

\*\*\*\***Official**\*\*\*\*

# Perth Triathlon Live Results

## In memory of Jon Hetherington

**Date: Sunday, June 7, 2026**

**Location: Perth, ON**

[Use Category tabs to see results](#)

500 m Swim, 16 km bike, 3.24 km run

Individual or Team event

Start and finish at Perth Indoor Pool

Potluck lunch following races

[perth.ca/triathlon](http://perth.ca/triathlon)

umbe	Name	Type	Gender	City	Age	Age Group	Wave	Swim Time	Bike Time	Run Time	Final Time
01	Just for Fun - Take 3	Team	T		100	Team	1	0:18:20	0:47:45	0:27:00	1:33:05
02	Matthew Holmes	Single	M	Perth	50	50-59	1	0:27:16	0:51:46	0:33:17	1:52:19
03	Maxwell Holmes	Single	M	Perth	18	19 and Under	1	0:27:24	0:51:25	0:32:13	1:51:02
04	Nathaniel Holmes	Single	M	Perth	15	19 and Under	1	0:25:33	0:53:29	0:32:30	1:51:32
05	Junnan Li	Single	M	Toronto	25	20-29	1	0:25:25	0:50:37	0:20:21	1:36:23
06	David Stevens	Single	M	Rideau Ferry	74	70 and Over	2	0:18:17	0:42:19	0:29:57	1:30:33
08	Paula Grenke	Single	F	Perth	41	40-49	2	0:16:04	1:09:12	0:37:38	2:02:54
09	Haylee White	Single	F	Portland	34	30-39	2	0:16:50	0:49:23	0:27:05	1:33:18
10	Susan McKinnon	Single	F	Hartington	61	60-69	2	0:16:10	0:45:16	0:36:19	1:37:45
11	James Buffin	Single	M	Toronto	59	50-59	2	0:17:45	0:38:13	0:25:43	1:21:41
12	Brad Farmer	Single	M	Kingston	50	50-59	2	0:18:19	0:48:17	0:41:30	1:48:06
13	Sarah Ferguson	Single	F	Jasper	34	30-39	2	0:15:57	0:54:40	0:23:05	1:33:42
15	Patricia Backman	Single	F	Beckwith	68	60-69	2	0:11:53	0:53:17	0:32:42	1:37:52
16	Susan Bennett	Single	F	Ottawa	74	70 and Over	3	0:15:32	0:44:43	0:30:15	1:30:30
17	Bill Moran	Single	M	Morrisburg	73	70 and Over	3	0:15:37	0:44:01	0:26:49	1:26:27
18	Bob Lafleur	Single	M	Perth	72	70 and Over	3	0:12:55	0:58:55	0:46:20	1:58:10
19	Anita Payne	Single	F	Tay Valley	72	70 and Over	3	0:14:15	0:53:38	0:37:16	1:45:09
20	Susan Delmage	Single	F	Stittsville	68	60-69	3	0:14:40	0:53:20	0:38:28	1:46:28
21	Mike Champagne	Single	M	Maberly	64	60-69	3	0:11:33	0:40:05	0:25:10	1:16:48
22	Lynda Hattin	Single	F	Toronto	63	60-69	3	0:12:44	0:50:26	0:27:38	1:30:48
23	Blanche Thomas	Single	F	Petawa	62	60-69	3	0:12:33	0:41:13	0:27:23	1:21:09
24	Robyn Dicesare	Single	F	Gatineau, QC	61	60-69	3	0:10:50	0:35:17	0:22:45	1:08:52
25	Diane Gallinger	Single	F	Morrisburg	61	60-69	3	0:16:39	0:43:15	0:26:33	1:26:27
26	Donna Langlois	Single	F	Perth	61	60-69	4	0:11:57	0:42:03	0:25:54	1:19:54
27	Janice Clouthier	Single	F	Pembroke	60	60-69	4	0:12:20	0:33:50	0:21:50	1:08:00
28	Fred Weatherhead	Single	M	Barrie	60	60-69	4	0:12:58	0:36:50	0:20:01	1:09:49
29	Kathryn Jarrett	Single	F	Ottawa	59	50-59	4	0:11:49	0:37:27	0:21:12	1:10:28
30	Mark Miller	Single	M	Pakenham	59	50-59	4	0:12:25	0:33:45	0:21:41	1:07:51
31	Victoria Hirst	Single	F	Hartington	58	50-59	4	0:12:00	0:56:00	0:43:00	1:51:00
32	Emi Koyanagi	Single	F	Ottawa	57	50-59	4	0:12:19	0:41:01	0:29:05	1:22:25
34	Lori Cameron	Single	F	Perth	56	50-59	4	0:10:34	0:47:08	0:28:41	1:26:23
35	Cara Duhaime	Single	F	Ottawa	45	40-49	4	0:14:51	0:41:38	0:21:52	1:18:21
36	Matt Humber	Single	M	Kingston	56	50-59	5	0:14:25	0:39:05	0:22:50	1:16:20
37	Alistair Jones	Single	M	Ottawa	56	50-59	5	0:13:04	0:35:18	0:19:33	1:07:55
38	Clare Gallant	Single	F	Pakenham	54	50-59	5	0:10:50	0:34:28	0:20:58	1:06:16
39	Nicole Gibeau	Single	F	Ottawa	52	50-59	5	0:10:30	0:35:44	0:21:29	1:07:43
40	Lori Stewart	Single	F	Lanark	52	50-59	5	0:11:40	0:46:35	0:30:29	1:28:44
41	Pat McNeely	Single	M	Merrickville	51	50-59	5	0:10:03	0:32:09	0:18:47	1:00:59
42	Joanne Pagani	Single	F	Ottawa	51	50-59	5	0:10:56	0:38:46	0:25:22	1:15:04
43	Kim Schryburt-Brown	Single	F	Smiths Falls	51	50-59	5	0:10:58	0:30:22	0:21:03	1:02:23
44	Matthew Dent	Single	M	Tay Valley	50	50-59	5	0:10:44	0:40:47	0:19:58	1:11:29
45	Chris Elmsley	Single	M	Smiths Falls	50	50-59	5	0:11:50	0:33:40	0:19:39	1:05:09
46	Scott Farmer	Single	M	Kingston	50	50-59	6	0:10:39	0:31:18	0:20:13	1:02:10
47	Genevieve Courchesne	Single	F	Carleton Place	49	40-49	6	0:10:58	0:33:21	0:24:04	1:08:23
48	Jayson Terkuc	Single	M	Elgin	49	40-49	6	0:11:27	0:34:22	0:22:13	1:08:02
49	Christina Dolgowicz	Single	F	Perth	48	40-49	6	0:11:29	0:37:30	0:19:40	1:08:39
50	Laura Fowler	Single	F	Carleton Place	48	40-49	6	0:10:26	0:41:38	0:21:00	1:13:04
52	Robin Hull	Single	F	Smiths Falls	47	40-49	6	0:11:39	0:37:09	0:23:04	1:11:52
54	Holly Forrest	Single	F	Renfrew	45	40-49	6	0:11:40	0:39:56	0:27:36	1:19:12
56	Mike Matthews	Single	M	Smiths Falls	39	30-39	7	0:12:38	0:30:32	0:22:40	1:05:50
57	Veronique Morin	Single	F	Beckwith	39	30-39	7	0:11:54	0:42:41	0:23:42	1:18:17
58	Elizabeth Sears	Single	F	Ottawa	38	30-39	7	0:12:01	0:42:44	0:23:31	1:18:16
59	Casey Kidson	Single	F	Kingston	37	30-39	7	0:12:12	0:45:53	0:27:29	1:25:34
62	Melissa VanAlstine	Single	F	Maberly	36	30-39	7	0:10:48	0:37:44	0:21:43	1:10:15
63	Karine Gauthier	Single	F	Ottawa	35	30-39	7	0:13:40	0:49:28	0:30:03	1:33:11
64	Angie Meraw	Single	F	Smiths Falls	35	30-39	7	0:11:02	0:38:34	0:19:01	1:08:37
65	Meredith Gillespie	Single	F	Ottawa	34	30-39	7	0:12:15	0:59:45	0:24:56	1:36:56
66	Aislyn Ireton	Single	F	Perth	33	30-39	8	0:14:26	0:32:43	0:17:24	1:04:33
67	Charlotte Akin	Single	F	Kingston	30	30-39	8	0:11:48	0:32:46	0:22:10	1:06:44
68	Jake Buffin	Single	M	Kingston	30	30-39	8	0:10:12	0:31:27	0:18:10	0:59:49
69	Brock VanAlstine	Single	M	Maberly	37	30-39	8	0:12:52	0:35:28	0:17:50	1:06:10
70	Holly Hayball	Single	F	Ottawa	30	30-39	8	0:14:05	0:40:09	0:28:41	1:22:55
71	Hannah Blackman	Single	F	Ottawa	28	20-29	8	0:11:24	0:42:50	0:25:21	1:19:35
72	Jocelyn Kerr	Single	F	Kingston	28	20-29	8	0:11:21	0:37:11	0:22:35	1:11:07
73	Reggie Smyth	Single	M	Kingston	27	20-29	8	0:10:09	0:33:51	0:18:17	1:02:17

umbe	Name	Type	Gender	City	Age	Age Group	Wave	Swim Time	Bike Time	Run Time	Final Time
74	Sarah Martin	Single	F	Kingston	26	20-29	8	0:12:55	0:41:25	0:22:46	1:17:06
75	OldMDs	Team	T	Perth	100	Team	8	0:17:00	0:28:40	0:16:08	1:01:48
76	Andrea Shen	Single	F	Toronto	25	20-29	9	0:13:01	0:53:13	0:21:35	1:27:49
77	Jaclyn Stewart	Single	F	Perth	23	20-29	9	0:10:18	0:42:18	0:18:19	1:10:55
78	Madison McKittrick	Single	F	Carleton Place	22	20-29	9	0:11:09	0:37:16	0:20:35	1:09:00
79	Brooklyn McNeely	Single	F	Merrickville	19	19 and Under	9	0:09:30	0:32:00	0:21:57	1:03:27
80	Nathan Saunders	Single	M	Perth	16	19 and Under	9	0:11:52	0:36:48	0:18:51	1:07:31
81	Alex Pelletier	Single	M	Ottawa	25	20-29	9	0:10:14	0:41:46	0:23:26	1:15:26
82	The Speedsters	Team	T	Perth	100	Team	9	0:12:45	0:43:48	0:19:14	1:15:47
83	Kerr	Team	T	Ottawa	100	Team	9	0:10:44	0:44:10	0:20:33	1:15:27
84	Jackson Three	Team	T	Ferry	100	Team	9	0:12:22	0:37:35	0:24:47	1:14:44
85	The Milabees	Team	T		100	Team	9	0:09:58	0:49:08	0:37:36	1:36:42
86	Not Fast, Just Furious	Team	T	Kemptville	100	Team	10	0:09:39	0:48:31	0:19:53	1:18:03
87	Anne-Marie Carter-McAusla	Single	F	Place	70	70 and Over	10	0:11:07	0:39:18	0:27:39	1:18:04
88	Paul Monroe	Single	M	Balderson	68	60-69	10	0:10:15	0:31:10	0:19:24	1:00:49
90	Greg Earl	Single	M	Portland	56	50-59	10	0:10:01	0:30:42	0:21:55	1:02:38
91	Marianne Goodwin	Single	F	Ottawa	61	60-69	10	0:09:58	0:45:01	0:28:13	1:23:12
92	Marc Baillon	Single	M	Balderson	60	60-69	10	0:09:28	0:30:07	0:16:53	0:56:28
93	Valery Allen	Single	F	Cornwall	55	50-59	10	0:10:28	0:30:52	0:20:41	1:02:01
94	Valerie Langill	Single	F	Carleton Place	52	50-59	10	0:10:19	0:37:41	0:20:50	1:08:50
95	Joanne Murray	Single	F	Ottawa	52	50-59	10	0:09:29	0:30:17	0:17:23	0:57:09
96	Sean MacKinney	Single	M	Ottawa	51	50-59	11	0:08:42	0:42:12	0:25:41	1:16:35
97	James Cassell	Single	M	Ottawa	48	40-49	11	0:08:20	0:26:17	0:14:10	0:48:47
98	Kristen Moran	Single	F	Gatineau, QC	44	40-49	11	0:09:10	0:41:33	0:20:54	1:11:37
99	Victoria Tuttle	Single	F	Carleton Place	44	40-49	11	0:09:07	0:30:23	0:16:05	0:55:35
100	Michael Cooke	Single	M	Almonte	39	30-39	11	0:09:18	0:31:15	0:16:25	0:56:58
101	Sarah Lasyk-Cooke	Single	F	Almonte	36	30-39	11	0:08:07	0:34:03	0:19:50	1:02:00
102	Emmanuelle LeBlanc	Single	F	Kingston	30	30-39	11	0:09:50	0:27:22	0:15:16	0:52:28
103	Ben Wilkinson	Single	M	Merrickville	30	30-39	11	0:09:20	0:33:45	0:17:23	1:00:28
104	Adam Weatherhead	Single	M	Napanee	29	20-29	11	0:09:49	0:33:03	0:17:00	0:59:52
105	Darren Cameron	Single	M	Perth	20	20-29	11	0:09:32	0:31:13	0:16:40	0:57:25
106	Andres Moran-MacDonald	Single	M	Kingston	26	20-29	12	0:07:55	0:26:09	0:15:23	0:49:27
107	Kellan Jones	Single	M	Kemptville	15	19 and Under	12	0:08:14	0:34:20	0:14:14	0:56:48
108	TriMAD	Team	T	Perth	100	Team	12	0:09:45	0:37:56	0:21:35	1:09:16
109	May's Jays	Team	T	Kingston	100	Team	12	0:07:38	0:30:46	0:16:00	0:54:24
110	Simon Jones	Single	M	Kemptville	59	50-59	12	0:07:02	0:31:23	0:07:46	0:46:11
111	Rob Allen	Single	M	Cornwall	57	50-59	12	0:07:29	0:25:36	0:16:37	0:49:42
112	Joe Brazda	Single	M	Kingston	32	30-39	12	0:07:13	0:28:05	0:13:48	0:49:06
113	Amy Li	Single	F	Mississauga	25	20-29	12	0:07:42	0:50:43	0:20:29	1:18:54
115	Warner Bros (+ Mom)	Team	T	Perth	100	Team	12	0:07:22	0:21:38	0:23:03	0:52:03
116	Gavin Peden	Single	M	Perth	17	19 and Under	13	0:05:44	0:31:08	0:17:14	0:54:06
117	Madeleine Van Dusen	Single	F	Perth	17	19 and Under	13	0:07:02	0:31:48	0:17:45	0:56:35
118	Landon Mason	Single	M	Maberty	16	19 and Under	13	0:06:17	0:31:43	0:15:16	0:53:16
119	Bronwyn Peden	Single	F	Perth	15	19 and Under	13	0:07:37	0:35:03	0:16:37	0:59:17
122	Jayden Peden	Single	M	Perth	13	19 and Under	13	0:07:23	0:37:25	0:20:22	1:05:10
123	The Flying Squirrels	Team	T	Perth	100	Team	13	0:07:07	0:44:48	0:14:47	1:06:42





	Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
1	Simon Jones	Single	M	Kemptville	59	0:07:02	0:23:57	0:15:12	0:46:11	50-59
2	Andres Moran-MacDonald	Single	M	Kingston	26	0:07:55	0:26:09	0:13:21	0:47:25	20-29
3	James Cassell	Single	M	Ottawa	48	0:08:20	0:26:17	0:14:10	0:48:47	40-49
4	Joe Brazda	Single	M	Kingston	32	0:07:13	0:28:05	0:13:48	0:49:06	30-39
5	Rob Allen	Single	M	Cornwall	57	0:07:29	0:25:36	0:16:37	0:49:42	50-59
6	Landon Mason	Single	M	Maberly	16	0:06:17	0:31:43	0:15:16	0:53:16	19 and Under
7	Gavin Peden	Single	M	Perth	17	0:05:44	0:31:08	0:17:14	0:54:06	19 and Under
8	Marc Baillon	Single	M	Balderson	60	0:09:28	0:30:07	0:16:53	0:56:28	60-69
9	Kellan Jones	Single	M	Kemptville	15	0:08:14	0:34:20	0:14:14	0:56:48	19 and Under
10	Michael Cooke	Single	M	Almonte	39	0:09:18	0:31:15	0:16:25	0:56:58	30-39
11	Darren Cameron	Single	M	Perth	20	0:09:32	0:31:13	0:18:42	0:59:27	20-29
12	Jake Buffin	Single	M	Kingston	30	0:10:12	0:31:27	0:18:10	0:59:49	30-39
13	Adam Weatherhead	Single	M	Napanee	29	0:09:49	0:33:03	0:17:00	0:59:52	20-29
14	Ben Wilkinson	Single	M	Merrickville	30	0:09:20	0:33:45	0:17:23	1:00:28	30-39
15	Paul Monroe	Single	M	Balderson	68	0:10:15	0:31:10	0:19:24	1:00:49	60-69
16	Pat McNeely	Single	M	Merrickville	51	0:10:03	0:32:09	0:18:47	1:00:59	50-59
17	Scott Farmer	Single	M	Kingston	50	0:10:39	0:31:18	0:20:13	1:02:10	50-59
18	Reggie Smyth	Single	M	Kingston	27	0:10:09	0:33:51	0:18:17	1:02:17	20-29
19	Greg Earl	Single	M	Portland	56	0:10:01	0:30:42	0:21:55	1:02:38	50-59
20	Chris Elmsley	Single	M	Smiths Falls	50	0:11:50	0:33:40	0:19:39	1:05:09	50-59
21	Jayden Peden	Single	M	Perth	13	0:07:23	0:37:25	0:20:22	1:05:10	19 and Under
22	Mike Matthews	Single	M	Smiths Falls	39	0:12:38	0:30:32	0:22:40	1:05:50	30-39
23	Brock VanAlstine	Single	M	Maberly	37	0:12:52	0:35:28	0:17:50	1:06:10	30-39
24	Nathan Saunders	Single	M	Perth	16	0:11:52	0:36:48	0:18:51	1:07:31	19 and Under
25	Mark Miller	Single	M	Pakenham	59	0:12:25	0:33:45	0:21:41	1:07:51	50-59
26	Alistair Jones	Single	M	Ottawa	56	0:13:04	0:35:18	0:19:33	1:07:55	50-59
27	Jayson Terkuc	Single	M	Elgin	49	0:11:27	0:34:22	0:22:13	1:08:02	40-49
28	Fred Weatherhead	Single	M	Barrie	60	0:12:58	0:36:50	0:20:01	1:09:49	60-69
29	Matthew Dent	Single	M	Tay Valley	50	0:10:44	0:40:47	0:19:58	1:11:29	50-59
30	Alex Pelletier	Single	M	Ottawa	25	0:10:14	0:41:46	0:23:26	1:15:26	20-29
31	Matt Humber	Single	M	Kingston	56	0:14:25	0:39:05	0:22:50	1:16:20	50-59
32	Sean MacKinney	Single	M	Ottawa	51	0:08:42	0:42:12	0:25:41	1:16:35	50-59
33	Mike Champagne	Single	M	Maberly	64	0:11:33	0:40:05	0:25:10	1:16:48	60-69
34	James Buffin	Single	M	Toronto	59	0:17:45	0:38:13	0:25:43	1:21:41	50-59
35	Bill Moran	Single	M	Morrisburg	73	0:15:37	0:44:01	0:26:49	1:26:27	70 and Over
36	David Stevens	Single	M	Rideau Ferry	74	0:18:17	0:42:19	0:29:57	1:30:33	70 and Over
37	Junnan Li	Single	M	Toronto	25	0:25:25	0:50:37	0:20:21	1:36:23	20-29
38	Brad Farmer	Single	M	Kingston	50	0:18:19	0:48:17	0:41:30	1:48:06	50-59
39	Maxwell Holmes	Single	M	Perth	18	0:27:24	0:51:25	0:32:13	1:51:02	19 and Under
40	Nathaniel Holmes	Single	M	Perth	15	0:25:33	0:53:29	0:32:30	1:51:32	19 and Under
41	Matthew Holmes	Single	M	Perth	50	0:27:16	0:51:46	0:33:17	1:52:19	50-59
42	Bob Lafleur	Single	M	Perth	72	0:12:55	0:58:55	0:46:20	1:58:10	70 and Over

	Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
1	Emmanuelle LeBlanc	Single	F	Kingston	30	0:09:50	0:27:22	0:15:16	0:52:28	30-39
2	Victoria Tuttle	Single	F	Carelton Place	44	0:09:07	0:30:23	0:16:05	0:55:35	40-49
3	Madeleine Van Dusen	Single	F	Perth	17	0:07:02	0:31:48	0:17:45	0:56:35	19 and Under
4	Joanne Murray	Single	F	Ottawa	52	0:09:29	0:30:17	0:17:23	0:57:09	50-59
5	Bronwyn Peden	Single	F	Perth	15	0:07:37	0:35:03	0:16:37	0:59:17	19 and Under
6	Sarah Lasyk-Cooke	Single	F	Almonte	36	0:08:07	0:34:03	0:19:50	1:02:00	30-39
7	Valery Allen	Single	F	Cornwall	55	0:10:28	0:30:52	0:20:41	1:02:01	50-59
8	Kim Schryburt-Brown	Single	F	Smiths Falls	51	0:10:58	0:30:22	0:21:03	1:02:23	50-59
9	Brooklyn McNeely	Single	F	Merrickville	19	0:09:30	0:32:00	0:21:57	1:03:27	19 and Under
10	Aislyn Ireton	Single	F	Perth	33	0:14:26	0:32:43	0:17:24	1:04:33	30-39
11	Clare Gallant	Single	F	Pakenham	54	0:10:50	0:34:28	0:20:58	1:06:16	50-59
12	Charlotte Akin	Single	F	Kingston	30	0:11:48	0:32:46	0:22:10	1:06:44	30-39
13	Nicole Gibeau	Single	F	Ottawa	52	0:10:30	0:35:44	0:21:29	1:07:43	50-59
14	Janice Clouthier	Single	F	Pembroke	60	0:12:20	0:33:50	0:21:50	1:08:00	60-69
15	Genevieve Courchesne	Single	F	Carleton Place	49	0:10:58	0:33:21	0:24:04	1:08:23	40-49
16	Angie Meraw	Single	F	Smiths Falls	35	0:11:02	0:38:34	0:19:01	1:08:37	30-39
17	Christina Dolgowicz	Single	F	Perth	48	0:11:29	0:37:30	0:19:40	1:08:39	40-49
18	Valerie Langill	Single	F	Carleton Place	52	0:10:19	0:37:41	0:20:50	1:08:50	50-59
19	Robyn Dicesare	Single	F	Gatineau, QC	61	0:10:50	0:35:17	0:22:45	1:08:52	60-69
20	Madison McKittrick	Single	F	Carleton Place	22	0:11:09	0:37:16	0:20:35	1:09:00	20-29
21	Melissa VanAlstine	Single	F	Maberly	36	0:10:48	0:37:44	0:21:43	1:10:15	30-39
22	Kathryn Jarrett	Single	F	Ottawa	59	0:11:49	0:37:27	0:21:12	1:10:28	50-59
23	Jaclyn Stewart	Single	F	Perth	23	0:10:18	0:42:18	0:18:19	1:10:55	20-29
24	Jocelyn Kerr	Single	F	Kingston	28	0:11:21	0:37:11	0:22:35	1:11:07	20-29
25	Kristen Moran	Single	F	Gatineau, QC	44	0:09:10	0:41:33	0:20:54	1:11:37	40-49
26	Robin Hull	Single	F	Smiths Falls	47	0:11:39	0:37:09	0:23:04	1:11:52	40-49
27	Laura Fowler	Single	F	Carleton Place	48	0:10:26	0:41:38	0:21:00	1:13:04	40-49
28	Joanne Pagani	Single	F	Ottawa	51	0:10:56	0:38:46	0:25:22	1:15:04	50-59
29	Sarah Martin	Single	F	Kingston	26	0:12:55	0:41:25	0:22:46	1:17:06	20-29
30	Anne-Marie Carter-McAuslan	Single	F	Place	70	0:11:07	0:39:18	0:27:39	1:18:04	70 and Over
31	Elizabeth Sears	Single	F	Ottawa	38	0:12:01	0:42:44	0:23:31	1:18:16	30-39
32	Veronique Morin	Single	F	Beckwith	39	0:11:54	0:42:41	0:23:42	1:18:17	30-39
33	Cara Duhaime	Single	F	Ottawa	45	0:14:51	0:41:38	0:21:52	1:18:21	40-49
34	Amy Li	Single	F	Mississauga	25	0:07:42	0:50:43	0:20:29	1:18:54	20-29
35	Holly Forrest	Single	F	Renfrew	45	0:11:40	0:39:56	0:27:36	1:19:12	40-49
36	Hannah Blackman	Single	F	Ottawa	28	0:11:24	0:42:50	0:25:21	1:19:35	20-29
37	Donna Langlois	Single	F	Perth	61	0:11:57	0:42:03	0:25:54	1:19:54	60-69
38	Blanche Thomas	Single	F	Petawa	62	0:12:33	0:41:13	0:27:23	1:21:09	60-69
39	Emi Koyanagi	Single	F	Ottawa	57	0:12:19	0:41:01	0:29:05	1:22:25	50-59
40	Holly Hayball	Single	F	Ottawa	30	0:14:05	0:40:09	0:28:41	1:22:55	30-39
41	Marianne Goodwin	Single	F	Ottawa	61	0:09:58	0:45:01	0:28:13	1:23:12	60-69
42	Casey Kidson	Single	F	Kingston	37	0:12:12	0:45:53	0:27:29	1:25:34	30-39
43	Lori Cameron	Single	F	Perth	56	0:10:34	0:47:08	0:28:41	1:26:23	50-59
44	Diane Gallinger	Single	F	Morrisburg	61	0:16:39	0:43:15	0:26:33	1:26:27	60-69
45	Andrea Shen	Single	F	Toronto	25	0:13:01	0:53:13	0:21:35	1:27:49	20-29
46	Lori Stewart	Single	F	Lanark	52	0:11:40	0:46:35	0:30:29	1:28:44	50-59
47	Susan Bennett	Single	F	Ottawa	74	0:15:32	0:44:43	0:30:15	1:30:30	70 and Over
48	Lynda Hattin	Single	F	Toronto	63	0:12:44	0:50:26	0:27:38	1:30:48	60-69
49	Karine Gauthier	Single	F	Ottawa	35	0:13:40	0:49:28	0:30:03	1:33:11	30-39
50	Haylee White	Single	F	Portland	34	0:16:50	0:49:23	0:27:05	1:33:18	30-39
51	Sarah Ferguson	Single	F	Jasper	34	0:15:57	0:54:40	0:23:05	1:33:42	30-39
52	Meredith Gillespie	Single	F	Ottawa	34	0:12:15	0:59:45	0:24:56	1:36:56	30-39
53	Susan McKinnon	Single	F	Hartington	61	0:16:10	0:45:16	0:36:19	1:37:45	60-69
54	Patricia Backman	Single	F	Beckwith	68	0:11:53	0:53:17	0:32:42	1:37:52	60-69

	<b>Name</b>	<b>Type</b>	<b>Gender</b>	<b>City</b>	<b>Age</b>	<b>Swim Time</b>	<b>Bike Time</b>	<b>Run Time</b>	<b>Final Time</b>	<b>Age Group</b>
55	Anita Payne	Single	F	Tay Valley	72	0:14:15	0:53:38	0:37:16	1:45:09	70 and Over
56	Susan Delmage	Single	F	Stittsville	68	0:14:40	0:53:20	0:38:28	1:46:28	60-69
57	Victoria Hirst	Single	F	Hartington	58	0:12:00	0:56:00	0:43:00	1:51:00	50-59
58	Paula Grenke	Single	F	Perth	41	0:16:04	1:09:12	0:37:38	2:02:54	40-49

	Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
1	Simon Jones	Single	M	Kemptville	59	0:07:02	0:23:57	0:15:12	0:46:11	50-59
2	James Cassell	Single	M	Ottawa	48	0:08:20	0:26:17	0:14:10	0:48:47	40-49
3	Joe Brazda	Single	M	Kingston	32	0:07:13	0:28:05	0:13:48	0:49:06	30-39
4	Andres Moran-MacDonald	Single	M	Kingston	26	0:07:55	0:26:09	0:15:23	0:49:27	20-29
5	Rob Allen	Single	M	Cornwall	57	0:07:29	0:25:36	0:16:37	0:49:42	50-59
6	Emmanuelle LeBlanc	Single	F	Kingston	30	0:09:50	0:27:22	0:15:16	0:52:28	30-39
7	Landon Mason	Single	M	Maberly	16	0:06:17	0:31:43	0:15:16	0:53:16	19 and Under
8	Gavin Peden	Single	M	Perth	17	0:05:44	0:31:08	0:17:14	0:54:06	19 and Under
9	Victoria Tuttle	Single	F	Careton Place	44	0:09:07	0:30:23	0:16:05	0:55:35	40-49
10	Marc Baillon	Single	M	Balderson	60	0:09:28	0:30:07	0:16:53	0:56:28	60-69
11	Madeleine Van Dusen	Single	F	Perth	17	0:07:02	0:31:48	0:17:45	0:56:35	19 and Under
12	Kellan Jones	Single	M	Kemptville	15	0:08:14	0:34:20	0:14:14	0:56:48	19 and Under
13	Michael Cooke	Single	M	Almonte	39	0:09:18	0:31:15	0:16:25	0:56:58	30-39
14	Joanne Murray	Single	F	Ottawa	52	0:09:29	0:30:17	0:17:23	0:57:09	50-59
15	Darren Cameron	Single	M	Perth	20	0:09:32	0:31:13	0:16:40	0:57:25	20-29
16	Bronwyn Peden	Single	F	Perth	15	0:07:37	0:35:03	0:16:37	0:59:17	19 and Under
17	Jake Buffin	Single	M	Kingston	30	0:10:12	0:31:27	0:18:10	0:59:49	30-39
18	Adam Weatherhead	Single	M	Napanee	29	0:09:49	0:33:03	0:17:00	0:59:52	20-29
19	Ben Wilkinson	Single	M	Merrickville	30	0:09:20	0:33:45	0:17:23	1:00:28	30-39
20	Paul Monroe	Single	M	Balderson	68	0:10:15	0:31:10	0:19:24	1:00:49	60-69
21	Pat McNeely	Single	M	Merrickville	51	0:10:03	0:32:09	0:18:47	1:00:59	50-59
22	Sarah Lasyk-Cooke	Single	F	Almonte	36	0:08:07	0:34:03	0:19:50	1:02:00	30-39
23	Valery Allen	Single	F	Cornwall	55	0:10:28	0:30:52	0:20:41	1:02:01	50-59
24	Scott Farmer	Single	M	Kingston	50	0:10:39	0:31:18	0:20:13	1:02:10	50-59
25	Reggie Smyth	Single	M	Kingston	27	0:10:09	0:33:51	0:18:17	1:02:17	20-29
26	Kim Schryburt-Brown	Single	F	Smiths Falls	51	0:10:58	0:30:22	0:21:03	1:02:23	50-59
27	Greg Earl	Single	M	Portland	56	0:10:01	0:30:42	0:21:55	1:02:38	50-59
28	Brooklyn McNeely	Single	F	Merrickville	19	0:09:30	0:32:00	0:21:57	1:03:27	19 and Under
29	Aislyn Ireton	Single	F	Perth	33	0:14:26	0:32:43	0:17:24	1:04:33	30-39
30	Chris Elmsley	Single	M	Smiths Falls	50	0:11:50	0:33:40	0:19:39	1:05:09	50-59
31	Jayden Peden	Single	M	Perth	13	0:07:23	0:37:25	0:20:22	1:05:10	19 and Under
32	Mike Matthews	Single	M	Smiths Falls	39	0:12:38	0:30:32	0:22:40	1:05:50	30-39
33	Brock VanAlstine	Single	M	Maberly	37	0:12:52	0:35:28	0:17:50	1:06:10	30-39
34	Clare Gallant	Single	F	Pakenham	54	0:10:50	0:34:28	0:20:58	1:06:16	50-59
35	Charlotte Akin	Single	F	Kingston	30	0:11:48	0:32:46	0:22:10	1:06:44	30-39
36	Nathan Saunders	Single	M	Perth	16	0:11:52	0:36:48	0:18:51	1:07:31	19 and Under
37	Nicole Gibeau	Single	F	Ottawa	52	0:10:30	0:35:44	0:21:29	1:07:43	50-59
38	Mark Miller	Single	M	Pakenham	59	0:12:25	0:33:45	0:21:41	1:07:51	50-59
39	Alistair Jones	Single	M	Ottawa	56	0:13:04	0:35:18	0:19:33	1:07:55	50-59
40	Janice Clouthier	Single	F	Pembroke	60	0:12:20	0:33:50	0:21:50	1:08:00	60-69
41	Jayson Terkuc	Single	M	Elgin	49	0:11:27	0:34:22	0:22:13	1:08:02	40-49
42	Genevieve Courchesne	Single	F	Carleton Place	49	0:10:58	0:33:21	0:24:04	1:08:23	40-49
43	Angie Meraw	Single	F	Smiths Falls	35	0:11:02	0:38:34	0:19:01	1:08:37	30-39
44	Christina Dolgowicz	Single	F	Perth	48	0:11:29	0:37:30	0:19:40	1:08:39	40-49
45	Valerie Langill	Single	F	Carleton Place	52	0:10:19	0:37:41	0:20:50	1:08:50	50-59
46	Robyn Dicesare	Single	F	Gatineau, QC	61	0:10:50	0:35:17	0:22:45	1:08:52	60-69
47	Madison McKittrick	Single	F	Carleton Place	22	0:11:09	0:37:16	0:20:35	1:09:00	20-29
48	Fred Weatherhead	Single	M	Barrie	60	0:12:58	0:36:50	0:20:01	1:09:49	60-69
49	Melissa VanAlstine	Single	F	Maberly	36	0:10:48	0:37:44	0:21:43	1:10:15	30-39
50	Kathryn Jarrett	Single	F	Ottawa	59	0:11:49	0:37:27	0:21:12	1:10:28	50-59
51	Jaclyn Stewart	Single	F	Perth	23	0:10:18	0:42:18	0:18:19	1:10:55	20-29
52	Jocelyn Kerr	Single	F	Kingston	28	0:11:21	0:37:11	0:22:35	1:11:07	20-29
53	Matthew Dent	Single	M	Tay Valley	50	0:10:44	0:40:47	0:19:58	1:11:29	50-59
54	Kristen Moran	Single	F	Gatineau, QC	44	0:09:10	0:41:33	0:20:54	1:11:37	40-49
55	Robin Hull	Single	F	Smiths Falls	47	0:11:39	0:37:09	0:23:04	1:11:52	40-49
56	Laura Fowler	Single	F	Carleton Place	48	0:10:26	0:41:38	0:21:00	1:13:04	40-49
57	Joanne Pagani	Single	F	Ottawa	51	0:10:56	0:38:46	0:25:22	1:15:04	50-59
58	Alex Pelletier	Single	M	Ottawa	25	0:10:14	0:41:46	0:23:26	1:15:26	20-29
59	Matt Humber	Single	M	Kingston	56	0:14:25	0:39:05	0:22:50	1:16:20	50-59

	<b>Name</b>	<b>Type</b>	<b>Gender</b>	<b>City</b>	<b>Age</b>	<b>Swim Time</b>	<b>Bike Time</b>	<b>Run Time</b>	<b>Final Time</b>	<b>Age Group</b>
60	Sean MacKinney	Single	M	Ottawa	51	0:08:42	0:42:12	0:25:41	1:16:35	50-59
61	Mike Champagne	Single	M	Maberly	64	0:11:33	0:40:05	0:25:10	1:16:48	60-69
62	Sarah Martin	Single	F	Kingston	26	0:12:55	0:41:25	0:22:46	1:17:06	20-29
63	Anne-Marie Carter-McAuslan	Single	F	Place	70	0:11:07	0:39:18	0:27:39	1:18:04	70 and Over
64	Elizabeth Sears	Single	F	Ottawa	38	0:12:01	0:42:44	0:23:31	1:18:16	30-39
65	Veronique Morin	Single	F	Beckwith	39	0:11:54	0:42:41	0:23:42	1:18:17	30-39
66	Cara Duhaime	Single	F	Ottawa	45	0:14:51	0:41:38	0:21:52	1:18:21	40-49
67	Amy Li	Single	F	Mississauga	25	0:07:42	0:50:43	0:20:29	1:18:54	20-29
68	Holly Forrest	Single	F	Renfrew	45	0:11:40	0:39:56	0:27:36	1:19:12	40-49
69	Hannah Blackman	Single	F	Ottawa	28	0:11:24	0:42:50	0:25:21	1:19:35	20-29
70	Donna Langlois	Single	F	Perth	61	0:11:57	0:42:03	0:25:54	1:19:54	60-69
71	Blanche Thomas	Single	F	Petawa	62	0:12:33	0:41:13	0:27:23	1:21:09	60-69
72	James Buffin	Single	M	Toronto	59	0:17:45	0:38:13	0:25:43	1:21:41	50-59
73	Emi Koyanagi	Single	F	Ottawa	57	0:12:19	0:41:01	0:29:05	1:22:25	50-59
74	Holly Hayball	Single	F	Ottawa	30	0:14:05	0:40:09	0:28:41	1:22:55	30-39
75	Marianne Goodwin	Single	F	Ottawa	61	0:09:58	0:45:01	0:28:13	1:23:12	60-69
76	Casey Kidson	Single	F	Kingston	37	0:12:12	0:45:53	0:27:29	1:25:34	30-39
77	Lori Cameron	Single	F	Perth	56	0:10:34	0:47:08	0:28:41	1:26:23	50-59
78	Bill Moran	Single	M	Morrisburg	73	0:15:37	0:44:01	0:26:49	1:26:27	70 and Over
79	Diane Gallinger	Single	F	Morrisburg	61	0:16:39	0:43:15	0:26:33	1:26:27	60-69
80	Andrea Shen	Single	F	Toronto	25	0:13:01	0:53:13	0:21:35	1:27:49	20-29
81	Lori Stewart	Single	F	Lanark	52	0:11:40	0:46:35	0:30:29	1:28:44	50-59
82	Susan Bennett	Single	F	Ottawa	74	0:15:32	0:44:43	0:30:15	1:30:30	70 and Over
83	David Stevens	Single	M	Rideau Ferry	74	0:18:17	0:42:19	0:29:57	1:30:33	70 and Over
84	Lynda Hattin	Single	F	Toronto	63	0:12:44	0:50:26	0:27:38	1:30:48	60-69
85	Karine Gauthier	Single	F	Ottawa	35	0:13:40	0:49:28	0:30:03	1:33:11	30-39
86	Haylee White	Single	F	Portland	34	0:16:50	0:49:23	0:27:05	1:33:18	30-39
87	Sarah Ferguson	Single	F	Jasper	34	0:15:57	0:54:40	0:23:05	1:33:42	30-39
88	Junnan Li	Single	M	Toronto	25	0:25:25	0:50:37	0:20:21	1:36:23	20-29
89	Meredith Gillespie	Single	F	Ottawa	34	0:12:15	0:59:45	0:24:56	1:36:56	30-39
90	Susan McKinnon	Single	F	Hartington	61	0:16:10	0:45:16	0:36:19	1:37:45	60-69
91	Patricia Backman	Single	F	Beckwith	68	0:11:53	0:53:17	0:32:42	1:37:52	60-69
92	Anita Payne	Single	F	Tay Valley	72	0:14:15	0:53:38	0:37:16	1:45:09	70 and Over
93	Susan Delmage	Single	F	Stittsville	68	0:14:40	0:53:20	0:38:28	1:46:28	60-69
94	Brad Farmer	Single	M	Kingston	50	0:18:19	0:48:17	0:41:30	1:48:06	50-59
95	Victoria Hirst	Single	F	Hartington	58	0:12:00	0:56:00	0:43:00	1:51:00	50-59
96	Maxwell Holmes	Single	M	Perth	18	0:27:24	0:51:25	0:32:13	1:51:02	19 and Under
97	Nathaniel Holmes	Single	M	Perth	15	0:25:33	0:53:29	0:32:30	1:51:32	19 and Under
98	Matthew Holmes	Single	M	Perth	50	0:27:16	0:51:46	0:33:17	1:52:19	50-59
99	Bob Laffeur	Single	M	Perth	72	0:12:55	0:58:55	0:46:20	1:58:10	70 and Over
100	Paula Grenke	Single	F	Perth	41	0:16:04	1:09:12	0:37:38	2:02:54	40-49