

Cyclesmith Duathlon XXI at Lawrencetown Beach, NS - 10 June 2007

| Place  | Number | First Name | Last Name | Run1<br>mm:ss | Onbike<br>Mm:ss | T1 (onbike-<br>R1)<br>mm:ss | Bike Time<br>(offbike-<br>onbike)<br>hh:mm:ss | Offbike<br>hh:mm:ss | Run2 (final-<br>offbike)<br>mm:ss | Final Time<br>hh:mm:ss | Age<br>Group | Gender | City            | TNS Number |
|--|--------|------------|-----------|---------------|-----------------|-----------------------------|---|---------------------|-----------------------------------|------------------------|--------------|--------|-----------------|------------|
| <b>Youth Race - Run 2 km, Bike 15 km, Run 2 km</b> |        |            |           |               |                 |                             |   |                     |                                   |                        |              |        |                 |            |
| 1  | Y3     | Sam        | Corkum    | 07:41         | 08:12           | 00:31                       | 00:30:07                                      | 00:38:19            | 09:17                             | 00:47:36               | Youth        | Male   | Hammonds Plains |            |
| 2  | Y1     | Cole       | MacDonell | 07:45         | 08:12           | 00:27                       | 00:30:05                                      | 00:38:17            | 09:37                             | 00:47:54               | Youth        | Male   | Belnan          | M07021     |
| 3  | Y4     | Liam       | McInerney | 08:15         | 08:59           | 00:44                       | 00:29:12                                      | 00:38:11            | 10:25                             | 00:48:36               | Youth        | Male   | Dartmouth       | m06032     |
| 4  | Y6     | Meggie     | Soehl     | 08:39         | 09:30           | 00:51                       | 00:33:58                                      | 00:43:28            | 10:52                             | 00:54:20               | Youth        | Female | Bedford         | F07013     |
| 5  | Y5     | Daniel     | Guns      | 08:16         | 08:54           | 00:38                       | 00:37:30                                      | 00:46:24            | 11:18                             | 00:57:42               | Youth        | Male   | Halifax         |            |
| 6  | Y2     | Louise     | Moodie    | 09:01         | 09:37           | 00:36                       | 00:36:48                                      | 00:46:25            | 12:45                             | 00:59:10               | Youth        | Female | Halifax         |            |

**Adult Race - Run 5 km, Bike 35 km, Run 6 km**

|    |    |            |            |       |       |       |          |          |       |          |      |        |                     |             |
|----|----|------------|------------|-------|-------|-------|----------|----------|-------|----------|------|--------|---------------------|-------------|
| 1  | 29 | David      | Gillam     | 17:22 | 18:02 | 00:40 | 00:58:32 | 01:16:34 | 23:57 | 01:40:31 | <29  | Male   | Mt. Moriah, NF      |             |
| 2  | 64 | Matthias   | Jaepel     | 18:17 | 18:54 | 00:37 | 00:56:10 | 01:15:04 | 25:51 | 01:40:55 | <49  | Male   | Halifax             |             |
| 3  | 49 | Mark       | Campbell   | 19:15 | 19:58 | 00:43 | 00:54:43 | 01:14:41 | 27:01 | 01:41:42 | <49  | Male   | Dartmouth           |             |
| 4  | 68 | Denis      | Choquette  | 18:51 | 19:43 | 00:52 | 00:57:47 | 01:17:30 | 26:09 | 01:43:39 | <49  | Male   | Greenwood           | M05007      |
| 5  | 53 | Ed         | Rushton    | 20:17 | 21:10 | 00:53 | 00:56:33 | 01:17:43 | 26:45 | 01:44:28 | <39  | Male   | Halifax             |             |
| 6  | 65 | Warren     | Haire      | 18:36 | 19:18 | 00:42 | 00:58:39 | 01:17:57 | 27:22 | 01:45:19 | <39  | Male   | Halifax             |             |
| 7  | 34 | Andrew     | Dacanay    | 18:00 | 18:42 | 00:42 | 01:01:30 | 01:20:58 | 26:23 | 01:46:35 | <39  | Male   | Halifax             | M04084      |
| 8  | 59 | Tom        | Soehl      | 19:05 | 19:56 | 00:51 | 00:59:36 | 01:19:32 | 27:14 | 01:46:46 | <49  | Male   | Bedford             | M04191      |
| 9  | 26 | Jeremy     | Law        | 18:09 | 19:12 | 01:03 | 01:03:09 | 01:22:21 | 26:07 | 01:48:28 | <29  | Male   | Halifax             |             |
| 10 | 37 | Dave       | Strajt     | 19:01 | 20:09 | 01:08 | 01:01:07 | 01:21:16 | 27:45 | 01:49:01 | <39  | Male   | Halifax             |             |
| 11 | 7  | Steve      | Abbott     | 20:52 | 21:47 | 00:55 | 00:59:53 | 01:21:40 | 28:28 | 01:50:08 | <49  | Male   | Dartmouth           | M04039      |
| 12 | 71 | Kristopher | Doyon      | 21:14 | 22:15 | 01:01 | 00:58:24 | 01:20:39 | 29:36 | 01:50:15 | <29  | Male   | Halifax             |             |
| 13 | 47 | Mark       | McMullen   | 20:34 | 22:27 | 01:53 | 00:59:29 | 01:21:56 | 29:00 | 01:50:56 | <39  | Male   | Tantallon           | M06024      |
| 14 | 61 | Jason      | Duggan     | 19:36 | 20:28 | 00:52 | 01:01:15 | 01:21:43 | 30:24 | 01:52:07 | <39  | Male   | Monaco              |             |
| 15 | 72 | Tim        | Stiner     | 20:46 | 21:40 | 00:54 | 01:01:59 | 01:23:39 | 28:49 | 01:52:28 | <49  | Male   | Dartmouth           |             |
| 16 | 93 | Ken        | Kam        | 21:14 | 22:21 | 01:07 | 01:01:37 | 01:23:58 | 28:55 | 01:52:53 | <39  | Male   | Halifax             |             |
| 17 | T3 | Meagan     | Timney     | 24:47 | 25:15 | 00:28 | 00:54:57 | 01:20:12 | 33:04 | 01:53:16 | Team |        | Halifax             | Run F05008  |
| 17 | T3 | Rob        | Clue       | 24:47 | 25:15 | 00:28 | 00:54:57 | 01:20:12 | 33:04 | 01:53:16 | Team |        | Halifax             |             |
| 18 | 28 | Jim        | Thain      | 20:02 | 21:03 | 01:01 | 01:04:27 | 01:25:30 | 28:04 | 01:53:34 | <49  | Male   | Halifax             |             |
| 19 | 70 | Ryan       | Mackenzie  | 19:59 | 20:51 | 00:52 | 01:03:41 | 01:24:32 | 29:15 | 01:53:47 | <29  | Male   | Halifax             |             |
| 20 | 43 | Brigitte   | L'Heureux  | 20:43 | 21:43 | 01:00 | 01:02:15 | 01:23:58 | 30:13 | 01:54:11 | <39  | Female | Dartmouth           |             |
| 21 | 32 | Steve      | Fougere    | 20:03 | 21:43 | 01:40 | 01:02:21 | 01:24:04 | 30:25 | 01:54:29 | <29  | Male   | Halifax             |             |
| 22 | T4 | George     | Clark      | 24:13 | 24:33 | 00:20 | 01:00:25 | 01:24:58 | 29:58 | 01:54:56 | Team |        | Halifax             | Bike M04075 |
| 22 | T4 | Brett      | Phillips   | 24:13 | 24:33 | 00:20 | 01:00:25 | 01:24:58 | 29:58 | 01:54:56 | Team |        | Halifax             | Run         |
| 22 | 14 | Stacy      | Chesnutt   | 21:44 | 22:33 | 00:49 | 01:04:27 | 01:27:00 | 28:18 | 01:55:18 | <39  | Female | Dartmouth           | F07032      |
| 23 | 38 | Dave       | Russell    | 20:22 | 21:21 | 00:59 | 01:06:06 | 01:27:27 | 28:42 | 01:56:09 | <29  | Male   | Dartmouth           |             |
| 24 | 31 | Peter      | MacKay     | 20:10 | 21:02 | 00:52 | 01:03:17 | 01:24:19 | 32:16 | 01:56:35 | <29  | Male   | Halifax             |             |
| 25 | 5  | Alan       | Miner      | 21:27 | 22:43 | 01:16 | 01:02:56 | 01:25:39 | 31:07 | 01:56:46 | <49  | Male   | Falmouth            | M06007      |
| 26 | 69 | Paul       | Arnold     | 20:20 | 21:48 | 01:28 | 01:05:44 | 01:27:32 | 29:34 | 01:57:06 | <49  | Male   | Dartmouth           |             |
| 27 | 8  | Wayne      | Renaud     | 21:45 | 22:46 | 01:01 | 01:04:26 | 01:27:12 | 30:14 | 01:57:26 | <49  | Male   | Dartmouth           | M05005      |
| 28 | 79 | Kaarin     | Tae        | 22:42 | 23:37 | 00:55 | 01:03:19 | 01:26:56 | 30:33 | 01:57:29 | <39  | Female | Herring Cove        |             |
| 29 | T2 | Mike       | MacCormick | 23:14 | 23:36 | 00:22 | 01:03:30 | 01:27:06 | 30:24 | 01:57:30 | Team |        | Halifax             | Bike        |
| 29 | T2 | Matt       | MacCormick | 23:14 | 23:36 | 00:22 | 01:03:30 | 01:27:06 | 30:24 | 01:57:30 | Team |        | Halifax             | Run         |
| 30 | 58 | Emily      | MacDonald  | 20:48 | 21:34 | 00:46 | 01:08:04 | 01:29:38 | 27:58 | 01:57:36 | <39  | Female | Dartmouth           | F06036      |
| 31 | 56 | Steve      | Hurlbut    | 20:01 | 20:45 | 00:44 | 01:07:24 | 01:28:09 | 29:52 | 01:58:01 | <59  | Male   | Head of Chezzetcook |             |
| 32 | 57 | Suzanne    | Ferrier    | 21:37 | 22:27 | 00:50 | 01:04:28 | 01:26:55 | 31:20 | 01:58:15 | <39  | Female | Timberlea           | F04024      |
| 33 | 55 | Patrick    | White      | 20:26 | 21:30 | 01:04 | 01:08:57 | 01:30:27 | 28:46 | 01:59:13 | <29  | Male   | Halifax             |             |
| 34 | 36 | Olivia     | Bornik     | 20:56 | 22:38 | 01:42 | 01:07:59 | 01:30:37 | 29:50 | 02:00:27 | <29  | Female | Halifax             |             |
| 35 | 25 | Penny      | Hart       | 22:17 | 23:17 | 01:00 | 01:04:53 | 01:28:10 | 32:27 | 02:00:37 | <39  | Female | Halifax             | F07028      |
| 36 | 90 | Ralph      | Jardine    | 22:18 | 23:26 | 01:08 | 01:05:10 | 01:28:36 | 32:19 | 02:00:55 | <49  | Male   | Bedford             |             |
| 37 | 12 | John       | Gillies    | 21:02 | 22:32 | 01:30 | 01:07:02 | 01:29:34 | 31:21 | 02:00:55 | <49  | Male   | Dartmouth           |             |

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| Place | Number | First Name   | Last Name     | Run1  | Onbike | T1 (onbike-R1) | Bike Time (offbike-onbike) | Offbike  | Run2 (final-offbike) | Final Time | Age Group | Gender | City              | TNS Number |
|-------|--------|--------------|---------------|-------|--------|----------------|----------------------------|----------|----------------------|------------|-----------|--------|-------------------|------------|
| 38    | 22     | Jonathan     | Arnold        | 21:03 | 22:12  | 01:09          | 01:06:43                   | 01:28:55 | 33:10                | 02:02:05   | <19       | Male   | Dartmouth         |            |
| 39    | 52     | Chris        | Swift         | 24:17 | 25:09  | 00:52          | 01:00:25                   | 01:25:34 | 36:34                | 02:02:08   | <29       | Male   | Halifax           | M04046     |
| 40    | 50     | Jennifer     | Adams         | 22:39 | 23:35  | 00:56          | 01:04:31                   | 01:28:06 | 34:46                | 02:02:52   | <39       | Female | Kentville         |            |
| 41    | 10     | Chris        | Waldron       | 22:55 | 23:47  | 00:52          | 01:06:02                   | 01:29:49 | 33:41                | 02:03:30   | <49       | Male   | Halifax           | M05026     |
| 42    | 62     | Dianne       | Woodworth     | 21:24 | 22:23  | 00:59          | 01:07:26                   | 01:31:51 | 33:50                | 02:03:39   | <39       | Female | Fall River        |            |
| 43    | 19     | Denys        | Ouellet       | 22:26 | 23:24  | 00:58          | 01:08:16                   | 01:31:40 | 32:06                | 02:03:46   | <49       | Male   | Dartmouth         | M07035     |
| 44    | 27     | Brian        | Kane          | 23:10 | 23:56  | 00:46          | 01:07:48                   | 01:31:44 | 32:07                | 02:03:51   | <69       | Male   | Sackville, NB     | M04809     |
| 45    | 21     | Sonny        | Wilson        | 23:43 | 24:55  | 01:12          | 01:03:21                   | 01:28:16 | 35:46                | 02:04:02   | <49       | Male   | Halifax           | M07001     |
| 46    | 63     | Dan          | Gautreau      | 22:12 | 23:32  | 01:20          | 01:09:02                   | 01:32:34 | 31:41                | 02:04:15   | <49       | Male   | Timberlea         | M04028     |
| 47    | 67     | Michael      | Doleman       | 21:33 | 23:01  | 01:05          | 01:07:11                   | 01:30:12 | 34:18                | 02:04:30   | <29       | Male   | Dartmouth         |            |
| 48    | 78     | Marie-Claude | Gregoire      | 22:30 | 23:42  | 01:12          | 01:08:56                   | 01:32:38 | 32:02                | 02:04:40   | <39       | Female | Halifax           | F06009     |
| 49    | 54     | Ron          | MacDougall    | 21:13 | 22:42  | 01:29          | 01:07:28                   | 01:30:10 | 34:35                | 02:04:45   | <49       | Male   | Halifax           | M05035     |
| 50    | 41     | Denise       | MacDonald     | 22:14 | 22:54  | 00:40          | 01:12:01                   | 01:34:55 | 29:53                | 02:04:48   | <39       | Female | Halifax           |            |
| 51    | 44     | Mike         | Slatter       | 24:31 | 25:24  | 00:53          | 01:06:52                   | 01:32:16 | 34:23                | 02:06:39   | <49       | Male   | Halifax           | M06006     |
| 52    | 91     | Erin         | Gillis        | 25:05 | 26:05  | 01:00          | 01:05:24                   | 01:31:29 | 36:00                | 02:07:29   | <29       | Female | Dartmouth         |            |
| 53    | 30     | Andrea       | Ouellette     | 22:25 | 23:26  | 58:21          | 01:10:02                   | 01:33:28 | 34:31                | 02:07:59   | <39       | Female | Halifax           | F07012     |
| 54    | 80     | Brian        | Wells         | 24:23 | 25:42  | 01:19          | 01:08:28                   | 01:34:10 | 34:16                | 02:08:26   | <49       | Male   | Dartmouth         |            |
| 55    | 24     | Laura        | Connolly      | 25:04 | 26:16  | 01:12          | 01:07:47                   | 01:34:03 | 35:01                | 02:09:04   | <29       | Female | Corner Brook, NF  |            |
| 56    | 40     | Jerry        | Mason         | 22:42 | 23:50  | 01:08          | 01:11:50                   | 01:35:40 | 33:58                | 02:09:38   | <59       | Male   | Halifax           | M5034      |
| 57    | 66     | Angela       | Ripley        | 24:15 | 25:19  | 01:04          | 01:08:59                   | 01:34:18 | 35:40                | 02:09:58   | <39       | Female | Halifax           | F06027     |
| 58    | 9      | Jim          | Ross          | 23:28 | 24:39  | 01:11          | 01:10:41                   | 01:35:20 | 35:58                | 02:11:18   | <59       | Male   | Halifax           | M05022     |
| 59    | 35     | Pam          | Waterhouse    | 23:57 | 24:59  | 01:02          | 01:09:24                   | 01:34:23 | 37:07                | 02:11:30   | <59       | Female | Wellington        | F04043     |
| 60    | 4      | Gina         | Funicelli     | 24:01 | 24:45  | 00:44          | 01:12:35                   | 01:37:20 | 34:31                | 02:11:51   | <49       | Female | Halifax           |            |
| 61    | 16     | Shawna       | Murdock-Moore | 24:29 | 25:42  | 01:13          | 01:13:44                   | 01:39:26 | 33:19                | 02:12:45   | <49       | Female | Halifax           | F04034     |
| 62    | 18     | Francine     | Comeau        | 25:32 | 26:44  | 01:12          | 01:16:20                   | 01:43:04 | 29:43                | 02:12:47   | <59       | Female | Beaver Bank       | F04028     |
| 63    | 46     | Richard      | MacLellan     | 26:52 | 28:28  | 01:36          | 01:03:48                   | 01:32:16 | 41:12                | 02:13:28   | <39       | Male   | Upper Tantallon   | M04094     |
| 64    | 73     | Dianne       | Chiasson      | 22:33 | 24:47  | 02:14          | 01:17:06                   | 01:41:53 | 31:53                | 02:13:46   | <49       | Female | Halifax           | F04027     |
| 65    | 74     | Thomas       | Steinhaeuser  | 22:40 | 23:23  | 00:43          | 01:18:40                   | 01:42:03 | 32:29                | 02:14:32   | <49       | Male   | Halifax           |            |
| 66    | 23     | Simon        | Sagar         | 27:44 | 29:20  | 01:36          | 01:07:40                   | 01:37:00 | 37:38                | 02:14:38   | <59       | Male   | Halifax           | M040?      |
| 64    | 13     | Andrea       | Baldwin       | 23:54 | 25:30  | 01:36          | 01:14:49                   | 01:40:19 | 34:21                | 02:14:40   | <39       | Female | Halifax           | F06023     |
| 68    | 75     | Darlene      | Chapman       | 22:30 | 24:24  | 01:54          | 01:16:59                   | 01:41:23 | 33:46                | 02:15:09   | <49       | Female | Halifax           |            |
| 69    | 17     | Paul         | Shore         | 26:23 | 28:04  | 02:12          | 01:08:23                   | 01:36:27 | 39:10                | 02:15:37   | <49       | Male   | Beaver Bank       |            |
| 70    | 76     | Robert       | Murphy        | 23:02 | 24:09  | 01:07          | 01:15:31                   | 01:39:40 | 37:53                | 02:17:33   | <29       | Male   | Halifax           |            |
| 71    | 77     | Jenna        | Waterhouse    | 25:52 | 26:50  | 00:58          | 01:13:24                   | 01:40:14 | 38:16                | 02:18:30   | <29       | Female | Wellington        |            |
| 72    | 42     | Russ         | Manderville   | 24:31 | 26:27  | 01:56          | 01:17:33                   | 01:44:00 | 36:26                | 02:20:26   | <39       | Male   | Lower Sackville   |            |
| 73    | 39     | Patricia     | MacDonald     | 26:46 | 28:13  | 01:27          | 01:16:51                   | 01:45:04 | 37:00                | 02:22:04   | <59       | Female | Halifax           | F04016     |
| 74    | 92     | Wendy        | Foote         | 26:08 | 27:10  | 01:02          | 01:17:00                   | 01:44:10 | 39:58                | 02:24:08   | <39       | Female | Dartmouth         |            |
| 75    | 15     | Terry        | Moore         | 27:03 | 28:50  | 01:47          | 01:12:56                   | 01:41:46 | 43:30                | 02:25:16   | <49       | Male   | Halifax           | M04032     |
| 76    | 45     | Debbie       | Hoffele       | 27:42 | 28:41  | 00:59          | 01:17:25                   | 01:46:06 | 41:01                | 02:27:07   | <49       | Female | Halifax           |            |
| 77    | 11     | Perry        | Pelletier     | 33:34 | 35:50  | 02:16          | 01:14:45                   | 01:50:35 | 37:12                | 02:27:47   | <49       | Male   | Dartmouth         | M06049     |
| 78    | 1      | Ada          | Poranek       | 27:39 | 29:14  | 01:35          | 01:15:47                   | 01:45:01 | 43:25                | 02:28:26   | <29       | Female | Halifax           |            |
| 79    | 2      | Patty        | Livingston    | 27:39 | 29:18  | 01:39          | 01:15:55                   | 01:45:13 | 43:13                | 02:28:26   | <59       | Female | Halifax           | F04141     |
| 80    | 94     | Leeann       | Meredith      | 26:38 | 28:03  | 01:25          | 01:20:18                   | 01:48:21 | 40:59                | 02:29:20   | <39       | Female | Dartmouth         |            |
| 81    | 51     | Barry        | Diggins       | 27:29 | 28:24  | 00:55          | 01:23:38                   | 01:52:02 | 40:27                | 02:32:29   | <69       | Male   | Grand lake        |            |
| 82    | T1     | Liz          | Lane          | 33:16 | 33:54  | 00:38          | 01:21:47                   | 01:55:41 | 42:26                | 02:38:07   | Team      |        |                   | Run1       |
| 82    | T1     | Brenda       | Ryan          | 33:16 | 33:54  | 00:38          | 01:21:47                   | 01:55:41 | 42:26                | 02:38:07   | Team      |        |                   | Bike       |
| 82    | T1     | Cathy        | Lunn          | 33:16 | 33:54  | 00:38          | 01:21:47                   | 01:55:41 | 42:26                | 02:38:07   | Team      |        |                   | Run2       |
| 83    | 3      | Lisa         | Wood          | 27:57 | 28:54  | 00:57          | 01:34:19                   | 02:03:13 | 38:06                | 02:41:19   | <29       | Female | East Lawrencetown |            |
| 84    | 33     | Wayne        | Small         | 29:46 | 31:31  | 01:45          | 01:16:12                   | 01:47:43 | 54:39                | 02:42:22   | <59       | Male   | Dartmouth         |            |
| 85    | 48     | Doug         | Bromley       | 30:07 | 31:34  | 01:27          | 01:36:46                   | 02:08:20 | 47:09                | 02:55:29   | <59       | Male   | Dartmouth         | M07024     |
| 86    | 20     | Ralph        | Davis         | 30:48 | 31:51  | 01:03          | 01:51:08                   | 02:22:59 | 48:01                | 03:11:00   | <69       | Male   | Halifax           | M04017     |
|       | 6      | Susan        | Ross          | Dns   |        |                |                            |          |                      | Dns        | <49       | Female | Hammonds Plains   | F06022     |