	9000	3200	12785	7	26	142	14	29
27	10	Marek	Jacina	H10-L3-B5	875	8700	3200	12775	3	27	29	27	29
28	7	Jonathan	Temple	H7-L4-B11	725	8800	3200	12725	1	28	77	22	29
29	10	Rodney	Zawalykut	H10-L6-B15	825	8500	3400	12725	4	28	42	35	17
30	3	Tomas	Chalupa	H3-L4-B8	1000	8300	3400	12700	2	30	11	45	17
31	9	Jeremy	Reid	H9-L2-B3	590	8500	3600	12690	4	31	138	35	8
32	10	Stephen	German	H10-L5-B11	900	8500	3200	12600	5	32	24	35	29
33	6	Christopher	Scott	H6-L3-B6	775	8600	3200	12575	5	33	56	33	29
34	10	Tom	Bamford	H10-L5-B13	840	8700	3000	12540	6	34	39	27	53
35	5	Ryan	Leier	H5-L7-B19	840	8400	3200	12440	4	35	39	41	29
36	1	Hudson	Quinn	H1-L4-B10	925	7700	3800	12425	4	36	21	82	5
37	8	Lachlan	Griffiths	H8-L3-B6	625	9200	2600	12425	4	36	124	9	102
38	3	Kamilla	Bagautdinova	H3-L6-B17	1090	8100	3200	12390	3	38	5	56	29
39	5	Michael	Storwick	H5-L3-B7	675	9100	2600	12375	5	39	103	11	102
40	5	Dean	Livingston	H5-L5-B13	685	9200	2400	12285	6	40	98	9	128
41	6	Matthew	Fath	H6-L8-B19	850	8400	3000	12250	6	41	37	41	53
42	10	Karl	Seidenz	H10-L7-B18	645	8300	3200	12145	7	42	120	45	29
43	3	Charles	Morcom	H3-L8-B15	635	8900	2600	12135	4	43	122	19	102
44	1	Owen	Turner	H1-L5-B12	1025	7900	3200	12125	5	44	8	68	29



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45	1	Gabriel	Morales	H1-L6-B15	900	7800	3400	12100	6	45	24	79	17
46	2	Andrew	Flower	H2-L5-B14	590	8500	3000	12090	1	46	138	35	53
47	9	Robert	Niewczas	H9-L7-B19	390	8900	2800	12090	5	46	194	19	78
48	1	Sunnie	Leishman	H1-L5-B13	1000	7600	3400	12000	7	48	11	86	17
49	2	Zachary	Flower	H2-L6-B17	800	8000	3200	12000	2	48	47	61	29
50	5	TJ	Ruohio	H5-L6-B17	600	8400	3000	12000	7	48	133	41	53
51	9	Tracy	Leishman	H9-L4-B11	800	8000	3200	12000	6	48	47	61	29
52	2	Lauren	Holowaychuk	H2-L7-B18	775	8000	3200	11975	3	52	56	61	29
53	11	Lochlin	McLellan	H11-L2-B2	675	8700	2600	11975	1	52	103	27	102
54	5	Nicolette	Goncalves	H5-L4-B12	1050	7900	3000	11950	8	54	6	68	53
55	10	James	Chiang	H10-L3-B7	715	8200	3000	11915	8	55	92	52	53
56	7	Justin	Tomasi	H7-L4-B10	710	8200	3000	11910	2	56	94	52	53
57	4	Braydon	Saunders	H4-L5-B9	775	8100	3000	11875	8	57	56	56	53
58	5	Ryan	Stewart	H5-L8-B22	765	7900	3200	11865	9	58	63	68	29
59	8	Curtis	Cann	H8-L8-B18	635	8400	2800	11835	5	59	122	41	78
60	8	Kevin	Langman	H8-L3-B5	760	8000	3000	11760	6	60	67	61	53
61	7	Claudia	Glasspoole	H7-L1-B3	550	8000	3200	11750	3	61	157	61	29
62	8	Bryn	Sharkey	H8-L4-B8	740	8000	3000	11740	7	62	75	61	53
63	9	Paul	Rybicki	H9-L8-B21	685	8200	2800	11685	7	63	98	52	78
64	5	Krista	Morris	H5-L1-B2	550	7900	3200	11650	10	64	157	68	29
65	7	James	Rassell	H7-L4-B9	685	8100	2800	11585	4	65	98	56	78
66	4	Ben	Gilbert	H4-L2-B4	650	7900	3000	11550	9	66	113	68	53
67	1	Emily	Yang	H1-L5-B11	910	7400	3200	11510	8	67	23	94	29
68	4	Xaviere	Schneider	H4-L6-B18	890	7400	3200	11490	10	68	26	94	29
69	10	Mary	Jessey	H10-L3-B6	875	7800	2800	11475	9	69	29	79	78
70	2	Sam	Hughes	H2-L6-B15	750	7900	2800	11450	4	70	68	68	78
71	3	Luke	McCormack	H3-L5-B9	1035	6800	3600	11435	5	71	7	131	8
72	4	Niko	Mancina	H4-L8-B17	325	8300	2800	11425	11	72	200	45	78
73	7	Liam	Manns	H7-L2-B5	495	7700	3200	11395	5	73	182	82	29
74	7	Erin	Forgeron	H7-L1-B1	960	7400	3000	11360	6	74	16	94	53
75	7	Hillary	Siemens	H7-L3-B8	810	7700	2800	11310	7	75	46	82	78
76	9	Curtis	Lien	H9-L7-B20	800	7900	2600	11300	8	76	47	68	102
77	1	Avery	Steinke	H1-L4-B8	875	7000	3400	11275	9	77	29	119	17
78	5	Kelly Ann	Wasylyshyn	H5-L2-B4	775	7700	2800	11275	11	77	56	82	78
79	11	Robert	MacCuish	H11-L3-B3	560	8300	2400	11260	2	79	155	45	128
80	7	Ryan	Berg	H7-L6-B15	350	8300	2600	11250	8	80	195	45	102
81	11	Greg	Storwick	H11-L6-B9	710	8300	2200	11210	3	81	94	45	149
82	4	Ivy	Porter	H4-L6-B12	875	7300	3000	11175	12	82	29	103	53
83	5	Mariska	Johnson	H5-L8-B23	725	7200	3200	11125	12	83	77	108	29
84	9	Dominique	Keller	H9-L6-B15	725	7400	3000	11125	9	83	77	94	53
85	10	Daphne	Dalton	H10-L5-B12	725	7400	3000	11125	10	83	77	94	53
86	11	Glenn	Ruskin	H11-L5-B7	720	8200	2200	11120	4	86	90	52	149
87	6	Garrett	Whittle	H6-L7-B16	600	7900	2600	11100	7	87	133	68	102
88	6	John	Thai	H6-L1-B1	350	8300	2400	11050	8	88	195	45	128
89	9	Mark	Johnas	H9-L2-B5	765	7800	2400	10965	10	89	63	79	128
90	7	Karly	Zinken	H7-L3-B7	650	7500	2800	10950	9	90	113	89	78
91	7	Sarah	Foscarini Wilkes	H7-L6-B17	650	7500	2800	10950	9	90	113	89	78



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92	6	Michael	Ferguson	H6-L3-B5	740	7500	2600	10840	9	92	75	89	102
93	7	Andreas	Dilger	H7-L8-B22	535	7900	2400	10835	11	93	165	68	128
94	2	Carly	Buckley	H2-L5-B13	800	7000	3000	10800	5	94	47	119	53
95	11	Michael	Wesolowski	H11-L5-B8	660	8700	1400	10760	5	95	111	27	205
96	7	Bobby	Homayoon	H7-L5-B14	725	7600	2400	10725	12	96	77	86	128
97	2	Liam	McKinnon	H2-L3-B8	600	7300	2800	10700	6	97	133	103	78
98	5	Billy	Cowitz	H5-L1-B3	500	7600	2600	10700	13	97	176	86	102
99	8	Stephen	Truzak	H8-L8-B19	590	7300	2800	10690	8	99	138	103	78
100	3	Cynthia	Clark	H3-L7-B18	775	7500	2400	10675	6	100	56	89	128
101	7	Kyle	Slusar	H7-L2-B4	470	7400	2800	10670	13	101	187	94	78
102	9	Daemond	Glen	H9-L8-B23	535	8100	2000	10635	11	102	165	56	167
103	9	Sarah	Peters	H9-L5-B12	675	7300	2600	10575	12	103	103	103	102
104	1	Daniel	Rosehart	H1-L4-B9	965	7000	2600	10565	10	104	14	119	102
105	6	Krista	Reich	H6-L4-B9	600	7900	2000	10500	10	105	133	68	167
106	11	Shaun	Moar	H11-L7-B11	570	7500	2400	10470	6	106	150	89	128
107	3	Emily	Chiang	H3-L6-B11	875	6500	3000	10375	7	107	29	145	53
108	10	Michelle	Dolan	H10-L2-B4	765	7400	2200	10365	11	108	63	94	149
109	10	Tammy	Hnatyshyn	H10-L6-B16	650	7100	2600	10350	12	109	113	114	102
110	2	Anna	Olsen	H2-L2-B4	825	6700	2800	10325	7	110	42	135	78
111	1	Adriana	Kmet	H1-L8-B19	850	6400	3000	10250	11	111	37	150	53
112	5	Jade	Markus	H5-L7-B20	350	7900	2000	10250	14	111	195	68	167
113	8	Philippa	Ngaju	H8-L6-B13	645	7400	2200	10245	9	113	120	94	149
114	3	Thomas August	Kenny	H3-L8-B16	725	6500	3000	10225	8	114	77	145	53
115	5	Ashley	Hadley	H5-L4-B10	725	6900	2600	10225	15	114	77	124	102
116	4	Bryanna	Robinson	H4-L2-B3	890	7100	2200	10190	13	116	26	114	149
117	9	Prasad	Ganesan	H9-L8-B22	435	7100	2600	10135	13	117	192	114	102
118	6	Dustin	MacDonald	H6-L5-B12	725	7200	2200	10125	11	118	77	108	149
119	3	Andrea	Mele	H3-L7-B19	610	6900	2600	10110	9	119	130	124	102
120	10	Christopher	Strauss	H10-L6-B14	675	7400	2000	10075	13	120	103	94	167
121	10	Roger	Holm	H10-L8-B19	475	8000	1600	10075	13	120	185	61	199
122	6	Matthew	Clements	H6-L2-B3	550	7100	2400	10050	12	122	157	114	128
123	11	Lisa	Krause	H11-L3-B4	815	6600	2600	10015	7	123	44	139	102
124	1	Joey	Kerschner	H1-L2-B4	800	6400	2800	10000	12	124	47	150	78
125	6	Keenan	Ince	H6-L1-B2	600	7200	2200	10000	13	124	133	108	149
126	9	Kimberly	LeBlanc	H9-L6-B17	400	7200	2400	10000	14	124	193	108	128
127	4	Joelle	Dickeson	H4-L1-B2	575	7000	2400	9975	14	127	144	119	128
128	11	Nancy	Schneider	H11-L8B14	800	6900	2200	9900	8	128	47	124	149
129	8	Megan	Bowen	H8-L2-B4	695	7200	2000	9895	10	129	96	108	167
130	6	Liam	May	H6-L6-B20	500	7300	2000	9800	14	130	176	103	167
131	3	Danica	Pardy	H3-L5-B10	795	6200	2800	9795	10	131	54	157	78
132	7	Bruce	Furlong	H7-L7-B20	590	7200	2000	9790	14	132	138	108	167
133	3	Sofia	Mele	H3-L3-B5	775	5800	3200	9775	11	133	56	180	29
134	9	Adam	Smith	H9-L2-B4	565	6800	2400	9765	15	134	152	131	128
135	7	Lori	Harasem	H7-L8-B23	750	6800	2200	9750	15	135	68	131	149
136	4	Nick	Hellrud	H4-L3-B5	715	6200	2800	9715	15	136	92	157	78



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137	7	Liam	Cole	H7-L2-B6	570	6500	2600	9670	16	137	150	145	102
138	1	Nicolas	Petrucha	H1-L3-B5	765	6100	2800	9665	13	138	63	168	78
139	1	Yousef	Sabry	H1-L3-B6	750	6100	2800	9650	14	139	68	168	78
140	10	Melanie	Mainville	H10-L1-B1	490	6500	2600	9590	15	140	183	145	102
141	8	Carmen	Cudmore	H8-L5-B9	685	6900	2000	9585	11	141	98	124	167
142	5	Amanda	Price	H5-L2-B6	665	6900	2000	9565	16	142	110	124	167
143	2	Cole	Woods	H2-L5-B12	450	5900	3200	9550	8	143	188	176	29
144	6	Abel	Rojas	H6-L4-B8	550	6800	2200	9550	15	143	157	131	149
145	9	Marsha	MacDonald	H9-L1-B2	750	6600	2200	9550	16	143	68	139	149
146	1	Noam	Avigdor	H1-L7-B17	935	6200	2400	9535	15	146	19	157	128
147	8	Goli	Kavakebi	H8-L4-B7	525	6600	2400	9525	12	147	168	139	128
148	1	Layla	Bouzas-Clark	H1-L2-B3	720	6600	2200	9520	16	148	90	139	149
149	6	Angelica	Janik	H6-L4-B10	515	6600	2400	9515	16	149	173	139	128
150	7	Alexis	Teasdale	H7-L1-B2	685	6400	2400	9485	17	150	98	150	128
151	1	Lily	Hardcastle	H1-L6-B20	660	6400	2400	9460	17	151	111	150	128
152	8	Warren	MacLaine	H8-L5-B10	550	6700	2200	9450	13	152	157	135	149
153	1	Matias	Bouzas-Clark	H1-L1-B2	625	5800	3000	9425	18	153	124	180	53
154	6	Deirdre	Fleming	H6-L2-B4	525	7100	1800	9425	17	153	168	114	188
155	9	Kim	Wiltse	H9-L4-B9	625	6200	2600	9425	17	153	124	157	102
156	3	Dustin	Guo	H3-L2-B3	815	5600	3000	9415	12	156	44	190	53
157	1	Miguel Ángel	Morales Dagdug	H1-L3-B7	0	7000	2400	9400	19	157	206	119	128
158	5	Emily	Resler	H5-L6-B16	500	6900	2000	9400	17	157	176	124	167
159	9	Meredith	Niewczas	H9-L7-B18	750	6600	2000	9350	18	159	68	139	167
160	2	Casey	MacBeath	H3-L8-B23	725	5800	2800	9325	9	160	77	180	78
161	7	Michelle	Dolgos	H7-L7-B18	585	6100	2600	9285	18	161	142	168	102
162	2	Kaelyn	Holz	H2-L4-B9	860	6200	2200	9260	10	162	35	157	149
163	4	Kara	Jebbink	H4-L5-B11	335	6700	2200	9235	16	163	199	135	149
164	3	Will	Zinken	H3-L1-B1	725	5500	3000	9225	13	164	77	191	53
165	6	John	Duguid	H6-L5-B13	625	6200	2400	9225	18	164	124	157	128
166	5	Amber	Kinney	H5-L5-B15	500	6900	1800	9200	18	166	176	124	188
167	5	Leigh	Pohler	H5-L5-B14	675	6500	2000	9175	19	167	103	145	167
168	2	Fin	McLean	H2-L8-B21	725	5800	2600	9125	11	168	77	180	102
169	3	Hugh	Bailey	H3-L3-B6	610	5700	2800	9110	14	169	130	187	78
170	2	Anna	Rurak	H2-L3-B6	560	5500	3000	9060	12	170	155	191	53
171	2	Athan	Andreopoulos	H2-L4-B11	325	6100	2600	9025	13	171	200	168	102
172	4	Ruth	Galindo	H4-L5-B10	315	6300	2400	9015	17	172	203	155	128
173	10	Robert	Orgill	H10-L4-B10	675	6300	2000	8975	16	173	103	155	167
174	6	Jayesh	Gaad	H6-L6-B14	750	6200	2000	8950	19	174	68	157	167
175	5	Terri	Driedger	H5-L4-B11	535	6700	1600	8835	20	175	165	135	199
176	10	Victoria	Bradbury	H10-L8-B20	525	6100	2200	8825	17	176	168	168	149
177	9	Bronwyn	White	H9-L6-B16	610	6400	1800	8810	19	177	130	150	188
178	7	Virginia	Dilger	H7-L8-B21	650	6100	2000	8750	19	178	113	168	167
179	8	Katelynne	Saville	H8-L2-B3	525	6200	2000	8725	14	179	168	157	167
180	4	Kailar	Preskar	H4-L4-B8	450	5800	2400	8650	18	180	188	180	128
181	6	Kyla	Myles	H6-L8-B18	450	6200	2000	8650	20	180	188	157	167
182	2	Caroline	Dixon	H2-L4-B10	525	5100	3000	8625	14	182	168	199	53



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183	3	David	Labrecque	H3-L2-B4	725	5300	2600	8625	15	182	77	197	102
184	1	Rafaella	Morales Dagdug	H1-L1-B1	500	5300	2800	8600	20	184	176	197	78
185	3	Blake Matthew	Souchotte	H3-L1-B2	575	5400	2600	8575	16	185	144	194	102
186	2	Greg	Flower	H2-L7-B19	350	6200	2000	8550	15	186	195	157	167
187	2	Keri	Howard	H2-L6-B16	490	5900	2000	8390	16	187	183	176	167
188	7	Sandra	Ulliyott	H7-L7-B19	625	6100	1600	8325	20	188	124	168	199
189	7	Anirudh	Hegde	H7-L6-B16	250	5800	2200	8250	21	189	204	180	149
190	10	Colleen	McNeil	H10-L7-B17	445	6200	1600	8245	18	190	191	157	199
191	11	Gary	Daigle	H11-L6-B10	540	5900	1800	8240	9	191	164	176	188
192	8	Victoria	Harris	H8-L5-B11	325	6100	1800	8225	15	192	200	168	188
193	5	Lilla	Kisgyorgy	H5-L3-B8	675	5700	1800	8175	21	193	103	187	188
194	2	Fynnley	Lamphier	H2-L1-B2	575	5900	1600	8075	17	194	144	176	199
195	2	Shayla	Bristow	H2-L7-B20	475	5400	2200	8075	17	194	185	194	149
196	2	Josh	Zieglansberger	H2-L8-B22	625	4800	2600	8025	19	196	124	201	102
197	7	Elka	Dunnette	H7-L5-B13	515	5700	1800	8015	22	197	173	187	188
198	9	Suzanne	Sapinsky	H9-L4-B10	790	5400	1800	7990	20	198	55	194	188
199	11	Lorraine	Smith	H11-L7-B12	515	5500	1800	7815	10	199	173	191	188
200	11	Linda	Sinclair	H11-L4-B5	575	5800	1400	7775	11	200	144	180	205
201	7	Christine	Do	H7-L5-B12	550	5000	1800	7350	23	201	157	200	188
202	11	Sylvia	Farrant	H11-L8-B13	550	4200	1600	6350	12	202	157	202	199
203	2	Anna	Yalbir	H2-L3-B7	500	3600	2000	6100	20	203	176	203	167
204	2	Isabella	Ferguson	H2-L1-B1	565	3500	2000	6065	21	204	152	205	167
205	2	Flynn	Bradley	H2-L2-B5	245	3600	1800	5645	22	205	205	203	188
206	3	Payten	Barr	H3-L4-B7	775	0	2600	3375	17	206	56	206	102