

******Official******

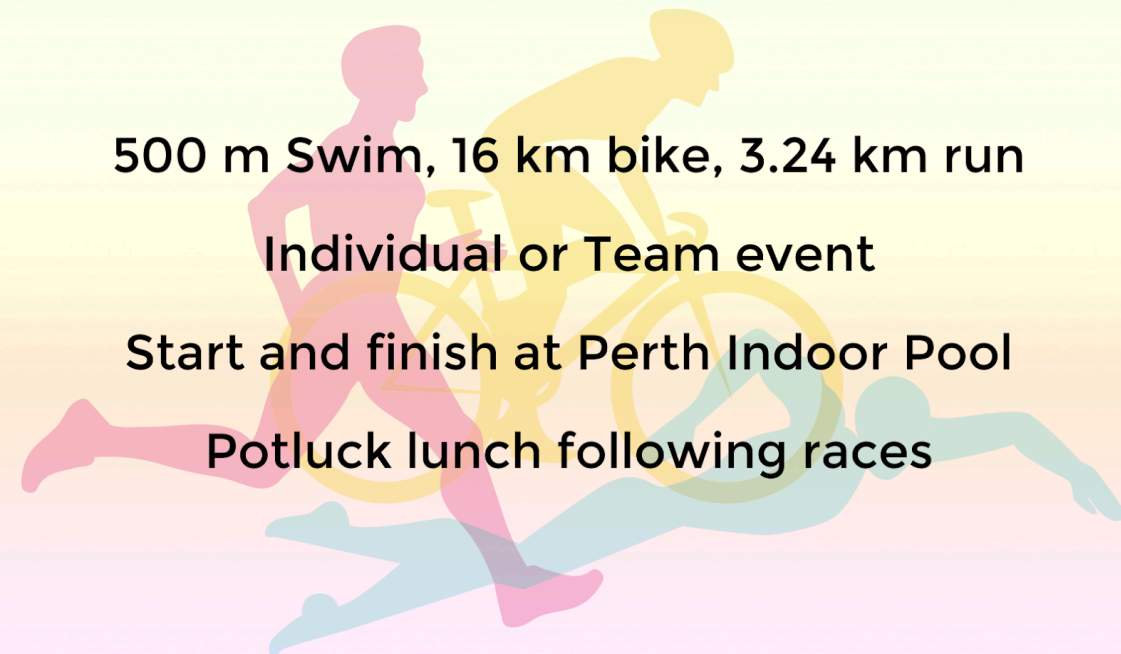
Perth Triathlon Live Results

In memory of Jon Hetherington

Date: Sunday, June 1, 2025

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

umbe	Name	Type	Gender	City	Age	Age Group	Wave	Swim Time	Bike Time	Run Time	Final Time
1	Jenny Hodgins	Single	F	Stittsville	41	40-49	1	0:20:09	0:45:45	0:23:33	1:29:27
3	James Buffin	Single	M	Toronto	57	50-59	1	0:19:50	0:41:07	0:19:26	1:20:23
4	Tracy Boon	Single	F	Janetville	55	50-59	1	0:21:45	0:54:32	0:34:49	1:51:06
5	Just For Fun - Take 2	Team	T	Stittsville	68	Team	1	0:18:45	0:48:18	0:25:25	1:32:28
6	Bill Moran	Single	M	Morrisburg	73	70 and Over	1	0:15:46	0:43:46	0:24:18	1:23:50
7	Diane Gallinger	Single	F	Morrisburg	60	60-69	1	0:15:52	0:45:13	0:27:20	1:28:25
8	Rick Balderson	Single	M	Nepean	64	60-69	2	0:17:20	0:39:05	0:22:46	1:19:11
9	Dave Thompson	Single	M	Newboro	37	30-39	2	0:18:14	0:44:11	0:22:56	1:25:21
10	Victoria Hirst	Single	F	Hartington	57	50-59	2	0:12:05	0:59:33	0:35:19	1:46:57
11	Julie Ingoe	Single	F	Aurora	52	50-59	2	0:16:54	0:48:54	0:35:33	1:41:21
12	Susan McKinnon	Single	F	Hartington	60	60-69	2	0:16:54	0:45:41	0:35:27	1:38:02
13	Sarah Ferguson	Single	F	Japser	33	30-39	2	0:17:35	0:49:17	0:23:15	1:30:07
14	Duy Nguyen	Single	M	Perth	50	50-59	2	0:11:50	0:44:15	0:21:42	1:17:47
15	Isabelle Nickel	Single	F	Kingston	42	40-49	2	0:10:26	0:38:41	0:24:14	1:13:21
16	Brock Vanalstine	Single	M	Maberly	36	30-39	2	0:13:56	0:36:21	0:19:13	1:09:30
17	Jake Brady	Single	M	Perth	39	30-39	2	0:13:53	0:38:07	0:18:22	1:10:22
18	Melissa VanAlstine	Single	F	Maberly	35	30-39	3	0:11:07	0:39:53	0:23:22	1:14:22
19	The Real Swim Shady	Team	T	Smiths Falls	43	Team	3	0:12:08	0:33:06	0:19:26	1:04:40
20	Tyler Brett	Single	M	Perth	39	30-39	3	0:10:38	0:39:02	0:18:34	1:08:14
21	Clare Gallant	Single	F	Pakenham	53	50-59	3	0:10:49	0:34:39	0:19:59	1:05:27
22	Melanie Liard	Single	F	Arnprior	43	40-49	3	0:13:39	0:54:31	0:40:17	1:48:27
23	Holly Forrest	Single	F	Renfrew	44	40-49	3	0:11:42	0:41:18	0:24:38	1:17:38
26	Dave Holmes	Single	M	Oxford Mills	37	30-39	3	0:11:14	0:38:05	0:19:41	1:09:00
27	Brianna Mcmichael	Single	F	Oshawa	31	30-39	3	0:12:04	0:49:59	0:19:31	1:21:34
28	Krista Horsefield	Single	F	Kemptville	40	40-49	4	0:10:35	0:39:05	0:19:59	1:09:39
29	Tegan Horsefield	Single	F	Kemptville	15	19 and Under	4	0:10:30	0:44:22	0:26:48	1:21:40
30	Family Tri's	Team	T	Kemptville	40	Team	4	0:10:30	0:37:22	0:20:27	1:08:19
31	Jake Buffin	Single	M	Kingston	29	20-29	4	0:09:01	0:34:50	0:18:57	1:02:48
32	Lynda Hattin	Single	F	Toronto	62	60-69	4	0:10:30	0:48:12	0:29:38	1:28:20
33	Charlotte Akin	Single	F	Kingston	29	20-29	4	0:12:12	0:34:36	0:21:41	1:08:29
34	Carol Hooper	Single	F	Ompah	56	50-59	4	0:14:10	0:56:32	0:28:02	1:38:44
35	Stephanie Gelinaz	Single	F	Oshawa	39	30-39	4	0:13:30	1:07:45	0:35:47	1:57:02
36	Jenn Wynne	Single	F	Courtice	42	40-49	4	0:12:30	0:47:22	0:30:46	1:30:38
37	Chris Elmsley	Single	M	Smiths Falls	60	60-69	4	0:11:01	0:35:03	0:22:16	1:08:20
38	Michael Cooke	Single	M	Almonte	38	30-39	5	0:09:48	0:32:50	0:17:46	1:00:24
39	Angie Meraw	Single	F	Smiths Falls	34	30-39	5	0:10:50	0:39:47	0:18:57	1:09:34
40	Helen Braiter	Single	F	Ottaea	52	50-59	5	0:12:00	0:38:25	0:27:03	1:17:28
41	Craig Manley	Single	M	Napanee	54	50-59	5	0:11:25	0:33:42	0:17:23	1:02:30
42	Becca Manley	Single	F	Ottawa	14	19 and Under	5	0:11:52	0:45:50	0:18:35	1:16:17
43	Margot Lemieux	Single	F	Kingston	35	30-39	5	0:11:52	0:32:08	0:18:24	1:02:24
45	Hannah Blackman	Single	F	Ottawa	27	20-29	5	0:10:24	0:44:01	0:26:31	1:20:56
46	Jacky Duong	Single	M	Orleans	30	30-39	5	0:16:17	0:47:44	0:24:19	1:28:20
47	Bill Black	Single	M	Smiths Falls	72	70 and Over	5	0:15:05	0:45:19	0:35:02	1:35:26
48	Kelsey Yeldon	Single	F	Cote Saint- Luc	32	30-39	6	0:10:50	0:41:12	0:24:46	1:16:48
49	Geraldine Low	Single	F	Renfrew	62	60-69	6	0:15:50	0:54:07	0:33:23	1:43:20
50	Sebastien Bacharach	Single	M	Perth	55	50-59	6	0:12:00	0:44:35	0:20:10	1:16:45
52	Darren Cameron	Single	M	Perth	19	19 and Under	6	0:09:21	0:32:59	0:16:37	0:58:57
53	Lori Cameron	Single	F	DNE	55	50-59	6	0:10:25	0:48:14	0:27:51	1:26:30
55	Scott Farmer	Single	M	Kingston	49	40-49	6	0:12:15	0:31:46	0:23:13	1:07:14
57	Gregory Giokas	Single	M	Ottawa	70	70 and Over	6	0:20:00	0:44:12	0:23:19	1:27:31
58	Matt Humber	Single	M	Kingston	55	50-59	7	0:14:45	0:45:37	0:24:20	1:24:42
59	Alistair Jones	Single	M	Ottawa	55	50-59	7	0:11:40	0:34:22	0:19:23	1:05:25
60	Vicky Kinch	Single	F	Brockville	40	40-49	7	0:13:34	0:41:50	0:17:09	1:12:33
61	Emi Koyanagi	Single	F	Ottawa	56	50-59	7	0:11:00	0:39:43	0:26:59	1:17:42
62	Bob Lafleur	Single	M	Perth	71	70 and Over	7	0:13:20	0:49:20	0:42:40	1:45:20
63	Carolyn Lamy	Single	F	Aurora	53	50-59	7	0:11:45	0:43:53	0:34:10	1:29:48
64	Brooklyn Mcneely	Single	F	Merrickville	18	19 and Under	7	0:10:00	0:35:31	0:22:35	1:08:06
65	Pat Mcneely	Single	M	Merrickville	50	50-59	7	0:10:15	0:30:29	0:17:05	0:57:49

umbe	Name	Type	Gender	City	Age	Age Group	Wave	Swim Time	Bike Time	Run Time	Final Time
66	Mark Miller	Single	M	Pakenham	58	50-59	7	0:11:55	0:35:07	0:21:51	1:08:53
67	Sumiko Mori	Single	F	Ottawa	63	60-69	7	0:16:05	0:50:13	0:25:04	1:31:22
69	Gillian Stanley	Single	F	Ottawa	45	40-49	8	0:11:10	0:39:39	0:20:10	1:10:59
70	Curtis Stefaniuk	Single	M	Gloucester	45	40-49	8	0:11:30	0:32:58	0:15:59	1:00:27
71	Stone Family	Team	T	Smiths Falls	13	Team	8	0:08:20	0:35:53	0:19:01	1:03:14
72	Janis Sullivan	Single	F	Perth	55	50-59	8	0:14:50	0:44:23	0:21:24	1:20:37
73	Not Fast Just Furious	Team	T	Kemptville	34	Team	8	0:10:38	0:48:04	0:20:59	1:19:41
74	Andrew Thomas	Single	M	Brockville	63	60-69	8	0:10:15	0:35:19	0:23:55	1:09:29
76	Anne-Marie Carter-McAusk	Single	F	Carleton Place	69	60-69	8	0:10:31	0:36:15	0:27:22	1:14:08
77	Kristen Moran	Single	F	Gatineau	43	40-49	8	0:09:35	0:43:04	0:23:23	1:16:02
78	TriMAD	Team	T	Perth	57	Team	9	0:09:00	0:37:00	0:19:24	1:05:24
79	Scott Strachan	Single	M	Perth	55	50-59	9	0:08:48	0:36:22	0:17:45	1:02:55
80	Kim Schryburt-Brown	Single	F	Smiths Falls	50	50-59	9	0:11:20	0:29:50	0:21:22	1:02:32
81	Greg Earl	Single	M	Portland	55	50-59	9	0:09:15	0:32:38	0:20:17	1:02:10
82	Sarah Lickley	Single	F	Almonte	35	30-39	9	0:08:15	0:37:20	0:18:17	1:03:52
84	Mark Coates	Single	M	Ottawa	44	40-49	9	0:11:10	0:33:30	0:21:16	1:05:56
85	Joanne Murray	Single	F	Kanata	51	50-59	9	0:09:30	0:31:30	0:17:19	0:58:19
86	Michael Dolgowicz	Single	M	Perth	46	40-49	9	0:08:20	0:29:56	0:16:23	0:54:39
87	Benjamin Wilkinson	Single	M	North Augusta	30	30-39	9	0:09:15	0:33:52	0:18:43	1:01:50
88	Rick Baird	Single	M	Ottawa	66	60-69	10	0:10:35	0:36:41	0:25:11	1:12:27
89	Andrew Beckett	Single	M	kingston	42	40-49	10	0:08:50	0:29:24	0:16:30	0:54:44
90	Dana Bell	Single	F	Perth	29	20-29	10	0:08:35	0:35:37	0:22:34	1:06:46
91	James Cassell	Single	M	Orleans	47	40-49	10	0:08:35	0:27:19	0:14:55	0:50:49
92	Jasper Cassell	Single	M	Orleans	14	19 and Under	10	0:07:55	0:35:30	0:18:40	1:02:05
93	Ab Doyle	Single	M	Peterborough	66	60-69	10	0:11:00	0:31:53	0:23:34	1:06:27
94	Andrew Fieldhouse	Single	M	Ottawa	24	20-29	10	0:09:40	0:36:33	0:18:27	1:04:40
96	Terence Manion	Single	M	Napanee	28	20-29	10	0:09:55	0:32:00	0:15:44	0:57:39
97	Paul Miller	Single	M	Ottawa	66	60-69	10	0:09:30	0:29:15	0:17:40	0:56:25
98	Paul Monroe	Single	M	Balderson	67	60-69	11	0:09:10	0:30:52	0:19:44	0:59:46
99	Gabrielle Porter	Single	F	Ottawa	32	30-39	11	0:09:30	0:31:18	0:20:22	1:01:10
100	Daniel Shaver	Single	M	Carleton Place	30	30-39	11	0:10:01	0:36:59	0:15:14	1:02:14
101	Mike Shaver	Single	M	Ottawa	28	20-29	11	0:10:10	0:35:00	0:15:16	1:00:26
102	Reggie Smyth	Single	M	Kingston	26	20-29	11	0:10:14	-0:25:12	1:18:36	1:03:38
103	Victoria Tuttle	Single	F	Carleton Place	43	40-49	11	0:09:05	0:29:46	0:15:51	0:54:42
104	Rebekah De Couvreur	Single	F	Orléans	30	30-39	11	0:07:05	0:33:03	0:16:42	0:56:50
105	Joe Brazda	Single	M	Kingston	31	30-39	11	0:07:30	0:28:33	0:14:11	0:50:14
106	Emmanuelle Leblanc	Single	F	Kingston	29	20-29	11	0:08:30	0:29:12	0:16:09	0:53:51
108	Chris Vd	Single	M	Gloucester	44	40-49	12	0:08:45	0:31:45	0:17:04	0:57:34
109	Gavin Peden	Single	M	Perth	16	19 and Under	12	0:06:08	0:31:22	0:15:47	0:53:17
110	Jayden Peden	Single	M	Perth	12	19 and Under	12	0:07:50	0:38:22	0:18:46	1:04:58
111	Noah Sullivan	Single	M	Lanark	24	20-29	12	0:07:30	0:23:30	0:13:24	0:44:24
112	Ilya Timtsenko	Single	M	Mcdonalds Corners	14	19 and Under	12	0:06:45	0:29:55	0:16:19	0:52:59
114	Eloise Van Dusen	Single	F	Perth	13	19 and Under	12	0:08:20	0:37:50	0:24:09	1:10:19
115	Madeleine Van Dusen	Single	F	Perth	16	19 and Under	12	0:07:35	0:34:35	0:17:25	0:59:35

Female Single Age Group Winners

Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
Madeleine Van Dusen	Single	F	Perth	16	0:07:35	0:34:35	0:17:25	0:59:35	19 and Under
Brooklyn Mcneely	Single	F	Merrickville	18	0:10:00	0:35:31	0:22:35	1:08:06	19 and Under
Eloise Van Dusen	Single	F	Perth	13	0:08:20	0:37:50	0:24:09	1:10:19	19 and Under

Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
Emmanuelle Leblanc	Single	F	Kingston	29	0:08:30	0:29:12	0:16:09	0:53:51	20-29
Dana Bell	Single	F	Perth	29	0:08:35	0:35:37	0:22:34	1:06:46	20-29
Charlotte Akin	Single	F	Kingston	29	0:12:12	0:34:36	0:21:41	1:08:29	20-29

Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
Rebekah De Couvreur	Single	F	Orléans	30	0:07:05	0:33:03	0:16:42	0:56:50	30-39
Gabrielle Porter	Single	F	Ottawa	32	0:09:30	0:31:18	0:20:22	1:01:10	30-39
Margot Lemieux	Single	F	Kingston	35	0:11:52	0:32:08	0:18:24	1:02:24	30-39

Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
Victoria Tuttle	Single	F	Carleton Place	43	0:09:05	0:29:46	0:15:51	0:54:42	40-49
Krista Horsefield	Single	F	Kemptville	40	0:10:35	0:39:05	0:19:59	1:09:39	40-49
Gillian Stanley	Single	F	Ottawa	45	0:11:10	0:39:39	0:20:10	1:10:59	40-49

Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
Joanne Murray	Single	F	Kanata	51	0:09:30	0:31:30	0:17:19	0:58:19	50-59
Kim Schryburt-Brown	Single	F	Smiths Falls	50	0:11:20	0:29:50	0:21:22	1:02:32	50-59
Clare Gallant	Single	F	Pakenham	53	0:10:49	0:34:39	0:19:59	1:05:27	50-59

Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
Anne-Marie Carter-McAuslan	Single	F	Carleton Place	69	0:10:31	0:36:15	0:27:22	1:14:08	60-69
Lynda Hattin	Single	F	Toronto	62	0:10:30	0:48:12	0:29:38	1:28:20	60-69
Diane Gallinger	Single	F	Morrisburg	60	0:15:52	0:45:13	0:27:20	1:28:25	60-69

[illegible]

Male Single Age Group Winners									
Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
Illya Timtsenko	Single	M	Mcdonalds Corn	14	0:06:45	0:29:55	0:16:19	0:52:59	19 and Under
Gavin Peden	Single	M	Perth	16	0:06:08	0:31:22	0:15:47	0:53:17	19 and Under
Darren Cameron	Single	M	Perth	19	0:09:21	0:32:59	0:16:37	0:58:57	19 and Under
Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
Noah Sullivan	Single	M	Lanark	24	0:07:30	0:23:30	0:13:24	0:44:24	20-29
Terence Manion	Single	M	Napanee	28	0:09:55	0:32:00	0:15:44	0:57:39	20-29
Mike Shaver	Single	M	Ottawa	28	0:10:10	0:35:00	0:15:16	1:00:26	20-29
Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
Joe Brazda	Single	M	Kingston	31	0:07:30	0:28:33	0:14:11	0:50:14	30-39
Michael Cooke	Single	M	Almonte	38	0:09:48	0:32:50	0:17:46	1:00:24	30-39
Benjamin Wilkinson	Single	M	North Augusta	30	0:09:15	0:33:52	0:18:43	1:01:50	30-39
Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
James Cassell	Single	M	Orleans	47	0:08:35	0:27:19	0:14:55	0:50:49	40-49
Michael Dolgowicz	Single	M	Perth	46	0:08:20	0:29:56	0:16:23	0:54:39	40-49
Andrew Beckett	Single	M	kingston	42	0:08:50	0:29:24	0:16:30	0:54:44	40-49
Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
Pat Mcneely	Single	M	Merrickville	50	0:10:15	0:30:29	0:17:05	0:57:49	50-59
Greg Earl	Single	M	Portland	55	0:09:15	0:32:38	0:20:17	1:02:10	50-59
Craig Manley	Single	M	Napanee	54	0:11:25	0:33:42	0:17:23	1:02:30	50-59
Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
Paul Miller	Single	M	Ottawa	66	0:09:30	0:29:15	0:17:40	0:56:25	60-69
Paul Monroe	Single	M	Balderson	67	0:09:10	0:30:52	0:19:44	0:59:46	60-69
Ab Doyle	Single	M	Peterborough	66	0:11:00	0:31:53	0:23:34	1:06:27	60-69
Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
Bill Moran	Single	M	Morrisburg	73	0:15:46	0:43:46	0:24:18	1:23:50	70 and Over
Gregory Giokas	Single	M	Ottawa	70	0:20:00	0:44:12	0:23:19	1:27:31	70 and Over
Bill Black	Single	M	Smiths Falls	72	0:15:05	0:45:19	0:35:02	1:35:26	70 and Over

Name	Type	City	Age	Swim Time	Bike Time	Run Time	Final Time
Stone Family	Team	Smiths Falls	13	0:08:20	0:35:53	0:19:01	1:03:14
The Real Swim Shady	Team	Smiths Falls	43	0:12:08	0:33:06	0:19:26	1:04:40
TriMAD	Team	Perth	57	0:09:00	0:37:00	0:19:24	1:05:24
Family Tri's	Team	Kemptville	40	0:10:30	0:37:22	0:20:27	1:08:19
Not Fast Just Furious	Team	Kemptville	34	0:10:38	0:48:04	0:20:59	1:19:41
Just For Fun - Take 2	Team	Stittsville	68	0:18:45	0:48:18	0:25:25	1:32:28

	Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
1	Noah Sullivan	Single	M	Lanark	24	0:07:30	0:23:30	0:13:24	0:44:24	20-29
2	Joe Brazda	Single	M	Kingston	31	0:07:30	0:28:33	0:14:11	0:50:14	30-39
3	James Cassell	Single	M	Orleans	47	0:08:35	0:27:19	0:14:55	0:50:49	40-49
4	Illya Timtsenko	Single	M	Icdonalds Corner	14	0:06:45	0:29:55	0:16:19	0:52:59	19 and Under
5	Gavin Peden	Single	M	Perth	16	0:06:08	0:31:22	0:15:47	0:53:17	19 and Under
6	Michael Dolgowicz	Single	M	Perth	46	0:08:20	0:29:56	0:16:23	0:54:39	40-49
7	Andrew Beckett	Single	M	kingston	42	0:08:50	0:29:24	0:16:30	0:54:44	40-49
8	Paul Miller	Single	M	Ottawa	66	0:09:30	0:29:15	0:17:40	0:56:25	60-69
9	Chris Vd	Single	M	Gloucester	44	0:08:45	0:31:45	0:17:04	0:57:34	40-49
10	Terence Manion	Single	M	Napanee	28	0:09:55	0:32:00	0:15:44	0:57:39	20-29
11	Pat Mcneely	Single	M	Merrickville	50	0:10:15	0:30:29	0:17:05	0:57:49	50-59
12	Darren Cameron	Single	M	Perth	19	0:09:21	0:32:59	0:16:37	0:58:57	19 and Under
13	Paul Monroe	Single	M	Balderson	67	0:09:10	0:30:52	0:19:44	0:59:46	60-69
14	Michael Cooke	Single	M	Almonte	38	0:09:48	0:32:50	0:17:46	1:00:24	30-39
15	Mike Shaver	Single	M	Ottawa	28	0:10:10	0:35:00	0:15:16	1:00:26	20-29
16	Curtis Stefaniuk	Single	M	Gloucester	45	0:11:30	0:32:58	0:15:59	1:00:27	40-49
17	Benjamin Wilkinson	Single	M	North Augusta	30	0:09:15	0:33:52	0:18:43	1:01:50	30-39
18	Jasper Cassell	Single	M	Orleans	14	0:07:55	0:35:30	0:18:40	1:02:05	19 and Under
19	Greg Earl	Single	M	Portland	55	0:09:15	0:32:38	0:20:17	1:02:10	50-59
20	Daniel Shaver	Single	M	Carleton Place	30	0:10:01	0:36:59	0:15:14	1:02:14	30-39
21	Craig Manley	Single	M	Napanee	54	0:11:25	0:33:42	0:17:23	1:02:30	50-59
22	Jake Buffin	Single	M	Kingston	29	0:09:01	0:34:50	0:18:57	1:02:48	20-29
23	Scott Strachan	Single	M	Perth	55	0:08:48	0:36:22	0:17:45	1:02:55	50-59
24	Reggie Smyth	Single	M	Kingston	26	0:10:14	-0:25:12	1:18:36	1:03:38	20-29
25	Andrew Fieldhouse	Single	M	Ottawa	24	0:09:40	0:36:33	0:18:27	1:04:40	20-29
26	Jayden Peden	Single	M	Perth	12	0:07:50	0:38:22	0:18:46	1:04:58	19 and Under
27	Alistair Jones	Single	M	Ottawa	55	0:11:40	0:34:22	0:19:23	1:05:25	50-59
28	Mark Coates	Single	M	Ottawa	44	0:11:10	0:33:30	0:21:16	1:05:56	40-49
29	Ab Doyle	Single	M	Peterborough	66	0:11:00	0:31:53	0:23:34	1:06:27	60-69
30	Scott Farmer	Single	M	Kingston	49	0:12:15	0:31:46	0:23:13	1:07:14	40-49
31	Tyler Brett	Single	M	Perth	39	0:10:38	0:39:02	0:18:34	1:08:14	30-39
32	Chris Elmsley	Single	M	Smiths Falls	60	0:11:01	0:35:03	0:22:16	1:08:20	60-69
33	Mark Miller	Single	M	Pakenham	58	0:11:55	0:35:07	0:21:51	1:08:53	50-59
34	Dave Holmes	Single	M	Oxford Mills	37	0:11:14	0:38:05	0:19:41	1:09:00	30-39
35	Andrew Thomas	Single	M	Brockville	63	0:10:15	0:35:19	0:23:55	1:09:29	60-69
36	Brock Vanalstine	Single	M	Maberly	36	0:13:56	0:36:21	0:19:13	1:09:30	30-39
37	Jake Brady	Single	M	Perth	39	0:13:53	0:38:07	0:18:22	1:10:22	30-39
38	Rick Baird	Single	M	Ottawa	66	0:10:35	0:36:41	0:25:11	1:12:27	60-69
39	Sebastien Bacharach	Single	M	Perth	55	0:12:00	0:44:35	0:20:10	1:16:45	50-59
40	Duy Nguyen	Single	M	Perth	50	0:11:50	0:44:15	0:21:42	1:17:47	50-59
41	Rick Balderson	Single	M	Nepean	64	0:17:20	0:39:05	0:22:46	1:19:11	60-69
42	James Buffin	Single	M	Toronto	57	0:19:50	0:41:07	0:19:26	1:20:23	50-59
43	Bill Moran	Single	M	Morrisburg	73	0:15:46	0:43:46	0:24:18	1:23:50	70 and Over
44	Matt Humber	Single	M	Kingston	55	0:14:45	0:45:37	0:24:20	1:24:42	50-59
45	Dave Thompson	Single	M	Newboro	37	0:18:14	0:44:11	0:22:56	1:25:21	30-39
46	Gregory Giokas	Single	M	Ottawa	70	0:20:00	0:44:12	0:23:19	1:27:31	70 and Over
47	Jacky Duong	Single	M	Orleans	30	0:16:17	0:47:44	0:24:19	1:28:20	30-39
48	Bill Black	Single	M	Smiths Falls	72	0:15:05	0:45:19	0:35:02	1:35:26	70 and Over
49	Bob Lafleur	Single	M	Perth	71	0:13:20	0:49:20	0:42:40	1:45:20	70 and Over

	Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
1	Emmanuelle Leblanc	Single	F	Kingston	29	0:08:30	0:29:12	0:16:09	0:53:51	20-29
2	Victoria Tuttle	Single	F	Carleton Place	43	0:09:05	0:29:46	0:15:51	0:54:42	40-49
3	Rebekah De Couvreur	Single	F	Orléans	30	0:07:05	0:33:03	0:16:42	0:56:50	30-39
4	Joanne Murray	Single	F	Kanata	51	0:09:30	0:31:30	0:17:19	0:58:19	50-59
5	Madeleine Van Dusen	Single	F	Perth	16	0:07:35	0:34:35	0:17:25	0:59:35	19 and Under
6	Gabrielle Porter	Single	F	Ottawa	32	0:09:30	0:31:18	0:20:22	1:01:10	30-39
7	Margot Lemieux	Single	F	Kingston	35	0:11:52	0:32:08	0:18:24	1:02:24	30-39
8	Kim Schryburt-Brown	Single	F	Smiths Falls	50	0:11:20	0:29:50	0:21:22	1:02:32	50-59
9	Sarah Lickley	Single	F	Almonte	35	0:08:15	0:37:20	0:18:17	1:03:52	30-39
10	Clare Gallant	Single	F	Pakenham	53	0:10:49	0:34:39	0:19:59	1:05:27	50-59
11	Dana Bell	Single	F	Perth	29	0:08:35	0:35:37	0:22:34	1:06:46	20-29
12	Brooklyn Mcneely	Single	F	Merrickville	18	0:10:00	0:35:31	0:22:35	1:08:06	19 and Under
13	Charlotte Akin	Single	F	Kingston	29	0:12:12	0:34:36	0:21:41	1:08:29	20-29
14	Angie Meraw	Single	F	Smiths Falls	34	0:10:50	0:39:47	0:18:57	1:09:34	30-39
15	Krista Horsefield	Single	F	Kemptville	40	0:10:35	0:39:05	0:19:59	1:09:39	40-49
16	Eloise Van Dusen	Single	F	Perth	13	0:08:20	0:37:50	0:24:09	1:10:19	19 and Under
17	Gillian Stanley	Single	F	Ottawa	45	0:11:10	0:39:39	0:20:10	1:10:59	40-49
18	Vicky Kinch	Single	F	Brockville	40	0:13:34	0:41:50	0:17:09	1:12:33	40-49
19	Isabelle Nickel	Single	F	Kingston	42	0:10:26	0:38:41	0:24:14	1:13:21	40-49
20	Anne-Marie Carter-McAuslan	Single	F	Carleton Place	69	0:10:31	0:36:15	0:27:22	1:14:08	60-69
21	Melissa VanAlstine	Single	F	Maberly	35	0:11:07	0:39:53	0:23:22	1:14:22	30-39
22	Kristen Moran	Single	F	Gatineau	43	0:09:35	0:43:04	0:23:23	1:16:02	40-49
23	Becca Manley	Single	F	Ottawa	14	0:11:52	0:45:50	0:18:35	1:16:17	19 and Under
24	Kelsey Yeldon	Single	F	Cote Saint- Luc	32	0:10:50	0:41:12	0:24:46	1:16:48	30-39
25	Helen Braiter	Single	F	Ottawa	52	0:12:00	0:38:25	0:27:03	1:17:28	50-59
26	Holly Forrest	Single	F	Renfrew	44	0:11:42	0:41:18	0:24:38	1:17:38	40-49
27	Emi Koyanagi	Single	F	Ottawa	56	0:11:00	0:39:43	0:26:59	1:17:42	50-59
28	Janis Sullivan	Single	F	Perth	55	0:14:50	0:44:23	0:21:24	1:20:37	50-59
29	Hannah Blackman	Single	F	Ottawa	27	0:10:24	0:44:01	0:26:31	1:20:56	20-29
30	Brianna McMichael	Single	F	Oshawa	31	0:12:04	0:49:59	0:19:31	1:21:34	30-39
31	Tegan Horsefield	Single	F	Kemptville	15	0:10:30	0:44:22	0:26:48	1:21:40	19 and Under
32	Lori Cameron	Single	F	DNE	55	0:10:25	0:48:14	0:27:51	1:26:30	50-59
33	Lynda Hattin	Single	F	Toronto	62	0:10:30	0:48:12	0:29:38	1:28:20	60-69
34	Diane Gallinger	Single	F	Morrisburg	60	0:15:52	0:45:13	0:27:20	1:28:25	60-69
35	Jenny Hodgins	Single	F	Stittsville	41	0:20:09	0:45:45	0:23:33	1:29:27	40-49
36	Carolyn Lamy	Single	F	Aurora	53	0:11:45	0:43:53	0:34:10	1:29:48	50-59
37	Sarah Ferguson	Single	F	Japser	33	0:17:35	0:49:17	0:23:15	1:30:07	30-39
38	Jenn Wynne	Single	F	Courtice	42	0:12:30	0:47:22	0:30:46	1:30:38	40-49
39	Sumiko Mori	Single	F	Ottawa	63	0:16:05	0:50:13	0:25:04	1:31:22	60-69
40	Susan McKinnon	Single	F	Hartington	60	0:16:54	0:45:41	0:35:27	1:38:02	60-69
41	Carol Hooper	Single	F	Ompah	56	0:14:10	0:56:32	0:28:02	1:38:44	50-59
42	Julie Ingoe	Single	F	Aurora	52	0:16:54	0:48:54	0:35:33	1:41:21	50-59
43	Geraldine Low	Single	F	Renfrew	62	0:15:50	0:54:07	0:33:23	1:43:20	60-69
44	Victoria Hirst	Single	F	Hartington	57	0:12:05	0:59:33	0:35:19	1:46:57	50-59
45	Melanie Liard	Single	F	Arnprior	43	0:13:39	0:54:31	0:40:17	1:48:27	40-49
46	Tracy Boon	Single	F	Janetville	55	0:21:45	0:54:32	0:34:49	1:51:06	50-59
47	Stephanie Gelinis	Single	F	Oshawa	39	0:13:30	1:07:45	0:35:47	1:57:02	30-39

	Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
1	Noah Sullivan	Single	M	Lanark	24	0:07:30	0:23:30	0:13:24	0:44:24	20-29
2	Joe Brazda	Single	M	Kingston	31	0:07:30	0:28:33	0:14:11	0:50:14	30-39
3	James Cassell	Single	M	Orleans	47	0:08:35	0:27:19	0:14:55	0:50:49	40-49
4	Illya Timtsenko	Single	M	McDonalds Corner	14	0:06:45	0:29:55	0:16:19	0:52:59	19 and Under
5	Gavin Peden	Single	M	Perth	16	0:06:08	0:31:22	0:15:47	0:53:17	19 and Under
6	Emmanuelle Leblanc	Single	F	Kingston	29	0:08:30	0:29:12	0:16:09	0:53:51	20-29
7	Michael Dolgowicz	Single	M	Perth	46	0:08:20	0:29:56	0:16:23	0:54:39	40-49
8	Victoria Tuttle	Single	F	Carleton Place	43	0:09:05	0:29:46	0:15:51	0:54:42	40-49
9	Andrew Beckett	Single	M	kingston	42	0:08:50	0:29:24	0:16:30	0:54:44	40-49
10	Paul Miller	Single	M	Ottawa	66	0:09:30	0:29:15	0:17:40	0:56:25	60-69
11	Rebekah De Couvreur	Single	F	Orléans	30	0:07:05	0:33:03	0:16:42	0:56:50	30-39
12	Chris Vd	Single	M	Gloucester	44	0:08:45	0:31:45	0:17:04	0:57:34	40-49
13	Terence Manion	Single	M	Napanee	28	0:09:55	0:32:00	0:15:44	0:57:39	20-29
14	Pat Mcneely	Single	M	Merrickville	50	0:10:15	0:30:29	0:17:05	0:57:49	50-59
15	Joanne Murray	Single	F	Kanata	51	0:09:30	0:31:30	0:17:19	0:58:19	50-59
16	Darren Cameron	Single	M	Perth	19	0:09:21	0:32:59	0:16:37	0:58:57	19 and Under
17	Madeleine Van Dusen	Single	F	Perth	16	0:07:35	0:34:35	0:17:25	0:59:35	19 and Under
18	Paul Monroe	Single	M	Balderson	67	0:09:10	0:30:52	0:19:44	0:59:46	60-69
19	Michael Cooke	Single	M	Almonte	38	0:09:48	0:32:50	0:17:46	1:00:24	30-39
20	Mike Shaver	Single	M	Ottawa	28	0:10:10	0:35:00	0:15:16	1:00:26	20-29
21	Curtis Stefaniuk	Single	M	Gloucester	45	0:11:30	0:32:58	0:15:59	1:00:27	40-49
22	Gabrielle Porter	Single	F	Ottawa	32	0:09:30	0:31:18	0:20:22	1:01:10	30-39
23	Benjamin Wilkinson	Single	M	North Augusta	30	0:09:15	0:33:52	0:18:43	1:01:50	30-39
24	Jasper Cassell	Single	M	Orleans	14	0:07:55	0:35:30	0:18:40	1:02:05	19 and Under
25	Greg Earl	Single	M	Portland	55	0:09:15	0:32:38	0:20:17	1:02:10	50-59
26	Daniel Shaver	Single	M	Carleton Place	30	0:10:01	0:36:59	0:15:14	1:02:14	30-39
27	Margot Lemieux	Single	F	Kingston	35	0:11:52	0:32:08	0:18:24	1:02:24	30-39
28	Craig Manley	Single	M	Napanee	54	0:11:25	0:33:42	0:17:23	1:02:30	50-59
29	Kim Schryburt-Brown	Single	F	Smiths Falls	50	0:11:20	0:29:50	0:21:22	1:02:32	50-59
30	Jake Buffin	Single	M	Kingston	29	0:09:01	0:34:50	0:18:57	1:02:48	20-29
31	Scott Strachan	Single	M	Perth	55	0:08:48	0:36:22	0:17:45	1:02:55	50-59
32	Reggie Smyth	Single	M	Kingston	26	0:10:14	-0:25:12	1:18:36	1:03:38	20-29
33	Sarah Lickley	Single	F	Almonte	35	0:08:15	0:37:20	0:18:17	1:03:52	30-39
34	Andrew Fieldhouse	Single	M	Ottawa	24	0:09:40	0:36:33	0:18:27	1:04:40	20-29
35	Jayden Peden	Single	M	Perth	12	0:07:50	0:38:22	0:18:46	1:04:58	19 and Under
36	Alistair Jones	Single	M	Ottawa	55	0:11:40	0:34:22	0:19:23	1:05:25	50-59
37	Clare Gallant	Single	F	Pakenham	53	0:10:49	0:34:39	0:19:59	1:05:27	50-59
38	Mark Coates	Single	M	Ottawa	44	0:11:10	0:33:30	0:21:16	1:05:56	40-49
39	Ab Doyle	Single	M	Peterborough	66	0:11:00	0:31:53	0:23:34	1:06:27	60-69
40	Dana Bell	Single	F	Perth	29	0:08:35	0:35:37	0:22:34	1:06:46	20-29
41	Scott Farmer	Single	M	Kingston	49	0:12:15	0:31:46	0:23:13	1:07:14	40-49
42	Brooklyn Mcneely	Single	F	Merrickville	18	0:10:00	0:35:31	0:22:35	1:08:06	19 and Under
43	Tyler Brett	Single	M	Perth	39	0:10:38	0:39:02	0:18:34	1:08:14	30-39
44	Chris Elmsley	Single	M	Smiths Falls	60	0:11:01	0:35:03	0:22:16	1:08:20	60-69
45	Charlotte Akin	Single	F	Kingston	29	0:12:12	0:34:36	0:21:41	1:08:29	20-29
46	Mark Miller	Single	M	Pakenham	58	0:11:55	0:35:07	0:21:51	1:08:53	50-59
47	Dave Holmes	Single	M	Oxford Mills	37	0:11:14	0:38:05	0:19:41	1:09:00	30-39
48	Andrew Thomas	Single	M	Brockville	63	0:10:15	0:35:19	0:23:55	1:09:29	60-69
49	Brock Vanalstine	Single	M	Maberly	36	0:13:56	0:36:21	0:19:13	1:09:30	30-39
50	Angie Meraw	Single	F	Smiths Falls	34	0:10:50	0:39:47	0:18:57	1:09:34	30-39
51	Krista Horsefield	Single	F	Kemptville	40	0:10:35	0:39:05	0:19:59	1:09:39	40-49
52	Eloise Van Dusen	Single	F	Perth	13	0:08:20	0:37:50	0:24:09	1:10:19	19 and Under
53	Jake Brady	Single	M	Perth	39	0:13:53	0:38:07	0:18:22	1:10:22	30-39
54	Gillian Stanley	Single	F	Ottawa	45	0:11:10	0:39:39	0:20:10	1:10:59	40-49
55	Rick Baird	Single	M	Ottawa	66	0:10:35	0:36:41	0:25:11	1:12:27	60-69
56	Vicky Kinch	Single	F	Brockville	40	0:13:34	0:41:50	0:17:09	1:12:33	40-49
57	Isabelle Nickel	Single	F	Kingston	42	0:10:26	0:38:41	0:24:14	1:13:21	40-49
58	Anne-Marie Carter-McAuslan	Single	F	Carleton Place	69	0:10:31	0:36:15	0:27:22	1:14:08	60-69
59	Melissa VanAlstine	Single	F	Maberly	35	0:11:07	0:39:53	0:23:22	1:14:22	30-39

	Name	Type	Gender	City	Age	Swim Time	Bike Time	Run Time	Final Time	Age Group
60	Kristen Moran	Single	F	Gatineau	43	0:09:35	0:43:04	0:23:23	1:16:02	40-49
61	Becca Manley	Single	F	Ottawa	14	0:11:52	0:45:50	0:18:35	1:16:17	19 and Under
62	Sebastien Bacharach	Single	M	Perth	55	0:12:00	0:44:35	0:20:10	1:16:45	50-59
63	Kelsey Yeldon	Single	F	Cote Saint- Luc	32	0:10:50	0:41:12	0:24:46	1:16:48	30-39
64	Helen Braiter	Single	F	Ottawa	52	0:12:00	0:38:25	0:27:03	1:17:28	50-59
65	Holly Forrest	Single	F	Renfrew	44	0:11:42	0:41:18	0:24:38	1:17:38	40-49
66	Emi Koyanagi	Single	F	Ottawa	56	0:11:00	0:39:43	0:26:59	1:17:42	50-59
67	Duy Nguyen	Single	M	Perth	50	0:11:50	0:44:15	0:21:42	1:17:47	50-59
68	Rick Balderson	Single	M	Nepean	64	0:17:20	0:39:05	0:22:46	1:19:11	60-69
69	James Buffin	Single	M	Toronto	57	0:19:50	0:41:07	0:19:26	1:20:23	50-59
70	Janis Sullivan	Single	F	Perth	55	0:14:50	0:44:23	0:21:24	1:20:37	50-59
71	Hannah Blackman	Single	F	Ottawa	27	0:10:24	0:44:01	0:26:31	1:20:56	20-29
72	Brianna McMichael	Single	F	Oshawa	31	0:12:04	0:49:59	0:19:31	1:21:34	30-39
73	Tegan Horsefield	Single	F	Kemptville	15	0:10:30	0:44:22	0:26:48	1:21:40	19 and Under
74	Bill Moran	Single	M	Morrisburg	73	0:15:46	0:43:46	0:24:18	1:23:50	70 and Over
75	Matt Humber	Single	M	Kingston	55	0:14:45	0:45:37	0:24:20	1:24:42	50-59
76	Dave Thompson	Single	M	Newboro	37	0:18:14	0:44:11	0:22:56	1:25:21	30-39
77	Lori Cameron	Single	F	DNE	55	0:10:25	0:48:14	0:27:51	1:26:30	50-59
78	Gregory Giokas	Single	M	Ottawa	70	0:20:00	0:44:12	0:23:19	1:27:31	70 and Over
79	Lynda Hattin	Single	F	Toronto	62	0:10:30	0:48:12	0:29:38	1:28:20	60-69
80	Jacky Duong	Single	M	Orleans	30	0:16:17	0:47:44	0:24:19	1:28:20	30-39
81	Diane Gallinger	Single	F	Morrisburg	60	0:15:52	0:45:13	0:27:20	1:28:25	60-69
82	Jenny Hodgins	Single	F	Stittsville	41	0:20:09	0:45:45	0:23:33	1:29:27	40-49
83	Carolyn Lamy	Single	F	Aurora	53	0:11:45	0:43:53	0:34:10	1:29:48	50-59
84	Sarah Ferguson	Single	F	Japser	33	0:17:35	0:49:17	0:23:15	1:30:07	30-39
85	Jenn Wynne	Single	F	Courtice	42	0:12:30	0:47:22	0:30:46	1:30:38	40-49
86	Sumiko Mori	Single	F	Ottawa	63	0:16:05	0:50:13	0:25:04	1:31:22	60-69
87	Bill Black	Single	M	Smiths Falls	72	0:15:05	0:45:19	0:35:02	1:35:26	70 and Over
88	Susan McKinnon	Single	F	Hartington	60	0:16:54	0:45:41	0:35:27	1:38:02	60-69
89	Carol Hooper	Single	F	Ompah	56	0:14:10	0:56:32	0:28:02	1:38:44	50-59
90	Julie Ingoe	Single	F	Aurora	52	0:16:54	0:48:54	0:35:33	1:41:21	50-59
91	Geraldine Low	Single	F	Renfrew	62	0:15:50	0:54:07	0:33:23	1:43:20	60-69
92	Bob Lafleur	Single	M	Perth	71	0:13:20	0:49:20	0:42:40	1:45:20	70 and Over
93	Victoria Hirst	Single	F	Hartington	57	0:12:05	0:59:33	0:35:19	1:46:57	50-59
94	Melanie Liard	Single	F	Arnprior	43	0:13:39	0:54:31	0:40:17	1:48:27	40-49
95	Tracy Boon	Single	F	Janetville	55	0:21:45	0:54:32	0:34:49	1:51:06	50-59
96	Stephanie Gelinas	Single	F	Oshawa	39	0:13:30	1:07:45	0:35:47	1:57:02	30-39