

**The Comox Valley
Shoreline Orthodontics Tri-K Triathlon
26 May 2013
Official Results**

Official Results

Number	Name or Team Name	From	Age @	S e	V .c	I l	A t	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							
Division 1 MINI Individual Males 8 - 9 years old Swim 100m / Bike 5k / Run 1k																					
Division 1	MINI	Individual Males	8 - 9 years old		Category		1		8 - 9 years old												
131	Carl-Philip Leipoldt	Victoria	8	M	1	1	0:01:54	2	0:01:53	1	0:11:39	1	02:19	0:15:26	1	0:00:59	3	0:04:48	1	04:48	0:21:13
153	Bradley Christison	Victoria	9	M	2	2	0:01:59	3	0:02:01	2	0:11:40	2	02:20	0:15:40	2	0:00:53	1	0:05:04	2	05:04	0:21:37
144	Matthew Ney	Gold River	8	M	3	3	0:02:01	4	0:02:02	3	0:12:37	3	02:31	0:16:40	3	0:00:58	2	0:05:13	3	05:13	0:22:51
196	Rafe Perry	Comox	9	M	4	4	0:01:37	1	0:02:25	4	0:14:38	6	02:55	0:18:40	4	0:01:03	4	0:05:40	4	05:40	0:25:23
16	Taylor Brown	Comox BC	9	M	5	5	0:02:45	6	0:02:39	6	0:13:26	4	02:41	0:18:50	5	0:01:19	5	0:05:40	4	05:40	0:25:49
243	Sebastian Lambert	Denman Island	8	M	6	6	0:03:01	8	0:03:14	7	0:13:33	5	02:42	0:19:48	6	0:01:48	8	0:06:10	7	06:10	0:27:46
129	Daniel Kornyo	Gold River	9	M	7	7	0:02:39	5	0:02:25	4	0:16:31	7	03:18	0:21:35	7	0:01:46	7	0:05:58	6	05:58	0:29:19
186	Taite Marcoux	Courtenay	9	M	8	8	0:02:45	6	0:03:55	8	0:16:37	8	03:19	0:23:17	8	0:01:33	6	0:06:33	8	06:33	0:31:23
11	Peter Shaver	Courtenay	9	M	9	9	0:03:13	9	0:04:40	9	0:23:59	9	04:47	0:31:52	9	0:02:00	9	0:10:02	9	10:02	0:43:54
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												
137	Elly Hoskin	Garibaldi Highlands	9	F	1	1	0:02:01	3	0:02:18	1	0:14:21	1	02:52	0:18:40	1	0:01:02	1	0:06:15	3	06:15	0:25:57
183	Nyah De Pol	Lantzville	9	F	2	2	0:01:52	2	0:02:35	4	0:14:57	3	02:59	0:19:24	2	0:01:05	4	0:06:01	2	06:01	0:26:30
125	Tyra Arends	Courtenay	9	F	3	3	0:01:31	1	0:02:37	5	0:15:32	5	03:06	0:19:40	3	0:01:09	7	0:06:35	5	06:35	0:27:24
19	Naomi Swift	Courtenay	9	F	4	4	0:02:43	8	0:02:31	3	0:15:31	4	03:06	0:20:45	6	0:01:07	5	0:05:44	1	05:44	0:27:36
191	Claire Pollock	Campbell River	9	F	5	5	0:02:19	5	0:02:20	2	0:16:06	7	03:13	0:20:45	6	0:01:04	2	0:06:20	4	06:20	0:28:09
13	Sabine Lapointe	Gold River	9	F	6	6	0:02:10	4	0:02:40	7	0:15:35	6	03:07	0:20:25	5	0:01:04	2	0:07:32	8	07:32	0:29:01
159	Ava Webb	Comox	9	F	7	7	0:02:21	6	0:02:59	8	0:16:19	8	03:15	0:21:39	8	0:01:11	8	0:06:48	6	06:48	0:29:38
12	Larissa Spain	Black Creek	9	F	8	8	0:02:39	7	0:02:39	6	0:14:51	2	02:58	0:20:09	4	0:01:13	9	0:08:40	9	08:40	0:30:02
241	Brooke MacKenzie	Black Creek	9	F	9	9	0:03:00	9	0:04:54	9	0:23:36	9	04:43	0:31:30	9	0:01:07	5	0:07:10	7	07:10	0:39:47
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												
149	Caleb Ney	Gold River	11	M	1	1	0:02:31	3	0:01:50	2	0:10:54	1	02:10	0:15:15	1	0:00:44	1	0:08:20	2	04:10	0:24:19
182	Tayden De Pol	Lantzville	11	M	2	2	0:02:17	1	0:02:14	5	0:10:55	2	02:11	0:15:26	2	0:00:53	5	0:08:17	1	04:08	0:24:36
134	Ian Aitken	Victoria	11	M	3	3	0:02:51	4	0:01:44	1	0:11:32	4	02:18	0:16:07	4	0:00:47	2	0:09:08	3	04:34	0:26:02
155	Seth Baker	Victoria	11	M	4	4	0:02:19	2	0:02:01	3	0:11:07	3	02:13	0:15:27	3	0:00:52	3	0:11:30	6	05:45	0:27:49
164	Ben Praeger	Comox	10	M	5	5	0:03:40	5	0:02:10	4	0:12:53	5	02:34	0:18:43	5	0:00:52	3	0:09:36	4	04:48	0:29:11
8	Ankit Bakshi	Comox	10	M	6	6	0:03:43	6	0:02:15	6	0:12:53	5	02:34	0:18:51	6	0:00:57	6	0:11:42	7	05:51	0:31:30
168	Trent Johnson	Courtenay	10	M	7	7	0:04:00	7	0:03:23	8	0:13:28	7	02:41	0:20:51	7	0:01:05	7	0:10:20	5	05:10	0:32:16
17	Owen Flynn	Courtenay	11	M	8	8	0:05:31	8	0:03:02	7	0:16:36	9	03:19	0:25:09	8	0:01:21	9	0:11:44	8	05:52	0:38:14
21	Noah Aldinger	Courtenay	10	M	9	9	0:05:48	9	0:03:55	9	0:15:55	8	03:11	0:25:38	9	0:01:08	8	0:12:03	9	06:01	0:38:49
245	Ethan Welin	Comox	10	M	10	10	0:06:29	10	0:04:46	10	0:25:18	10	05:03	0:36:33	10	0:01:22	10	0:13:12	10	06:36	0:51:07
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												
132	Danielle Leipoldt	Victoria	11	F	1	1	0:02:21	3	0:01:55	1	0:11:15	1	02:15	0:15:31	1	0:00:50	2	0:08:49	1	04:24	0:25:10
158	Morgan Hilgersom	Summerland	11	F	2	2	0:02:20	2	0:02:02	3	0:12:19	2	02:27	0:16:41	2	0:00:53	3	0:10:18	2	05:09	0:27:52
207	Jamiliya Wellard	Campbell River	11	F	3	3	0:02:14	1	0:02:22	8	0:12:43	4	02:32	0:17:19	3	0:00:56	5	0:11:36	8	05:48	0:29:51
162	Kassandra Hintz	Okanagan Falls	11	F	4	4	0:02:42	5	0:02:10	5	0:12:47	5	02:33	0:17:39	5	0:01:02	7	0:11:20	6	05:40	0:30:01
136	Michaela Hoskin	Garibaldi Highlands	11	F	5	5	0:02:56	8	0:02:04	4	0:12:22	3	02:28	0:17:22	4	0:01:00	6	0:11:40	10	05:50	0:30:02
126	Madyson Harris	Port Hardy	11	F	6	6	0:03:09	11	0:02:01	2	0:13:40	7	02:44	0:18:50	6	0:00:47	1	0:10:29	3	05:14	0:30:06

Official Results

Number	Name or Team Name	From	Age @ 31/12/2013	S e x	D P I l i a l	C P S v a t a c c e e	Swim (or 1st Run for Duathlon)		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	TPK			
27	Kayley Morch	Lantzville	10	F	7	7	0:02:45	6	0:02:28	10	0:14:10	9	02:50	0:19:23	8	0:01:04	9	0:11:36	8	05:48	0:32:03
190	Bri Pollock	Campbell River	11	F	8	8	0:03:51	13	0:02:16	6	0:12:59	6	02:35	0:19:06	7	0:00:53	3	0:12:16	11	06:08	0:32:15
42	Ella Erickson	Victoria	10	F	9	9	0:03:02	9	0:02:42	11	0:14:23	10	02:52	0:20:07	9	0:01:21	18	0:10:51	5	05:25	0:32:19
10	Zaphira Ey	Gold River	10	F	10	10	0:03:04	10	0:02:42	11	0:14:25	11	02:53	0:20:11	10	0:01:12	12	0:12:38	12	06:19	0:34:01
189	Shelby Nilsen	Comox	10	F	11	11	0:04:25	19	0:02:21	7	0:16:35	15	03:19	0:23:21	16	0:01:13	14	0:10:40	4	05:20	0:35:14
130	Gillian Lee	Comox	10	F	12	12	0:04:03	15	0:04:51	19	0:13:56	8	02:47	0:22:50	15	0:01:28	19	0:11:21	7	05:40	0:35:39
133	Abigail McDowell	Cumberland	10	F	13	13	0:02:47	7	0:02:25	9	0:17:33	17	03:30	0:22:45	14	0:01:02	7	0:12:45	13	06:22	0:36:32
165	Janaya Ryan	Courtenay	11	F	14	14	0:02:28	4	0:02:54	15	0:16:27	14	03:17	0:21:49	11	0:01:12	12	0:13:42	17	06:51	0:36:43
197	Sandrine Daniels	Campbell River	11	F	15	15	0:04:07	16	0:02:46	14	0:17:00	16	03:24	0:23:53	17	0:01:06	10	0:13:12	15	06:36	0:38:11
2	Paige Cullen	Comox	10	F	16	16	0:04:13	17	0:03:16	16	0:14:49	12	02:57	0:22:18	12	0:01:15	16	0:14:51	19	07:25	0:38:24
211	Brooklyn Batch	Campbell River	10	F	17	17	0:03:55	14	0:02:43	13	0:15:47	13	03:09	0:22:25	13	0:01:20	17	0:14:42	18	07:21	0:38:27
160	Talia Dickson	Comox	10	F	18	18	0:03:26	12	0:03:33	18	0:17:49	19	03:33	0:24:48	18	0:01:13	14	0:13:32	16	06:46	0:39:33
33	Sophie Beshr	Comox	10	F	19	19	0:04:21	18	0:03:30	17	0:17:48	18	03:33	0:25:39	19	0:01:08	11	0:13:10	14	06:35	0:39:57

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															
139	Anton Cecic	Comox	14	M	1	1	0:05:01	3	0:01:55	1	0:19:21	1	01:56	0:26:17	1	0:00:49	2	0:13:47	2	04:35	0:40:53
203	Simon Gilmour	Parksville	13	M	2	2	0:03:49	1	0:02:20	5	0:21:01	6	02:06	0:27:10	2	0:00:46	1	0:13:38	1	04:32	0:41:34
143	Jaylon Grenier	Port Hardy	13	M	3	3	0:05:14	5	0:02:05	2	0:20:02	3	02:00	0:27:21	3	0:00:50	3	0:14:20	3	04:46	0:42:31
195	Sam Helpard	Comox	13	M	4	4	0:04:33	2	0:02:32	7	0:20:56	5	02:05	0:28:01	4	0:00:56	5	0:15:20	6	05:06	0:44:17
192	Kieran Nilsen	Comox	12	M	5	5	0:07:12	10	0:02:06	3	0:19:49	2	01:58	0:29:07	5	0:01:48	14	0:14:44	5	04:54	0:45:39
236	Christopher Torrie	Nanoose Bay	13	M	6	6	0:06:18	9	0:02:33	8	0:20:22	4	02:02	0:29:13	6	0:00:57	6	0:16:03	7	05:21	0:46:13
5	Aiden Hare	Nanaimo	13	M	7	7	0:06:01	8	0:02:18	4	0:22:15	7	02:13	0:30:34	7	0:01:06	9	0:17:08	9	05:42	0:48:48
202	Nathan Miller	Lazo	12	M	8	8	0:05:18	6	0:02:23	6	0:25:37	10	02:33	0:33:18	8	0:01:32	13	0:14:29	4	04:49	0:49:19
7	Liam King	Nanaimo	13	M	9	9	0:07:47	11	0:02:52	12	0:23:32	8	02:21	0:34:11	10	0:00:55	4	0:16:37	8	05:32	0:51:43
238	Liam Carson	Nanaimo	13	M	10	10	0:05:54	7	0:02:51	11	0:25:08	9	02:30	0:33:53	9	0:01:18	11	0:18:38	12	06:12	0:53:49
242	Jackson Whitworth	Nanoose Bay	13	M	11	11	0:08:40	13	0:02:48	10	0:30:37	14	03:03	0:42:05	13	0:01:04	8	0:17:43	10	05:54	1:00:52
163	Zachary Scheuerman	Comox	12	M	12	12	0:08:24	12	0:04:07	15	0:28:32	12	02:51	0:41:03	12	0:01:24	12	0:21:22	14	07:07	1:03:49
9	Nicolas Gunn	Nanaimo	13	M	13	13	0:11:37	15	0:03:36	14	0:29:14	13	02:55	0:44:27	14	0:01:54	15	0:17:55	11	05:58	1:04:16
14	William Munro	Comox	12	M	14	14	0:05:10	4	0:02:42	9	0:26:26	11	02:38	0:34:18	11	0:01:06	9	0:29:41	15	09:53	1:05:05
212	Kyle Whittles	Nanaimo	13	M	15	15	0:09:48	14	0:03:19	13	0:39:19	15	03:55	0:52:26	15	0:01:02	7	0:20:14	13	06:44	1:13:42

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															
142	Jess Reynolds	Courtenay	14	F	1	1	0:06:28	11	0:02:30	8	0:18:11	1	01:49	0:27:09	1	0:01:19	14	0:13:59	3	04:39	0:42:27
161	Colette Reimer	Victoria	12	F	1	1	0:05:18	5	0:01:47	1	0:20:45	3	02:04	0:27:50	3	0:00:51	8	0:13:46	1	04:35	0:42:27
184	Eve Taylor	Victoria	13	F	3	3	0:05:11	2	0:01:54	3	0:20:37	2	02:03	0:27:42	2	0:00:52	9	0:13:57	2	04:39	0:42:31
166	Jordyn Ryan	Comox	14	F	5	4	0:03:47	1	0:02:19	6	0:23:09	8	02:18	0:29:15	5	0:00:46	6	0:14:32	4	04:50	0:44:33
140	Sofia Cecic	Comox	12	F	7	5	0:05:23	7	0:01:50	2	0:22:15	6	02:13	0:29:28	6	0:00:48	7	0:15:22	6	05:07	0:45:38
6	Madeleine Guimond	Courtenay	14	F	8	6	0:06:07	9	0:02:26	7	0:21:09	4	02:06	0:29:42	7	0:00:53	11	0:15:46	8	05:15	0:46:21
157	Casey Garrison	Victoria	12	F	9	7	0:05:14	4	0:01:55	4	0:21:56	5	02:11	0:29:05	4	0:00:54	12	0:19:39	12	06:33	0:49:38
15	Tiffany Brown	Comox BC	12	F	10	8	0:06:22	10	0:02:48	10	0:25:45	12	02:34	0:34:55	12	0:00:32	1	0:14:37	5	04:52	0:50:04
198	Jessica King	Nanaimo	14	F	11	9	0:05:18	5	0:03:28	14	0:25:44	11	02:34	0:34:30	10	0:00:52	9	0:15:23	7	05:07	0:50:45
20	Maya Swift	Courtenay	14	F	12	10	0:06:36	12	0:02:39	9	0:23:52	10	02:23	0:33:07	9	0:00:34	2	0:17:59	11	05:59	0:51:40
240	Ashley Marshall	Nanaimo	13	F	13	11	0:05:13	3	0:03:23	13	0:22:31	7	02:15	0:31:07	8	0:01:12	13	0:20:32	14	06:50	0:52:51
201	Lesley Hill	Nanoose Bay	13	F	14	12	0:08:10	14	0:03:09	11	0:23:16	9	02:19	0:34:35	11	0:00:45	4	0:17:44	10	05:54	0:53:04

Official Results

Number	Name or Team Name	From	Age @ 31/12/2013	D S @	P v e	C t e	P a 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				
244	Cali Lloyd	Nanaimo	13	F	15	13		0:07:11 13	0:02:10 5	0:28:36 14	02:51	0:37:57 14	0:00:45 4	0:15:59 9	05:19	0:54:41	
18	Isabel Cortez	Comox	13	F	16	14		0:05:58 8	0:03:09 11	0:27:17 13	02:43	0:36:24 13	0:00:42 3	0:19:40 13	06:33	0:56:46	
Division 6 MINI Individual Females 12 - 17 years old Category 2 15 - 17 years old																	
4	Abigail Hare	Nanaimo	15	F	4	1		0:04:40 2	0:02:12 1	0:20:32 1	02:03	0:27:24 1	0:00:57 1	0:15:08 1	05:02	0:43:29	
152	Joyce Arends	Courtenay	17	F	6	2		0:03:53 1	0:02:33 2	0:22:02 2	02:12	0:28:28 2	0:01:00 2	0:15:17 2	05:05	0:44:45	
Division 7 MINI Teams 8 - 9 years old Swim 100m / Bike 5k / Run 1k																	
Division 7 MINI Teams 8 - 9 years old Category 1 Males																	
28	the fantastic 04's	Courtenay	9	M	1	1		0:02:29 1	0:01:42 1	0:11:34 1	02:18	0:15:45 1	0:00:46 2	0:04:49 2	04:49	0:21:20	
225	The Phantoms	Courtenay	9	M	2	2		0:03:04 3	0:01:52 3	0:14:09 2	02:49	0:19:05 2	0:00:56 3	0:04:47 1	04:47	0:24:48	
218	The Unstoppables	Courtenay	9	M	3	3		0:03:03 2	0:01:42 1	0:14:33 3	02:54	0:19:18 3	0:00:42 1	0:05:22 3	05:22	0:25:22	
229	The Phoenix	Comox	9	M	6	4		0:03:31 4	0:01:59 4	0:17:03 4	03:24	0:22:33 4	0:00:56 3	0:05:24 4	05:24	0:28:53	
150	NDN	Courtenay	9	M	8	5		0:03:52 5	0:02:10 5	0:18:33 5	03:42	0:24:35 5	0:01:19 5	0:05:49 5	05:49	0:31:43	
Division 7 MINI Teams 8 - 9 years old Category 2 Females																	
123	The French Fries	Comox	9	F	4	1		0:02:46 1	0:01:44 2	0:15:21 2	03:04	0:19:51 2	0:01:01 3	0:05:08 1	05:08	0:26:00	
23	The Blueberries	Comox	9	F	5	2		0:03:28 3	0:01:40 1	0:14:27 1	02:53	0:19:35 1	0:00:58 2	0:05:30 2	05:30	0:26:03	
224	3 Farm Friends	Courtenay	9	F	7	3		0:03:07 2	0:01:50 3	0:18:37 3	03:43	0:23:34 3	0:00:52 1	0:05:38 3	05:38	0:30:04	
Division 8 MINI Teams 10 - 11 years old Swim 150m / Bike 5k / Run 2k																	
Division 8 MINI Teams 10 - 11 years old Category 1 Males																	
226	Those Guys	Courtenay	11	M	2	1		0:03:55 2	0:01:34 1	0:13:02 1	02:36	0:18:31 1	0:00:51 2	0:08:39 1	04:19	0:28:01	
247	The Three Kiwis	Comox	10	M	5	2		0:03:39 1	0:03:10 2	0:13:18 2	02:39	0:20:07 2	0:00:46 1	0:09:49 2	04:54	0:30:42	
Division 8 MINI Teams 10 - 11 years old Category 2 Females																	
24	triple threat	Courtenay	11	F	1	1		0:03:05 2	0:01:39 1	0:12:06 1	02:25	0:16:50 1	0:00:38 1	0:08:25 1	04:12	0:25:53	
246	Eat our dust	Campbell River	11	F	6	2		0:03:15 4	0:01:41 2	0:14:13 2	02:50	0:19:09 2	0:00:49 2	0:11:10 5	05:35	0:31:08	
222	Canadian Blondies	Coutenay	10	F	7	3		0:03:17 5	0:01:41 2	0:15:42 3	03:08	0:20:40 3	0:00:50 3	0:10:05 3	05:02	0:31:35	
1	Team KEP	Comox	11	F	8	4		0:02:59 1	0:01:42 4	0:19:41 4	03:56	0:24:22 4	0:00:51 4	0:09:34 2	04:47	0:34:47	
151	The Dominoes	Comox	10	F	10	5		0:03:08 3	0:01:49 5	0:21:17 5	04:15	0:26:14 5	0:00:53 5	0:10:26 4	05:13	0:37:33	
Division 8 MINI Teams 10 - 11 years old Category 3 Mixed																	
118	Moustachios	Comox	11	F	3	1		0:03:34 2	0:01:45 2	0:13:25 1	02:41	0:18:44 1	0:00:40 1	0:08:43 1	04:21	0:28:07	
221	The Spirit team	Comox	11	F	4	2		0:03:06 1	0:01:40 1	0:14:17 2	02:51	0:19:03 2	0:00:49 3	0:10:45 3	05:22	0:30:37	
248	jumpinjazzymonkeys	Courtenay	10	M	9	3		0:04:29 3	0:02:00 3	0:17:42 3	03:32	0:24:11 3	0:00:48 2	0:10:37 2	05:18	0:35:36	
Division 9 MINI Teams 12 - 14 years old Swim 300m / Bike 10k / Run 3k																	
Division 9 MINI Teams 12 - 14 years old Category 1 Males 12 - 14																	
234	Ethan Adam Quinn	Courtenay	14	M	1	1		0:03:45 1	0:01:10 1	0:19:31 1	01:57	0:24:26 1	0:00:31 1	0:13:03 2	04:21	0:38:00	
128	Royston Rage	Royston	13	M	2	2		0:05:43 2	0:01:14 2	0:20:33 2	02:03	0:27:30 2	0:00:34 2	0:12:57 1	04:19	0:41:01	
135	Splinters Surf and Turf	Comox	12	M	3	3		0:06:05 3	0:01:29 3	0:21:08 3	02:06	0:28:42 3	0:00:42 3	0:14:27 3	04:49	0:43:51	
Division 9 MINI Teams 12 - 14 years old Category 2 Females 12 - 14																	
231	Flower Power	Campbell River	12	F	4	1		0:03:49 1	0:01:29 2	0:23:30 1	02:21	0:28:48 1	0:00:40 2	0:15:03 2	05:01	0:44:31	
249	Zems	Comox	14	F	7	2		0:04:47 2	0:01:41 5	0:25:22 2	02:32	0:31:50 2	0:00:38 1	0:17:03 5	05:41	0:49:31	
188	Miffy's Army	Comox	12	F	8	3		0:05:52 3	0:01:20 1	0:26:03 3	02:36	0:33:15 3	0:00:48 4	0:15:36 3	05:12	0:49:39	
219	wild ones	Comox	12	F	10	4		0:07:26 5	0:01:35 4	0:30:09 5	03:00	0:39:10 5	0:01:00 5	0:14:23 1	04:47	0:54:33	
227	Pineapple Express	Comox	12	F	11	5		0:07:02 4	0:01:29 2	0:29:05 4	02:54	0:37:36 4	0:00:42 3	0:16:19 4	05:26	0:54:37	

Official Results

Number	Name or Team Name	From	Age @ 31/12/2013	D P I L S @ 31/12/2013	C P A I S @ 31/12/2013	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	
															Category
Division 9 MINI Teams 12 - 14 years old Category 3 Mixed 12 - 14															
22	Fast and Furious Flamingos	Courtenay	13	F	6	1	0:07:47 2	0:01:43 1	0:22:49 1	02:16	0:32:19 1	0:05:34 2	0:11:11 1	03:43	0:49:04
220	Canucks	Courtenay	13	M	9	2	0:07:16 1	0:02:11 2	0:28:47 2	02:52	0:38:14 2	0:02:03 1	0:12:36 2	04:12	0:52:53
Division 9 MINI Teams 12 - 14 years old Category 4 Family 12 - 14															
25	The Adechicks	Courtenay	13	F	5	1	0:06:10 1	0:01:36 1	0:21:14 1	02:07	0:29:00 1	0:00:40 1	0:15:31 1	05:10	0:45:11
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															
233	Boggis, Bunce and Bean	Courtenay	15	F	1	1	0:05:12 3	0:01:27 2	0:20:51 2	02:05	0:27:30 2	0:00:36 2	0:12:22 1	04:07	0:40:28
232	H.E.M. Power	Comox	16	F	2	2	0:04:12 2	0:01:29 3	0:20:43 1	02:04	0:26:24 1	0:00:19 1	0:13:53 2	04:37	0:40:36
223	eLEMONators	Courtenay	15	F	4	3	0:03:30 1	0:01:16 1	0:24:45 3	02:28	0:29:31 3	0:00:42 3	0:14:21 3	04:47	0:44:34
Division 9.1 MINI Teams 15 - 17 years old Category 3 Mixed 15 - 17															
230	The 3 B's	Comox	16	F	3	1	0:03:44 1	0:01:35 1	0:19:40 1	01:58	0:24:59 1	0:00:36 1	0:15:04 1	05:01	0:40:39
Division 10 SPRINT Individual Males Open Swim 500m / Bike 20k / Run 5k															
Division 10 SPRINT Individual Males Open Category 5 30 - 34 years old															
466	Stan Lorenzo	Coquitlam	32	M	2	1	0:07:48 1	0:01:38 1	0:32:54 1	01:38	0:42:20 1	0:00:50 1	0:21:22 1	04:16	1:04:32
283	Julien Menard	Gold River	32	M	6	2	0:09:05 3	0:02:11 2	0:33:48 2	01:41	0:45:04 2	0:01:17 3	0:22:59 2	04:35	1:09:20
429	Duane Bader	Parksville	31	M	14	3	0:08:28 2	0:03:48 6	0:36:43 3	01:50	0:48:59 3	0:01:57 6	0:26:49 3	05:21	1:17:45
446	Glen Welin	Comox	34	M	16	4	0:10:12 4	0:02:32 4	0:38:48 4	01:56	0:51:32 4	0:01:32 5	0:28:12 4	05:38	1:21:16
444	Braden Elke	Campbell River	31	M	19	5	0:11:00 6	0:02:22 3	0:39:59 6	01:59	0:53:21 6	0:01:15 2	0:28:18 5	05:39	1:22:54
407	Trevor Busch	Comox	34	M	21	6	0:10:29 5	0:02:35 5	0:38:55 5	01:56	0:51:59 5	0:01:21 4	0:31:38 6	06:19	1:24:58
Division 10 SPRINT Individual Males Open Category 6 35 - 39 years old															
258	James Warren	Comox	37	M	10	1	0:09:00 1	0:02:19 1	0:36:51 1	01:50	0:48:10 1	0:01:12 1	0:23:34 1	04:42	1:12:56
Division 10 SPRINT Individual Males Open Category 7 40 - 49 years old															
453	Joseph Nelson	Campbell River	41	M	1	1	0:07:57 4	0:01:42 1	0:30:47 1	01:32	0:40:26 1	0:00:55 3	0:21:35 2	04:19	1:02:56
449	Jason Hare	Nanaimo	41	M	3	2	0:07:05 1	0:01:47 2	0:34:38 4	01:43	0:43:30 2	0:00:54 2	0:20:22 1	04:04	1:04:46
395	Sebastien Marcoux	Courtenay	42	M	4	3	0:08:54 7	0:01:56 4	0:33:53 3	01:41	0:44:43 5	0:00:51 1	0:22:21 3	04:28	1:07:55
450	Joel J. DeLeenheer	Victoria	40	M	5	4	0:07:30 2	0:01:52 3	0:34:54 5	01:44	0:44:16 3	0:01:10 6	0:23:16 5	04:39	1:08:42
456	Travis Lapointe	Gold River	40	M	8	5	0:09:43 10	0:02:14 6	0:35:39 6	01:46	0:47:36 7	0:01:11 7	0:22:56 4	04:35	1:11:43
415	Scott Harris	Port Hardy	45	M	9	6	0:07:57 4	0:02:04 5	0:35:45 7	01:47	0:45:46 6	0:00:58 4	0:25:50 6	05:10	1:12:34
442	Aaron Cluff	Lazo	42	M	11	7	0:09:46 11	0:02:25 7	0:32:10 2	01:36	0:44:21 4	0:01:06 5	0:27:44 8	05:32	1:13:11
416	Ian Heselgrave	Comox	48	M	12	8	0:08:33 6	0:02:59 10	0:36:09 8	01:48	0:47:41 8	0:01:35 11	0:26:16 7	05:15	1:15:32
431	Mario Tremblay	Port Alberni	48	M	15	9	0:07:43 3	0:03:12 12	0:39:27 11	01:58	0:50:22 10	0:01:54 12	0:28:32 10	05:42	1:20:48
476	Lonny Sullivan	Nanaimo	42	M	17	10	0:10:56 12	0:02:58 9	0:37:45 10	01:53	0:51:39 11	0:01:26 10	0:28:22 9	05:40	1:21:27
445	Shawn Harrison	Courtenay	42	M	20	11	0:11:07 13	0:03:06 11	0:40:02 12	02:00	0:54:15 12	0:01:22 9	0:28:36 11	05:43	1:24:13
413	Dennis Lightfoot	Courtenay	46	M	22	12	0:09:20 9	0:02:30 8	0:37:44 9	01:53	0:49:34 9	0:01:19 8	0:34:35 13	06:55	1:25:28
412	Ken Hughes	Courtenay	48	M	23	13	0:09:05 8	0:04:36 13	0:43:02 13	02:09	0:56:43 13	0:02:22 13	0:33:36 12	06:43	1:32:41
Division 10 SPRINT Individual Males Open Category 8 50 - 59 years old															
441	Chris Eidsvik	Black Creek	53	M	7	1	0:07:37 1	0:01:40 1	0:34:01 1	01:42	0:43:18 1	0:01:08 1	0:25:38 2	05:07	1:10:04
433	Rob Grantham	Courtenay	50	M	13	2	0:09:59 2	0:02:53 2	0:36:53 2	01:50	0:49:45 2	0:01:31 2	0:25:12 1	05:02	1:16:28
Division 10 SPRINT Individual Males Open Category 9 60 - 69 years old															
467	Eric Young	Courtenay	63	M	18	1	0:08:07 1	0:03:15 1	0:38:16 1	01:54	0:49:38 1	0:02:06 2	0:30:59 1	06:11	1:22:43
439	Jim Powell	Parksville	61	M	24	2	0:10:23 2	0:04:41 2	0:38:39 2	01:55	0:53:43 2	0:01:48 1	0:44:07 2	08:49	1:39:38

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.....Place	Time.....Place	Time.....Place	TPK	Time.....Place	Time.....Place	Time.....Place	Time.....Place	Time.....Place	TPK	Time				
Division 11 SPRINT Individual Females Open Swim 500m / Bike 20k / Run 5k																					
Division 11 SPRINT Individual Females Open Category 3 20 - 24 years old																					
464	Miriam Weinzierl	Merville	20	F	14	1	0:10:54	3	0:02:50	1	0:40:29	1	02:01	0:54:13	1	0:00:57	1	0:30:51	1	06:10	1:26:01
409	Michelle Redekopp	Comox	20	F	20	2	0:10:38	1	0:03:02	2	0:42:51	2	02:08	0:56:31	2	0:00:58	2	0:32:23	2	06:28	1:29:52
411	Holly Jackson	Black Creek	21	F	25	3	0:10:39	2	0:05:23	3	0:49:21	3	02:28	1:05:23	3	0:01:44	3	0:35:27	3	07:05	1:42:34
Division 11 SPRINT Individual Females Open Category 4 25 - 29 years old																					
448	Sarah Richardson	Quadra Island	29	F	3	1	0:08:51	1	0:02:28	1	0:36:59	1	01:50	0:48:18	1	0:01:14	2	0:26:14	1	05:14	1:15:46
463	Heather Tufts	Parksville	25	F	16	2	0:11:55	3	0:04:20	3	0:42:14	3	02:06	0:58:29	3	0:01:15	3	0:26:55	2	05:23	1:26:39
435	Brittany McKenna	Campbell River	29	F	19	3	0:09:32	2	0:02:57	2	0:41:37	2	02:04	0:54:06	2	0:01:05	1	0:32:21	3	06:28	1:27:32
Division 11 SPRINT Individual Females Open Category 5 30 - 34 years old																					
462	Natasha Lowe	Vancouver	32	F	1	1	0:09:12	2	0:02:12	1	0:33:56	1	01:41	0:45:20	1	0:01:01	1	0:27:17	2	05:27	1:13:38
310	Gillian Clayton	Vancouver	32	F	4	2	0:09:19	3	0:02:49	2	0:36:21	2	01:49	0:48:29	2	0:01:49	4	0:25:39	1	05:07	1:15:57
451	Kristina Wellard	Campbell River	32	F	18	3	0:09:04	1	0:03:06	3	0:40:17	3	02:00	0:52:27	3	0:01:29	3	0:33:35	3	06:43	1:27:31
408	Annie Gibson	Nanaimo	31	F	32	4	0:15:16	4	0:04:45	4	0:54:27	4	02:43	1:14:28	4	0:01:22	2	0:50:37	4	10:07	2:06:27
Division 11 SPRINT Individual Females Open Category 6 35 - 39 years old																					
461	Katie Kennedy	Comox BC	39	F	5	1	0:09:40	2	0:02:43	2	0:36:56	1	01:50	0:49:19	1	0:00:52	1	0:25:55	1	05:11	1:16:06
469	Sandra Reynolds	Gold River	35	F	9	2	0:10:06	3	0:02:17	1	0:40:15	3	02:00	0:52:38	4	0:01:10	2	0:29:20	2	05:52	1:23:08
443	Chanace Vanderheide	Courtenay	39	F	10	3	0:12:02	4	0:02:45	3	0:37:07	2	01:51	0:51:54	3	0:01:31	4	0:29:53	3	05:58	1:23:18
404	Debbie Wright	Comox	36	F	13	4	0:07:43	1	0:02:48	4	0:41:18	4	02:03	0:51:49	2	0:01:23	3	0:32:21	4	06:28	1:25:33
438	Samantha Caram	Nanaimo	35	F	24	5	0:12:28	5	0:03:16	5	0:43:49	5	02:11	0:59:33	5	0:01:37	5	0:40:23	5	08:04	1:41:33
421	Tanya Loiselle	Campbell River	39	F	31	6	0:12:39	6	0:05:52	6	0:54:18	6	02:42	1:12:49	6	0:02:16	6	0:47:49	6	09:33	2:02:54
Division 11 SPRINT Individual Females Open Category 7 40 - 49 years old																					
420	Kate Ney	Gold river	44	F	2	1	0:10:11	3	0:02:13	1	0:37:39	2	01:52	0:50:03	2	0:01:09	2	0:24:16	1	04:51	1:15:28
304	Sophia Sauter	Campbell River	40	F	6	2	0:09:35	1	0:02:17	3	0:38:51	4	01:56	0:50:43	3	0:01:44	8	0:26:12	2	05:14	1:18:39
477	Colleen Holbrook	Campbell River	47	F	7	3	0:09:41	2	0:02:14	2	0:37:24	1	01:52	0:49:19	1	0:01:11	4	0:28:17	3	05:39	1:18:47
434	Robyn Mawhinney	Heriot Bay	42	F	11	4	0:10:32	6	0:02:57	5	0:40:45	5	02:02	0:54:14	6	0:01:10	3	0:28:34	4	05:42	1:23:58
427	Marie-Louise Mulder	Campbell River	43	F	12	5	0:10:25	4	0:03:08	6	0:38:37	3	01:55	0:52:10	4	0:01:46	9	0:31:25	7	06:17	1:25:21
425	JoAnne McElroy	Cumberland	48	F	15	6	0:10:26	5	0:02:40	4	0:40:49	6	02:02	0:53:55	5	0:01:04	1	0:31:38	8	06:19	1:26:37
401	Kajsa Lagerquist	Courtenay	41	F	21	7	0:10:54	7	0:04:12	11	0:45:20	9	02:16	1:00:26	9	0:01:24	6	0:30:58	6	06:11	1:32:48
426	Megan Penney	Courtenay	41	F	22	8	0:13:04	11	0:04:13	12	0:48:06	10	02:24	1:05:23	10	0:01:15	5	0:30:55	5	06:11	1:37:33
428	Judy Richardson	Parksville	49	F	23	9	0:11:08	8	0:03:59	10	0:40:56	7	02:02	0:56:03	7	0:01:49	10	0:39:56	10	07:59	1:37:48
468	Joyce Shepherd	Comox	43	F	27	10	0:14:32	13	0:03:54	8	0:52:17	11	02:36	1:10:43	11	0:01:26	7	0:36:45	9	07:21	1:48:54
419	Marnie van der Vliet	Courtenay	46	F	28	11	0:11:12	9	0:03:58	9	0:44:53	8	02:14	1:00:03	8	0:02:49	12	0:46:43	13	09:20	1:49:35
402	Val Lancaster	Campbell River	46	F	30	12	0:12:38	10	0:03:44	7	0:54:50	12	02:44	1:11:12	12	0:01:51	11	0:41:23	11	08:16	1:54:26
474	Tami Servizi	Courtenay	40	F	33	13	0:13:21	12	0:22:12	13	0:54:57	13	02:44	1:30:30	13	0:05:49	13	0:46:08	12	09:13	2:22:27
Division 11 SPRINT Individual Females Open Category 8 50 - 59 years old																					
397	Dawn Taylor	Ladysmith	54	F	26	1	0:13:38	2	0:03:31	1	0:47:54	2	02:23	1:05:03	2	0:01:49	1	0:39:32	1	07:54	1:46:24
460	Kathleen Sheppard	Courtenay	53	F	29	2	0:11:44	1	0:04:15	2	0:45:52	1	02:17	1:01:51	1	0:02:44	2	0:47:16	2	09:27	1:51:51
Division 11 SPRINT Individual Females Open Category 9 60 - 69 years old																					
422	Bonny Ervin	Royston	66	F	8	1	0:10:13	2	0:02:27	1	0:38:46	1	01:56	0:51:26	1	0:01:23	1	0:29:57	1	05:59	1:22:46
454	Linda B. Nagle	Campbell River	60	F	17	2	0:09:56	1	0:02:51	2	0:39:36	2	01:58	0:52:23	2	0:01:28	2	0:33:28	2	06:41	1:27:19
Division 13 SPRINT Team Open Swim 500m / Bike 20k / Run 5k																					

Official Results

Number	Name or Team Name	From	Age @ 31/12/2013	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		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	TPK			
Division 13 SPRINT Team Open						Category 1 Males															
486	McKay's Madmen	Cumberland	25	M	3	1	0:08:03	1	0:01:38	1	0:38:12	1	01:54	0:47:53	1	0:00:47	1	0:29:26	2	05:53	1:18:06
485	Mai Tai Masters	Courtenay	49	M	5	2	0:10:52	2	0:01:45	2	0:42:50	2	02:08	0:55:27	2	0:00:48	2	0:28:17	1	05:39	1:24:32
Division 13 SPRINT Team Open						Category 2 Females															
483	Fast & Female	Merville	47	F	2	1	0:07:36	1	0:01:37	1	0:35:43	1	01:47	0:44:56	1	0:00:52	2	0:29:49	2	05:57	1:15:37
478	Triple Threat	Comox	25	F	4	2	0:07:54	2	0:01:40	2	0:39:22	2	01:58	0:48:56	2	0:01:14	3	0:32:40	3	06:32	1:22:50
488	3 Amigo-ettes	Comox	62	F	6	3	0:13:18	3	0:02:27	3	0:43:22	3	02:10	0:59:07	3	0:00:36	1	0:25:22	1	05:04	1:25:05
Division 13 SPRINT Team Open						Category 3 Mixed															
481	Shoreline Seniors	Comox	45	F	1	1	0:08:22	1	0:01:33	1	0:31:48	1	01:35	0:41:43	1	0:00:45	1	0:29:43	2	05:56	1:12:11
479	The Paranoid's	Comox	38	F	9	2	0:13:16	2	0:02:00	2	0:56:39	2	02:49	1:11:55	2	0:00:50	2	0:27:33	1	05:30	1:40:18
Division 13 SPRINT Team Open						Category 4 Family															
487	Mortar and Pestles	Comox	22	M	7	1	0:05:59	1	0:01:22	1	0:35:51	1	01:47	0:43:12	1	0:00:59	1	0:40:59	1	08:11	1:25:10
Division 13 SPRINT Team Open						Category 5 50+															
484	Wrap-Arounds	Courtenay	54	F	8	1	0:12:24	1	0:01:50	1	0:45:30	1	02:16	0:59:44	1	0:00:45	1	0:29:54	1	05:58	1:30:23
						Division 16 Duathlon Run 5k / Bike 20k / Run 5k															
Division 16 Duathlon						Category 1 Males															
410	Ray Hawkes	Courtenay	48	M	1	1	0:23:57	1	0:00:55	4	0:38:03	1	01:54	1:02:55	1	0:01:21	4	0:25:04	1	05:00	1:29:20
455	Dean Nilsen	Comox	47	M	2	2	0:28:15	4	0:01:17	5	0:38:53	2	01:56	1:08:25	2	0:01:57	5	0:30:12	3	06:02	1:40:34
423	Steve O'Brien	Nanaimo	49	M	3	3	0:24:56	2	0:00:52	3	0:46:59	4	02:20	1:12:47	4	0:01:14	3	0:27:42	2	05:32	1:41:43
282	Bruce Busby	Nanaimo	60	M	5	4	0:26:04	3	0:00:28	1	0:42:47	3	02:08	1:09:19	3	0:00:57	1	0:43:25	5	08:41	1:53:41
447	Mac Gold	Merville	17	M	6	5	0:30:35	5	0:00:43	2	0:49:08	5	02:27	1:20:26	5	0:00:59	2	0:39:38	4	07:55	2:01:03
475	Terry Francis	Courtenay	62	M	9	6	0:36:46	6	0:04:37	6	0:54:57	6	02:44	1:36:20	6	0:05:48	6	0:46:09	6	09:13	2:28:17
Division 16 Duathlon						Category 2 Females															
437	Karsha Dunn	Campbell River	39	F	4	1	0:30:40	1	0:01:46	3	0:39:58	1	01:59	1:12:24	1	0:01:49	3	0:31:47	1	06:21	1:46:00
430	Arlene Hogan	Courtenay	44	F	7	2	0:34:20	3	0:01:05	1	0:50:00	2	02:30	1:25:25	2	0:01:11	1	0:41:09	3	08:13	2:07:45
399	Silvia Ferguson	cumberland	43	F	8	3	0:33:47	2	0:01:26	2	1:01:33	3	03:04	1:36:46	3	0:01:42	2	0:36:17	2	07:15	2:14:45