



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	13	1
3	5	Joel	Neumann	H5-L2-B5	800	9500	3800	14100	1	3	47	4	5
4	5	Andrew	Martin	H5-L1-B1	885	9400	3800	14085	2	4	28	6	5
5	1	Noel	Kerschner	H1-L6-B14	1125	9300	3400	13825	1	5	2	7	17
6	4	Diego	Romero	H4-L1-B1	1100	8500	4200	13800	2	6	3	34	1
7	4	Ella	Hnatyshyn	H4-L6-B13	1140	9000	3600	13740	3	7	1	13	8
8	9	Mathew	Bennett	H9-L1-B1	925	9000	3600	13525	1	8	21	13	8
9	9	Joel	Souchotte	H9-L3-B6	650	9600	3200	13450	2	9	113	2	29
10	9	Sharon	Styles	H9-L5-B14	1020	8800	3600	13420	3	10	9	21	8
11	4	Halle	Bodnarchuk	H4-L4-B7	975	8800	3600	13375	4	11	13	21	8
11	6	Adam	Wasylyshyn	H6-L3-B7	575	9600	3200	13375	1	11	144	2	29
13	8	Peter	Verschoote	H8-L7-B15	835	9100	3400	13335	2	13	41	10	17
14	4	Kern	Jones	H4-L7-B19	565	9100	3600	13265	5	14	152	10	8
15	6	Erwin	Zeekant	H6-L6-B15	750	9000	3400	13150	2	15	68	13	17
16	1	Matus	Kmet	H1-L7-B16	935	8600	3600	13135	2	16	19	32	8
17	10	Keith	Bradford	H10-L2-B3	725	8800	3600	13125	1	17	77	21	8
18	10	Alex	Danzinger	H10-L1-B2	950	8700	3400	13050	2	18	17	26	17
19	4	Ross	Leclair	H4-L3-B6	875	8100	4000	12975	6	19	29	55	3
20	6	Ryan	Taal	H6-L7-B17	650	9500	2800	12950	3	20	113	4	78
21	1	Kieran	Hildebrand	H1-L7-B21	1015	8500	3400	12915	3	21	10	34	17
22	8	Michael	Norris	H8-L7-B16	690	8800	3400	12890	3	22	97	21	17
23	6	Manuel	Solis	H6-L5-B11	965	8700	3200	12865	4	23	14	26	29
24	3	Matt	McCormack	H3-L6-B12	950	8900	3000	12850	1	24	17	18	53
25	4	Tomas	Hogan	H4-L7-B15	585	9000	3200	12785	7	25	142	13	29
26	10	Marek	Jacina	H10-L3-B5	875	8700	3200	12775	3	26	29	26	29
26	7	Jonathan	Temple	H7-L4-B11	725	8800	3200	12725	1	27	77	21	29
28	10	Rodney	Zawalykut	H10-L6-B15	825	8500	3400	12725	4	27	42	34	17
29	3	Tomas	Chalupa	H3-L4-B8	1000	8300	3400	12700	2	29	11	44	17
30	9	Jeremy	Reid	H9-L2-B3	590	8500	3600	12690	4	30	138	34	8
31	10	Stephen	German	H10-L5-B11	900	8500	3200	12600	5	31	24	34	29
32	6	Christopher	Scott	H6-L3-B6	775	8600	3200	12575	5	32	56	32	29
33	10	Tom	Bamford	H10-L5-B13	840	8700	3000	12540	6	33	39	26	53
34	5	Ryan	Leier	H5-L7-B19	840	8400	3200	12440	3	34	39	40	29
35	1	Hudson	Quinn	H1-L4-B10	925	7700	3800	12425	4	35	21	81	5
35	8	Lachlan	Griffiths	H8-L3-B6	625	9200	2600	12425	4	35	124	8	102
37	3	Kamilla	Bagautdinova	H3-L6-B17	1090	8100	3200	12390	3	37	5	55	29
38	5	Michael	Storwick	H5-L3-B7	675	9100	2600	12375	4	38	103	10	102
39	5	Dean	Livingston	H5-L5-B13	685	9200	2400	12285	5	39	98	8	128
40	6	Matthew	Fath	H6-L8-B19	850	8400	3000	12250	6	40	37	40	53
41	10	Karl	Seidenz	H10-L7-B18	645	8300	3200	12145	7	41	120	44	29
42	3	Charles	Morcom	H3-L8-B15	635	8900	2600	12135	4	42	122	18	102
43	1	Owen	Turner	H1-L5-B12	1025	7900	3200	12125	5	43	8	67	29
44	1	Gabriel	Morales	H1-L6-B15	900	7800	3400	12100	6	44	24	78	17
45	2	Andrew	Flower	H2-L5-B14	590	8500	3000	12090	1	45	138	34	53



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
45	9	Robert	Niewczas	H9-L7-B19	390	8900	2800	12090	5	45	194	18	78
47	1	Sunnie	Leishman	H1-L5-B13	1000	7600	3400	12000	7	47	11	85	17
47	2	Zachary	Flower	H2-L6-B17	800	8000	3200	12000	2	47	47	60	29
47	5	TJ	Ruohio	H5-L6-B17	600	8400	3000	12000	6	47	133	40	53
47	9	Tracy	Leishman	H9-L4-B11	800	8000	3200	12000	6	47	47	60	29
51	2	Lauren	Holowaychuk	H2-L7-B18	775	8000	3200	11975	3	51	56	60	29
51	11	Lochlin	McLellan	H11-L2-B2	675	8700	2600	11975	1	51	103	26	102
53	5	Nicolette	Goncalves	H5-L4-B12	1050	7900	3000	11950	7	53	6	67	53
54	10	James	Chiang	H10-L3-B7	715	8200	3000	11915	8	54	92	51	53
55	7	Justin	Tomasi	H7-L4-B10	710	8200	3000	11910	2	55	94	51	53
56	4	Braydon	Saunders	H4-L5-B9	775	8100	3000	11875	8	56	56	55	53
57	5	Ryan	Stewart	H5-L8-B22	765	7900	3200	11865	8	57	63	67	29
58	8	Curtis	Cann	H8-L8-B18	635	8400	2800	11835	5	58	122	40	78
59	8	Kevin	Langman	H8-L3-B5	760	8000	3000	11760	6	59	67	60	53
60	7	Claudia	Glasspoole	H7-L1-B3	550	8000	3200	11750	3	60	157	60	29
61	8	Bryn	Sharkey	H8-L4-B8	740	8000	3000	11740	7	61	75	60	53
62	9	Paul	Rybicki	H9-L8-B21	685	8200	2800	11685	7	62	98	51	78
63	5	Krista	Morris	H5-L1-B2	550	7900	3200	11650	9	63	157	67	29
64	7	James	Rassell	H7-L4-B9	685	8100	2800	11585	4	64	98	55	78
65	4	Ben	Gilbert	H4-L2-B4	650	7900	3000	11550	9	65	113	67	53
66	1	Emily	Yang	H1-L5-B11	910	7400	3200	11510	8	66	23	93	29
67	4	Xaviere	Schneider	H4-L6-B18	890	7400	3200	11490	10	67	26	93	29
68	10	Mary	Jessey	H10-L3-B6	875	7800	2800	11475	9	68	29	78	78
69	2	Sam	Hughes	H2-L6-B15	750	7900	2800	11450	4	69	68	67	78
70	3	Luke	McCormack	H3-L5-B9	1035	6800	3600	11435	5	70	7	130	8
71	4	Niko	Mancina	H4-L8-B17	325	8300	2800	11425	11	71	200	44	78
72	7	Liam	Manns	H7-L2-B5	495	7700	3200	11395	5	72	182	81	29
73	7	Erin	Forgeron	H7-L1-B1	960	7400	3000	11360	6	73	16	93	53
74	7	Hillary	Siemens	H7-L3-B8	810	7700	2800	11310	7	74	46	81	78
75	9	Curtis	Lien	H9-L7-B20	800	7900	2600	11300	8	75	47	67	102
76	1	Avery	Steinke	H1-L4-B8	875	7000	3400	11275	9	76	29	118	17
76	5	Kelly Ann	Waslyshyn	H5-L2-B4	775	7700	2800	11275	10	76	56	81	78
78	11	Robert	MacCuish	H11-L3-B3	560	8300	2400	11260	2	78	155	44	128
79	7	Ryan	Berg	H7-L6-B15	350	8300	2600	11250	8	79	195	44	102
80	11	Greg	Storwick	H11-L6-B9	710	8300	2200	11210	3	80	94	44	149
81	4	Ivy	Porter	H4-L6-B12	875	7300	3000	11175	12	81	29	102	53
82	5	Mariska	Johnson	H5-L8-B23	725	7200	3200	11125	11	82	77	107	29
82	9	Dominique	Keller	H9-L6-B15	725	7400	3000	11125	9	82	77	93	53
82	10	Daphne	Dalton	H10-L5-B12	725	7400	3000	11125	10	82	77	93	53
85	11	Glenn	Ruskin	H11-L5-B7	720	8200	2200	11120	4	85	90	51	149
86	6	Garrett	Whittle	H6-L7-B16	600	7900	2600	11100	7	86	133	67	102
87	6	John	Thai	H6-L1-B1	350	8300	2400	11050	8	87	195	44	128
88	9	Mark	Johnas	H9-L2-B5	765	7800	2400	10965	10	88	63	78	128
89	7	Karly	Zinken	H7-L3-B7	650	7500	2800	10950	9	89	113	88	78
89	7	Sarah	Foscarini Wilkes	H7-L6-B17	650	7500	2800	10950	9	89	113	88	78
91	6	Michael	Ferguson	H6-L3-B5	740	7500	2600	10840	9	91	75	88	102



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
92	7	Andreas	Dilger	H7-L8-B22	535	7900	2400	10835	11	92	165	67	128
93	2	Carly	Buckley	H2-L5-B13	800	7000	3000	10800	5	93	47	118	53
94	11	Michael	Wesolowski	H11-L5-B8	660	8700	1400	10760	5	94	111	26	205
95	7	Bobby	Homayoon	H7-L5-B14	725	7600	2400	10725	12	95	77	85	128
96	2	Liam	McKinnon	H2-L3-B8	600	7300	2800	10700	6	96	133	102	78
96	5	Billy	Cowitz	H5-L1-B3	500	7600	2600	10700	12	96	176	85	102
98	8	Stephen	Truzak	H8-L8-B19	590	7300	2800	10690	8	98	138	102	78
99	3	Cynthia	Clark	H3-L7-B18	775	7500	2400	10675	6	99	56	88	128
99	5	Kevin	McCann	H5-L3-B9	575	6700	3400	10675	13	99	144	134	17
101	7	Kyle	Slusar	H7-L2-B4	470	7400	2800	10670	13	101	187	93	78
102	9	Daemond	Glen	H9-L8-B23	535	8100	2000	10635	11	102	165	55	167
103	9	Sarah	Peters	H9-L5-B12	675	7300	2600	10575	12	103	103	102	102
104	1	Daniel	Rosehart	H1-L4-B9	965	7000	2600	10565	10	104	14	118	102
105	6	Krista	Reich	H6-L4-B9	600	7900	2000	10500	10	105	133	67	167
106	11	Shaun	Moar	H11-L7-B11	570	7500	2400	10470	6	106	150	88	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	93	149
109	10	Tammy	Hnatyshyn	H10-L6-B16	650	7100	2600	10350	12	109	113	113	102
110	2	Anna	Olsen	H2-L2-B4	825	6700	2800	10325	7	110	42	134	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	67	167
112	8	Philippa	Ngaju	H8-L6-B13	645	7400	2200	10245	9	113	120	93	149
114	3	Thomas August	Kenny	H3-L8-B16	725	6500	3000	10225	8	114	77	145	53
114	5	Ashley	Hadley	H5-L4-B10	725	6900	2600	10225	15	114	77	123	102
116	4	Bryanna	Robinson	H4-L2-B3	890	7100	2200	10190	13	116	26	113	149
117	9	Prasad	Ganesan	H9-L8-B22	435	7100	2600	10135	13	117	192	113	102
118	6	Dustin	MacDonald	H6-L5-B12	725	7200	2200	10125	11	118	77	107	149
119	3	Andrea	Mele	H3-L7-B19	610	6900	2600	10110	9	119	130	123	102
120	10	Christopher	Strauss	H10-L6-B14	675	7400	2000	10075	13	120	103	93	167
120	10	Roger	Holm	H10-L8-B19	475	8000	1600	10075	13	120	185	60	199
122	6	Matthew	Clements	H6-L2-B3	550	7100	2400	10050	12	122	157	113	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
124	6	Keenan	Ince	H6-L1-B2	600	7200	2200	10000	13	124	133	107	149
124	9	Kimberly	LeBlanc	H9-L6-B17	400	7200	2400	10000	14	124	193	107	128
127	4	Joelle	Dickeson	H4-L1-B2	575	7000	2400	9975	14	127	144	118	128
128	11	Nancy	Schneider	H11-L8B14	800	6900	2200	9900	8	128	47	123	149
129	8	Megan	Bowen	H8-L2-B4	695	7200	2000	9895	10	129	96	107	167
130	6	Liam	May	H6-L6-B20	500	7300	2000	9800	14	130	176	102	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	107	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	130	128
135	7	Lori	Harasem	H7-L8-B23	750	6800	2200	9750	15	135	68	130	149
136	4	Nick	Hellrud	H4-L3-B5	715	6200	2800	9715	15	136	92	157	78



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
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	123	167
142	5	Amanda	Price	H5-L2-B6	665	6900	2000	9565	16	142	110	123	167
143	2	Cole	Woods	H2-L5-B12	450	5900	3200	9550	8	143	188	176	29
143	6	Abel	Rojas	H6-L4-B8	550	6800	2200	9550	15	143	157	130	149
143	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	134	149
153	1	Matias	Bouzas-Clark	H1-L1-B2	625	5800	3000	9425	18	153	124	180	53
153	6	Deirdre	Fleming	H6-L2-B4	525	7100	1800	9425	17	153	168	113	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	118	128
157	5	Emily	Resler	H5-L6-B16	500	6900	2000	9400	17	157	176	123	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	134	149
164	3	Will	Zinken	H3-L1-B1	725	5500	3000	9225	13	164	77	191	53
164	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	123	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	134	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
180	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



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
182	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
194	2	Shayla	Bristow	H2-L7-B20	475	5400	2200	8075	17	194	185	194	149
196	2	Josh	Zieglgansberger	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