

# OVERALL RESULTS FOR THE MIND OVER MOUNTAIN ADVENTURE RACE

CUMBERLAND, BC CANADA

September 30, 2006

Sorted by Overall Time



Bib #	Team Name	Cat	Team Members	Kayak 8km	Trek 7-9km	Kayak 1.5km	Bike 20km	Finish Time	Penalties	Total Time	Comments
39	Frontrunners	1M	Normon Thibault (Nanaimo, BC)	0:57:29	1:26:21	0:19:58	1:33:10	4:16:58		4:16:58	
43	Riding Fool Hostel	1M	Jeremy Grasby (Cumberland, BC)	1:03:25	1:33:06	0:19:41	1:30:55	4:27:07		4:27:07	
258	Team Mind Over Mountain	2M	Mark Fearman (Squamish, BC), Gary Robbins (Squamish, BC)	0:51:42	1:31:47	0:18:52	1:45:34	4:27:55		4:27:55	
38	Frontrunners	1M	Jason Sandquist (Duncan, BC)	0:57:42	1:25:58	0:19:50	1:46:30	4:30:00		4:30:00	
259	The Boogie Brothers	2M	Todd Nowack (Victoria, BC), Roger MacLeod (Victoria, BC)	0:53:14	1:30:44	0:19:20	1:48:41	4:31:59		4:31:59	
46	Team Arrowsmith Bikes/Frontrunners	1M	Justin Mark (Nanaimo, BC)	1:16:22	1:32:35	0:19:22	1:32:06	4:40:25		4:40:25	
255	SOL	2M	Martin Middleton (Duncan, BC), Tom Roozandaal (Duncan, BC)	0:53:51	1:39:45	0:19:49	1:47:18	4:40:43		4:40:43	
53		1M	Darrell Sofield (Bellingham, WA)	0:49:38	1:46:48	0:18:17	1:48:31	4:43:14		4:43:14	
59		1M	Angus Forsyth (Victoria, BC)	0:58:23	1:28:17	0:21:18	1:58:13	4:46:11		4:46:11	
54		1M	Jamin Davies (Vancouver, BC)	1:02:24	1:48:35	0:22:58	1:46:26	5:00:23		5:00:23	
246	Fuelled by Chuck Norris	2M	Tom Craik (Vancouver, BC), Duncan Coe (Vancouver, BC)	1:00:55	1:33:11	0:22:12	2:05:12	5:01:30		5:01:30	
40	Frontrunners/Sleepmonsters.ca	1M	Doug Doyle (Victoria, BC)	0:58:19	1:33:36	0:21:52	2:08:15	5:02:02		5:02:02	
262	Up The Hill	2M	Shane Ruljancich (Victoria, BC), Garth Campbell (Victoria, BC)	1:09:15	1:36:45	0:23:36	1:54:15	5:03:51		5:03:51	
263	Where's My Sherpa	2M	Shawn O'Toole (Ladysmith, BC), Roger Whamsley (Chemainus, BC)	0:56:58	1:40:14	0:23:09	2:08:39	5:09:00		5:09:00	
432	Controlled Implosion	4M	Jeff Gallimore (Nanaimo, BC), Ron Williams (Nanaimo, BC), Jamie Gauthier (Nanaimo, BC), Jeff Croft (Nanaimo, BC)	0:51:37	1:46:07	0:20:05	2:12:18	5:10:07		5:10:07	
45	Spirit / Sleepmonsters.ca	1M	Chris Koch (Kamloops, BC)	0:55:50	1:44:09	0:20:00	2:12:45	5:12:44		5:12:44	
225	Giddy Up - Minus 2	2F	Lina Augaitis (Whistler, BC), Megan Rose (Whistler, BC)	1:06:11	1:42:34	0:23:10	2:05:50	5:17:45		5:17:45	
52		1M	Magnus Byne (Vancouver, BC)	1:02:40	1:58:40	0:23:11	1:53:48	5:18:19		5:18:19	
47	Too Fat to Fly	1M	Todd Blumel (Duncan, BC)	0:58:32	1:52:51	0:20:57	2:06:02	5:18:22		5:18:22	
211	Team Trios	2C	Astrid Bonter (Vancouver, BC), Brady Fleguel (Vancouver, BC)	0:54:50	1:42:17	0:21:17	2:20:33	5:18:57		5:18:57	
61		1M	Joe Maika (Whistler, BC)	0:58:50	2:06:13	0:22:32	1:52:39	5:20:14		5:20:14	
244	Dust Divers	2M	James R Jordan (Duncan, BC), Graham Blackstock (Duncan, BC)	0:54:58	2:02:03	0:20:56	2:03:27	5:21:24		5:21:24	
41	Ocean River Sports	1M	Jordie Allen-Newman (Victoria, BC)	0:55:44	2:01:30	0:22:05	2:11:18	5:30:37		5:30:37	
50		1M	Brian McCurdy (Vancouver, BC)	0:52:10	2:13:00	0:20:50	2:05:13	5:31:13		5:31:13	
433	Cougar Bait	4M	Darcy Lawley (Campbell River, BC), Wade Anderson (Campbell River, BC), Jim Bean (Campbell River, BC), Sean Cunningham (Campbell River, BC)	0:56:41	1:36:32	0:26:31	2:36:57	5:36:41		5:36:41	
215	Two Old?	2C	Stan Wood (Courtenay, BC), Marguerite Masson (Courtenay, BC)	1:01:22	1:53:31	0:24:10	2:18:49	5:37:52		5:37:52	
260	The Men of Tain, Again!	2M	Trevor Espenant (Courtenay, BC), rob grantham (Courtenay, BC)	0:58:37	#VALUE!	#VALUE!	2:32:30	5:40:29		5:40:29	
209	Slowtwitch	2C	Lisa McBain (Victoria, BC), Peter Christensen (Victoria, BC)	1:05:11	2:07:38	0:25:35	2:03:39	5:42:03		5:42:03	
241	Brokeback Mountain	2M	Steve Knoke (Abbotsford, BC), Justin Lee (Victoria, BC)	1:05:16	1:58:08	0:23:34	2:16:02	5:43:00		5:43:00	
67	ELM Health	1F	Sarah Seeds (Courtenay, BC)	1:10:59	1:43:04	0:24:38	2:25:02	5:43:43		5:43:43	
437	Innovative Fitness	4M	Jeff Dallin (Langley, BC), Keith Sharman (Vancouver, BC), Mark Coates (Vancouver, BC), Matthew Young (North Vancouver, BC)	0:54:55	1:44:34	0:20:51	2:48:25	5:48:45		5:48:45	
63		1M	Richard Vurdela (New Westminster, BC)	1:07:25	1:43:51	0:25:40	2:34:00	5:50:56		5:50:56	

Bib #	Team Name	Cat	Team Members	Kayak 8km	Trek 7-9km	Kayak 1.5km	Bike 20km	Finish Time	Penalties	Total Time	Comments
435	Global War on Terror	4M	Ian Mensher (Seattle, WA), Andrew Atkins (Seattle, WA), Eric Sigmon (Edmonds, WA), Rob Hatfield (Seattle, WA)	1:04:09	1:52:42	0:25:46	2:33:30	5:56:07		5:56:07	
37	Franklin Expedition	1M	Kevin Franklin (Victoria, BC)	1:03:49	2:03:44	0:25:43	2:24:14	5:57:30		5:57:30	
253	R and R	2M	Rob Elias (Shawnigan Lake, BC), Rodney Paananen (Victoria, BC)	1:04:02	2:07:01	0:25:07	2:21:31	5:57:41		5:57:41	
249	MOMAR Media, Vol 1, Issue 1	2M	Rumon Carter (Victoria, BC), Gavin Fletcher (Victoria, BC)	0:54:15	2:09:44	0:24:22	2:29:57	5:58:18		5:58:18	
58		1M	Geoff Payne (Campbell River, BC)	1:08:10	2:08:27	0:26:08	2:20:07	6:02:52		6:02:52	
245	Eco Challenged	2M	Tom Lee (Victoria, BC), Doug Caul (Victoria, BC)	1:08:17	2:04:01	0:28:37	2:22:21	6:03:16		6:03:16	
219	Biking Buddies	2F	Karla Gallagher (Victoria, BC), Liz Johnson (Victoria, BC)	1:07:58	1:59:02	0:26:27	2:30:08	6:03:35		6:03:35	
240	Bike Over Teakettle	2M	Warren McCall (Sidney, BC), Geoff Huenemznn (Vancouver, BC)	1:00:20	1:47:16	0:25:02	2:52:49	6:05:27		6:05:27	
248	Law & Order	2M	Michael Tunnah (Vancouver, BC), Ian Hilts (Vancouver, BC)	1:01:05	2:11:42	0:23:24	2:30:15	6:06:26		6:06:26	
238	4139	2M	James Lamond (Delta, BC), Grant Popowich (North Vancouver, BC)	1:07:20	2:14:21	0:24:43	2:23:08	6:09:32		6:09:32	
252	Phat 'n' Dirty	2M	Marshall House (Delta, BC), Tim Logie (Vancouver, BC)	0:54:41	2:29:34	0:22:51	2:22:53	6:09:59		6:09:59	
44	Shoeless	1M	Ryan Ulansky (Vancouver, BC)	0:59:11	2:16:53	0:20:35	2:34:32	6:11:11		6:11:11	
205	Just Because	2C	Andrea Schaeppi (Comox, BC), Tom Kennedy (Courtenay, BC)	0:59:51	2:11:45	0:24:18	2:35:38	6:11:32		6:11:32	
421	Team Clueless	4C	Mean Jean (Brentwood Bay, BC), Jeff Jones (Sidney, BC), Al Carely (Brentwood Bay, BC), Jim Schockey (Brentwood Bay, BC)		3:22:25	0:26:25	2:24:05	6:12:55		6:12:55	
206	Newly Weds	2C	Kyle Wood (Victoria, BC), Flora Sproule (Victoria, BC)	1:08:13	1:59:16	0:26:39	2:43:38	6:17:46		6:17:46	
234	Sugar and Spice	2F	Kathy Lijholm (Vancouver, BC), Trina Whittaker (Vancouver, BC)	1:10:35	2:11:49	0:28:26	2:31:20	6:22:10		6:22:10	
36	ARMED	1M	Matthew Mullin (Annapolis, MD)	1:04:49	2:06:23	0:27:18	2:47:45	6:26:15		6:26:15	
419	Dangerous	4C	Neeraj Soni (Boise, ID), Shauri Palesch (Boise, ID), Steve Palesch (Boise, ID), Margery Soni (Boise, ID)	1:04:38	2:07:07	0:26:55	2:47:35	6:26:15		6:26:15	
201	Braniac & Maniac	2C	Anne Flanagan (Sidney, BC), Bill Hingley (Sidney, BC)	0:58:15	2:28:47	0:28:09	2:32:07	6:27:18		6:27:18	
426	Red Truck Beer	4M	Sam Brovender (Vancouver, BC), Don Buscombe (North Vancouver, BC), Mark James (Vancouver, BC), Bob Faulkner (North Vancouver, BC)	0:54:03	2:43:44	0:24:59	2:25:13	6:27:59		6:27:59	
49		1M	Chris McCann (Victoria, BC)		3:41:10	0:24:58	2:24:51	6:30:59		6:30:59	
221	Bruised Beauties	2F	Carol Sparks (Cumberland, BC), Dana Starritt (Cumberland, BC)	1:17:50	1:59:05	0:28:15	2:46:05	6:31:15		6:31:15	
230	No Yoga	2F	Megan Kot (Victoria, BC), Christine Root (Victoria, BC)	1:10:05	2:06:38	0:28:27	2:46:08	6:31:18		6:31:18	
428	Dukes of Hazzard	4F	Emily Ledingham (Victoria, BC), Sarah Goring (Vancouver, BC), Kari Frazer (Brentwood Bay, BC), Catherine Zaborowska (Vancouver, BC)		3:15:44	0:26:32	2:49:55	6:32:11		6:32:11	
261	The Whole Hogs	2M	Trevor Shoesmith (Comox, BC), Jamie McDowell (Comox, BC)	1:00:05	2:24:46	0:23:08	2:45:24	6:33:23		6:33:23	
214	Trail Blazers	2C	Sarah Newman (Port Coquitlam, BC), Brent Chan (Saanichton, BC)	1:04:32	2:15:07	0:27:14	2:46:33	6:33:26		6:33:26	
236	Team No High Heels	2F	Jane Thomson (Crofton, BC), Angie Sharpe (Duncan, BC)	1:04:54	2:32:00	0:25:02	2:31:37	6:33:33		6:33:33	
422	The Un-natural Disasters	4C	Lindsey York (Black Creek, BC), Ross Whelan (Black Creek, BC), Sonia Evers (Black Creek, BC), Damon York (Black Creek, BC)	1:01:17	2:27:26	0:27:13	2:38:10	6:34:06		6:34:06	
212	The Zone @ 91.3	2C	Janna Mackenzie (Victoria, BC), Eddy Betinol (Victoria, BC)	1:14:56	2:27:10	0:27:02	2:25:31	6:34:39		6:34:39	
35		1F	Colleen Little (North Vancouver, BC)	1:02:02	2:41:36	0:23:54	2:27:35	6:35:07		6:35:07	
217	Backcountry Divas	2F	Jenny McPhail (Victoria, BC), Shannon christmas (Victoria, BC)	1:05:59	2:25:58	0:30:48	2:35:09	6:37:54		6:37:54	
207	Off Track	2C	Breanna Loster (Victoria, BC), Mike Chandler (Victoria, BC)	1:07:30	2:13:44	0:26:35	2:51:03	6:38:52		6:38:52	
247	Helly Hansen	2M	Adam Smith (North Vancouver, BC), Denis Fontaine (North Vancouver, BC)	0:52:03	2:31:40	0:19:54	1:55:27	5:39:04	1:00:00	6:39:04	Missed CP

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222	Cheat-2-Win	2F	Lyse Fortin (Courtenay, BC), Karen McComber (Courtenay, BC)	1:00:31	2:39:05	0:17:40	2:47:32	6:44:48		6:44:48	
254	Rainforest Expeditions	2M	Peter Girolami (Duncan, BC), Ryan Truant (Duncan, BC)	1:02:32	2:25:56	0:28:49	2:52:35	6:49:52		6:49:52	
423	Warrior Princess and the Reckless Ra	4C	Zena Prokosh (Kelowna, BC), Christa Ford (Kelowna, BC), Chris Ford (North Vancouver, BC), Leonard Lermer (Kelowna, BC)	1:15:05	1:59:31	0:26:28	3:11:35	6:52:39		6:52:39	
56		1M	Oliver Clemens (Vancouver, BC)		3:23:14	0:29:42	3:00:30	6:53:26		6:53:26	
204	In Knots	2C	Andrew Pitre (Vancouver, BC), Kirstin Lane (Sidney, BC)	1:12:28	2:35:44	0:29:35	2:36:12	6:53:59		6:53:59	
251	Octane	2M	Hayden Earle (Victoria, BC), Drew Fatcher (Victoria, BC)	1:02:05	2:45:21	0:24:10	2:45:31	6:57:07		6:57:07	
42	Pork Chop Sandwiches	1M	George Walford (Nanaimo, BC)	1:05:41	2:28:41	0:26:00	3:00:41	7:01:03		7:01:03	
425	VRC: Trailblazer Adventure Racing	4C	Christopher Lister (Chilliwack, BC), Lisa Hall (Chilliwack, BC), Anita Verdonk (Chilliwack, BC), Terry Kellington (Chilliwack, BC)	1:14:30	2:14:19	0:32:43	3:01:47	7:03:19		7:03:19	
431	The Gong Show	4F	Becky Gibson (Comox, BC), Jana Buckle (Comox, BC), Christine McCulloch (Courtenay, BC), Annie Handley (Comox, BC)	1:05:46	2:09:49	0:25:13	3:22:35	7:03:23		7:03:23	
243	Dudes 42	2M	Mathis Stoeckle (Victoria, BC), Ian Beveridge (Victoria, BC)	1:00:40	2:29:39	0:28:00	3:08:04	7:06:23		7:06:23	
418	Charlie's Angels	4C	Darryl Boon (Duncan, BC), Robin Benwell (Duncan, BC), Joanna Lord (Duncan, BC), Tanya Soroka (Ladysmith, BC)	1:09:56	2:12:33	0:28:48	3:16:26	7:07:43		7:07:43	
208	Penguin Pair	2C	Meggan Hunt (Vancouver, BC), Jason Oliver (Vancouver, BC)	1:15:58	2:17:39	0:29:14	3:05:02	7:07:53		7:07:53	
224	The directionally Challenged Valley Gi	2F	Lene Curts (Courtenay, BC), Cathy Ternis (Courtenay, BC)	1:14:25	2:51:37	0:34:33	2:29:08	7:09:43		7:09:43	
434	Four Old Cox	4M	Scott Barron (Nanaimo, BC), Dale Harvey (Nanaimo, BC), Dan Brady (Nanaimo, BC), Owen Carr (Lantzville, BC)	1:07:07	2:32:59	0:30:17	2:59:29	7:09:52		7:09:52	
228	IVANAKWIT	2F	Sue Croft (Nanaimo, BC), Elizabeth Williams (Nanaimo, BC)	0:56:05	3:16:15	0:22:57	2:34:36	7:09:53		7:09:53	
430	The Devil Wears Patagonia	4F	Wendy Pollock (Vancouver, BC), Jennifer Stanick (Vancouver, BC), Teresa Ross (Vancouver, BC), Denise Jasiencyk (Vancouver, BC)	0:58:06	2:49:40	0:23:21	2:59:35	7:10:42		7:10:42	
213	Thunder and Lightening	2C	Griffen Halme (Duncan, BC), Jeanne Posey (Duncan, BC)	1:08:04	2:27:15	0:27:45	3:07:47	7:10:51		7:10:51	
232	Quiet Riot	2F	Vanessa Benwood (Crofton, BC), Susan Shultz (Nanaimo, BC)	1:16:11	2:29:09	0:28:17	2:57:32	7:11:09		7:11:09	
436	I Think We Can	4M	Adam Lawrence (Victoria, BC), Tony Dellaviola (Victoria, BC), Brian Kenworthy (Victoria, BC), Paul Hooper (Victoria, BC)	1:09:42	2:35:58	0:30:25	2:55:26	7:11:31		7:11:31	
34		1F	Leila Sumi (Shawnigan Lake, BC)	1:18:55	2:27:18	0:28:45	3:00:28	7:15:26		7:15:26	
257	Team Amino Vital	2M	Richard Quinn, Andy Quinn (Courtenay, BC)	1:10:16	2:10:06	0:28:05	3:27:00	7:15:27		7:15:27	
66	Team Amino Vital	1M	Wil Lim (Port Alberni, BC)	1:10:20	2:11:10	0:27:14	3:30:00	7:18:44		7:18:44	
203	Endo & Huck	2C	Paul Austin (Vancouver, BC), Rhonna Gurevich (Vancouver, BC)	1:07:55	2:22:18	0:31:53	3:19:28	7:21:34		7:21:34	
250	Mountain Getting the Better of Us	2M	Marc LeBlanc (Vancouver, BC), Derek Oelmann (Victoria, BC)	1:04:16	3:06:24	0:26:50	2:52:14	7:29:44		7:29:44	
424	VRC: CCRteamTracy	4C	Christina Halcrow (Chilliwack, BC), Robert MacDonald (Chilliwack, BC), Tracy Elmore (Chilliwack, BC), Clarence Wiens (Chilliwack, BC)	1:21:17	2:27:28	0:36:46	3:04:50	7:30:21		7:30:21	
216	Motrin Mamas	2F	Chris Norris (Courtenay, BC), Andrea Lang (Courtenay, BC)	1:06:44	2:57:53	0:30:16	2:57:19	7:32:12		7:32:12	
200	Adventures of Speedy Girl and Slug B	2C	Jason Loutitt (Edmonton, AB), Eileen Bistrisky (Vancouver, BC)	1:06:02	2:47:05	0:28:24	3:20:37	7:42:08		7:42:08	
233	Retro Ragamuffins	2F	Kate Daley (Victoria, BC), Dawn Schaller (Victoria, BC)	1:11:15	2:40:23	0:28:26	3:22:10	7:42:14		7:42:14	
237	TuffMuffs	2F	Janis McCullough (Courtenay, BC), Colleen Inglis (Courtenay, BC)	1:10:11	2:59:22	0:31:14	3:07:21	7:48:08		7:48:08	
62		1M	Joe Proznick (Vancouver, BC)	1:16:01	3:01:48	0:27:02	3:03:36	7:48:27		7:48:27	

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202	Dorothy and Harriet	2C	Don Wahl (Seattle, WA), Sabina Havkins (Seattle, WA)	0:59:25	2:24:11	0:24:35	3:12:05	7:00:16	1:00:00	8:00:16	Missed CP
68		1F	Angela Reid (Kelowna, BC)	1:15:55	2:30:12	0:29:51	3:54:32	8:10:30		8:10:30	
429	SOS (Sistas on Speed)	4F	Colleen McVeigh (Vancouver, BC), Brenna Daloise (Vancouver, BC), Lesia Burianyak (Vancouver, BC), Jenny Franks (Vancouver, BC)	1:15:57	2:52:31	0:31:07	4:12:36	8:52:11		8:52:11	
220	Blood & Guts	2F	Lara Pollard (Vancouver, BC), Karen Todd (Vancouver, BC)	1:11:40	2:35:27	0:30:02	3:54:17	8:11:26	1:00:00	9:11:26	Missed CP
64		1M	Thomas Muellerleile (Victoria, BC)	1:13:39	3:25:02	0:30:00	2:09:06	7:17:47	2:00:00	9:17:47	Missed CP
420	Deep Woods Off Track	4C	Jon Smith (Chilliwack, BC), Heather Hibberson (Chilliwack, BC), Beverly Coles (Agassiz, BC), John Coles (Agassiz, BC)	1:22:21	3:32:56	0:24:41	2:13:13	7:33:11	2:00:00	9:33:11	Missed CP
57		1M	Bruce Denny (Victoria, BC)	1:12:40	3:04:14	0:28:34	2:57:36	7:43:04	2:00:00	9:43:04	Missed CP
242	Double Integration	2M	Tyler Johnson (Victoria, BC), Brad Cownden (Victoria, BC)	1:23:10	3:02:27	0:25:32	3:20:36	8:11:45	2:00:00	10:11:45	Missed CP
235	EZPZ Lemon Squeezee	2F	Diana Mulvey (Vancouver, BC), Melissa Birk (Vancouver, BC)		3:27:19	0:32:15	4:12:44	8:12:18	2:00:00	10:12:18	Missed CP
48		1M	Josh Lightman (Courtenay, BC)	1:14:46	3:18:29	0:27:47	1:32:38	6:33:40	4:00:00	10:33:40	Missed CP
427	Charlie's Almost Angels	4F	Lisa Mercer (Victoria, BC), Jodie Lundgren (Victoria, BC), Jennifer Frederiksen - Browne (Victoria, BC), Stephanie Carter (Victoria, BC)	1:20:29	3:36:39	0:31:47	2:10:53	7:39:48	5:00:00	12:39:48	Missed CP
231	Private Dancer	2F	Andrea Taylor (Vancouver, BC), Lianne Dolan (Vancouver, BC)	1:24:34	2:52:24	0:30:44	3:22:18	8:10:00	5:00:00	13:10:00	Missed CP
51		1M	John Markez (Vancouver, BC)	0:48:16	1:42:54	0:18:33	1:46:03	4:35:46	9:00:00	13:35:46	Lost Passport
65	Where's My Sherpa	1F	Michelle Steel (Ladysmith, BC)	1:07:45	2:06:32	0:23:38				DNF	
218	Banana Clips	2F	Angella Hollett (Victoria, BC), Michelle Relf (Victoria, BC)	1:18:16	3:39:45					DNF	
223	Cowichan River Rats	2F	Thea Girolami (Duncan, BC), Gloria Carlsey (Duncan, BC)	1:25:19						DNF	
239	2EXTREME	2M	Norm Hayward (Nanaimo, BC), Darren Katila (Nanaimo, BC)	1:02:16	3:39:47	0:27:50				DNF	
226	GYM JUNKIES	2F	JULIA CARSLEY (Vancouver, BC), PILAR LUTZKY (Vancouver, BC)	1:16:50	3:21:45	0:27:26				DNF	
256	Teenage MOMAR Ninja Turtles	2M	Jim Au (Vancouver, BC), Tony Lai (Vancouver, BC)	1:12:22	3:20:03	0:34:20				DNF	

Bib #	Team Name	Cat	Team Members	Kayak 8km	Trek 7-9km	Kayak 1.5km	Bike 20km	Finish Time	Penalties	Total Time	Comments
<b>RESULTS SORTED BY CATEGORY</b>											
<b>SOLE FEMALE</b>		Cat	Name (city)	Kayak 8km	Trek 7-9km	Kayak 1.5km	Bike 20km	Finish Time	Penalties	Total Time	Comments
67	ELM Health	1F	Sarah Seeds (Courtenay, BC)	1:10:59	1:43:04	0:24:38	2:25:02	5:43:43		5:43:43	
35		1F	Colleen Little (North Vancouver, BC)	1:02:02	2:41:36	0:23:54	2:27:35	6:35:07		6:35:07	
34		1F	Leila Sumi (Shawnigan Lake, BC)	1:18:55	2:27:18	0:28:45	3:00:28	7:15:26		7:15:26	
68		1F	Angela Reid (Kelowna, BC)	1:15:55	2:30:12	0:29:51	3:54:32	8:10:30		8:10:30	
65	Where's My Sherpa	1F	Michelle Steel (Ladysmith, BC)	1:07:45	2:06:32	0:23:38				DNF	
<b>SOLE MALE</b>		Cat	Name (city)	Kayak 8km	Trek 7-9km	Kayak 1.5km	Bike 20km	Finish Time	Penalties	Total Time	Comments
39	Frontrunners	1M	Normon Thibault (Nanaimo, BC)	0:57:29	1:26:21	0:19:58	1:33:10	4:16:58		4:16:58	
43	Riding Fool Hostel	1M	Jeremy Grasby (Cumberland, BC)	1:03:25	1:33:06	0:19:41	1:30:55	4:27:07		4:27:07	
38	Frontrunners	1M	Jason Sandquist (Duncan, BC)	0:57:42	1:25:58	0:19:50	1:46:30	4:30:00		4:30:00	
46	Team Arrowsmith Bikes/Frontrunners	1M	Justin Mark (Nanaimo, BC)	1:16:22	1:32:35	0:19:22	1:32:06	4:40:25		4:40:25	
53		1M	Darrell Sofield (Bellingham, WA)	0:49:38	1:46:48	0:18:17	1:48:31	4:43:14		4:43:14	
59		1M	Angus Forsyth (Victoria, BC)	0:58:23	1:28:17	0:21:18	1:58:13	4:46:11		4:46:11	
54		1M	Jamin Davies (Vancouver, BC)	1:02:24	1:48:35	0:22:58	1:46:26	5:00:23		5:00:23	
40	Frontrunners/Sleepmonsters.ca	1M	Doug Doyle (Victoria, BC)	0:58:19	1:33:36	0:21:52	2:08:15	5:02:02		5:02:02	
45	Spirit / Sleepmonsters.ca	1M	Chris Koch (Kamloops, BC)	0:55:50	1:44:09	0:20:00	2:12:45	5:12:44		5:12:44	
52		1M	Magnus Byne (Vancouver, BC)	1:02:40	1:58:40	0:23:11	1:53:48	5:18:19		5:18:19	
47	Too Fat to Fly	1M	Todd Blumel (Duncan, BC)	0:58:32	1:52:51	0:20:57	2:06:02	5:18:22		5:18:22	
61		1M	Joe Maika (Whistler, BC)	0:58:50	2:06:13	0:22:32	1:52:39	5:20:14		5:20:14	
41	Ocean River Sports	1M	Jordie Allen-Newman (Victoria, BC)	0:55:44	2:01:30	0:22:05	2:11:18	5:30:37		5:30:37	
50		1M	Brian McCurdy (Vancouver, BC)	0:52:10	2:13:00	0:20:50	2:05:13	5:31:13		5:31:13	
63		1M	Richard Vurdela (New Westminster, BC)	1:07:25	1:43:51	0:25:40	2:34:00	5:50:56		5:50:56	
37	Franklin Expedition	1M	Kevin Franklin (Victoria, BC)	1:03:49	2:03:44	0:25:43	2:24:14	5:57:30		5:57:30	
58		1M	Geoff Payne (Campbell River, BC)	1:08:10	2:08:27	0:26:08	2:20:07	6:02:52		6:02:52	
44	Shoeless	1M	Ryan Ulansky (Vancouver, BC)	0:59:11	2:16:53	0:20:35	2:34:32	6:11:11		6:11:11	
36	ARMED	1M	Matthew Mullin (Annapolis, MD)	1:04:49	2:06:23	0:27:18	2:47:45	6:26:15		6:26:15	
49		1M	Chris McCann (Victoria, BC)		3:41:10	0:24:58	2:24:51	6:30:59		6:30:59	
56		1M	Oliver Clemens (Vancouver, BC)		3:23:14	0:29:42	3:00:30	6:53:26		6:53:26	
42	Pork Chop Sandwiches	1M	George Walford (Nanaimo, BC)	1:05:41	2:28:41	0:26:00	3:00:41	7:01:03		7:01:03	
66	Team Amino Vital	1M	Wil Lim (Port Alberni, BC)	1:10:20	2:11:10	0:27:14	3:30:00	7:18:44		7:18:44	
62		1M	Joe Proznick (Vancouver, BC)	1:16:01	3:01:48	0:27:02	3:03:36	7:48:27		7:48:27	
64		1M	Thomas Muellerleile (Victoria, BC)	1:13:39	3:25:02	0:30:00	2:09:06	7:17:47	2:00:00	9:17:47	
57		1M	Bruce Denny (Victoria, BC)	1:12:40	3:04:14	0:28:34	2:57:36	7:43:04	2:00:00	9:43:04	
48		1M	Josh Lightman (Courtenay, BC)	1:14:46	3:18:29	0:27:47	1:32:38	6:33:40	4:00:00	10:33:40	
51		1M	John Markez (Vancouver, BC)	0:48:16	1:42:54	0:18:33	1:46:03	4:35:46	9:00:00	13:35:46	
<b>TEAM OF 2 COED</b>		Cat	Name (city)	Kayak 8km	Trek 7-9km	Kayak 1.5km	Bike 20km	Finish Time	Penalties	Total Time	Comments
211	Team Trios	2C	Astrid Bonter (Vancouver, BC), Brady Fleguel (Vancouver, BC)	0:54:50	1:42:17	0:21:17	2:20:33	5:18:57		5:18:57	
215	Two Old?	2C	Stan Wood (Courtenay, BC), Marguerite Masson (Courtenay, BC)	1:01:22	1:53:31	0:24:10	2:18:49	5:37:52		5:37:52	
209	Slowtwitch	2C	Lisa McBain (Victoria, BC), Peter Christensen (Victoria, BC)	1:05:11	2:07:38	0:25:35	2:03:39	5:42:03		5:42:03	
205	Just Because	2C	Andrea Schaeppi (Comox, BC), Tom Kennedy (Courtenay, BC)	0:59:51	2:11:45	0:24:18	2:35:38	6:11:32		6:11:32	
206	Newly Weds	2C	Kyle Wood (Victoria, BC), Flora Sproule (Victoria, BC)	1:08:13	1:59:16	0:26:39	2:43:38	6:17:46		6:17:46	
201	Braniac & Maniac	2C	Anne Flanagan (Sidney, BC), Bill Hingley (Sidney, BC)	0:58:15	2:28:47	0:28:09	2:32:07	6:27:18		6:27:18	
214	Trail Blazers	2C	Sarah Newman (Port Coquitlam, BC), Brent Chan (Saanichton, BC)	1:04:32	2:15:07	0:27:14	2:46:33	6:33:26		6:33:26	
212	The Zone @ 91.3	2C	Janna Mackenzie (Victoria, BC), Eddy Betinol (Victoria, BC)	1:14:56	2:27:10	0:27:02	2:25:31	6:34:39		6:34:39	

Bib #	Team Name	Cat	Team Members	Kayak 8km	Trek 7-9km	Kayak 1.5km	Bike 20km	Finish Time	Penalties	Total Time	Comments
207	Off Track	2C	Breanna Loster (Victoria, BC), Mike Chandler (Victoria, BC)	1:07:30	2:13:44	0:26:35	2:51:03	6:38:52		6:38:52	
204	In Knots	2C	Andrew Pitre (Vancouver, BC), Kirstin Lane (Sidney, BC)	1:12:28	2:35:44	0:29:35	2:36:12	6:53:59		6:53:59	
208	Penguin Pair	2C	Meggan Hunt (Vancouver, BC), Jason Oliver (Vancouver, BC)	1:15:58	2:17:39	0:29:14	3:05:02	7:07:53		7:07:53	
213	Thunder and Lightening	2C	Griffen Halme (Duncan, BC), Jeanne Posey (Duncan, BC)	1:08:04	2:27:15	0:27:45	3:07:47	7:10:51		7:10:51	
203	Endo & Huck	2C	Paul Austin (Vancouver, BC), Rhonna Gurevich (Vancouver, BC)	1:07:55	2:22:18	0:31:53	3:19:28	7:21:34		7:21:34	
200	Adventures of Speedy Girl and Slug B	2C	Jason Loutitt (Edmonton, AB), Eileen Bistrisky (Vancouver, BC)	1:06:02	2:47:05	0:28:24	3:20:37	7:42:08		7:42:08	
202	Dorothy and Harriet	2C	Don Wahl (Seattle, WA), Sabina Havkins (Seattle, WA)	0:59:25	2:24:11	0:24:35	3:12:05	7:00:16	1:00:00	8:00:16	
<b>TEAM OF 2 FEMALE</b>		<b>Cat</b>	<b>Name (city)</b>	<b>Kayak 8km</b>	<b>Trek 7-9km</b>	<b>Kayak 1.5km</b>	<b>Bike 20km</b>	<b>Finish Time</b>	<b>Penalties</b>	<b>Total Time</b>	<b>Comments</b>
225	Giddy Up - Minus 2	2F	Lina Augaitis (Whistler, BC), Megan Rose (Whistler, BC)	1:06:11	1:42:34	0:23:10	2:05:50	5:17:45		5:17:45	
219	Biking Buddies	2F	Karla Gallagher (Victoria, BC), Liz Johnson (Victoria, BC)	1:07:58	1:59:02	0:26:27	2:30:08	6:03:35		6:03:35	
234	Sugar and Spice	2F	Kathy Lijholm (Vancouver, BC), Trina Whittaker (Vancouver, BC)	1:10:35	2:11:49	0:28:26	2:31:20	6:22:10		6:22:10	
221	Bruised Beauties	2F	Carol Sparks (Cumberland, BC), Dana Starritt (Cumberland, BC)	1:17:50	1:59:05	0:28:15	2:46:05	6:31:15		6:31:15	
230	No Yoga	2F	Megan Kot (Victoria, BC), Christine Root (Victoria, BC)	1:10:05	2:06:38	0:28:27	2:46:08	6:31:18		6:31:18	
236	Team No High Heels	2F	Jane Thomson (Crofton, BC), Angie Sharpe (Duncan, BC)	1:04:54	2:32:00	0:25:02	2:31:37	6:33:33		6:33:33	
217	Backcountry Divas	2F	Jenny McPhail (Victoria, BC), Shannon christmas (Victoria, BC)	1:05:59	2:25:58	0:30:48	2:35:09	6:37:54		6:37:54	
222	Cheat-2-Win	2F	Lyse Fortin (Courtenay, BC), Karen McComber (Courtenay, BC)	1:00:31	2:39:05	0:17:40	2:47:32	6:44:48		6:44:48	
224	The directionally Challenged Valley Gi	2F	Lene Curtis (Courtenay, BC), Cathy Ternis (Courtenay, BC)	1:14:25	2:51:37	0:34:33	2:29:08	7:09:43		7:09:43	
228	IVANAKWIT	2F	Sue Croft (Nanaimo, BC), Elizabeth Williams (Nanaimo, BC)	0:56:05	3:16:15	0:22:57	2:34:36	7:09:53		7:09:53	
232	Quiet Riot	2F	Vanessa Benwood (Crofton, BC), Susan Shultz (Nanaimo, BC)	1:16:11	2:29:09	0:28:17	2:57:32	7:11:09		7:11:09	
216	Motrin Mamas	2F	Chris Norris (Courtenay, BC), Andrea Lang (Courtenay, BC)	1:06:44	2:57:53	0:30:16	2:57:19	7:32:12		7:32:12	
233	Retro Ragamuffins	2F	Kate Daley (Victoria, BC), Dawn Schaller (Victoria, BC)	1:11:15	2:40:23	0:28:26	3:22:10	7:42:14		7:42:14	
237	TuffMuffs	2F	Janis McCullough (Courtenay, BC), Colleen Inglis (Courtenay, BC)	1:10:11	2:59:22	0:31:14	3:07:21	7:48:08		7:48:08	
220	Blood & Guts	2F	Lara Pollard (Vancouver, BC), Karen Todd (Vancouver, BC)	1:11:40	2:35:27	0:30:02	3:54:17	8:11:26	1:00:00	9:11:26	
235	EZPZ Lemon Squeezee	2F	Diana Mulvey (Vancouver, BC), Melissa Birk (Vancouver, BC)		3:27:19	0:32:15	4:12:44	8:12:18	2:00:00	10:12:18	
231	Private Dancer	2F	Andrea Taylor (Vancouver, BC), Lianne Dolan (Vancouver, BC)	1:24:34	2:52:24	0:30:44	3:22:18	8:10:00	5:00:00	13:10:00	
218	Banana Clips	2F	Angella Hollett (Victoria, BC), Michelle Relf (Victoria, BC)	1:18:16	3:39:45	#####	0:00:00			DNF	
223	Cowichan River Rats	2F	Thea Girolami (Duncan, BC), Gloria Carlsey (Duncan, BC)	1:25:19	#####	#VALUE!	#VALUE!			DNF	
226	GYM JUNKIES	2F	JULIA CARSLEY (Vancouver, BC), PILAR LUTZKY (Vancouver, BC)	1:16:50	3:21:45	0:27:26	#####			DNF	
<b>TEAM OF 2 MALE</b>		<b>Cat</b>	<b>Name (city)</b>	<b>Kayak 8km</b>	<b>Trek 7-9km</b>	<b>Kayak 1.5km</b>	<b>Bike 20km</b>	<b>Finish Time</b>	<b>Penalties</b>	<b>Total Time</b>	<b>Comments</b>
258	Team Mind Over Mountain	2M	Mark Fearman (Squamish, BC), Gary Robbins (Squamish, BC)	0:51:42	1:31:47	0:18:52	1:45:34	4:27:55		4:27:55	

Bib #	Team Name	Cat	Team Members	Kayak 8km	Trek 7-9km	Kayak 1.5km	Bike 20km	Finish Time	Penalties	Total Time	Comments
259	The Boogie Brothers	2M	Todd Nowack (Victoria, BC), Roger MacLeod (Victoria, BC)	0:53:14	1:30:44	0:19:20	1:48:41	4:31:59		4:31:59	
255	SOL	2M	Martin Middleton (Duncan, BC), Tom Roozandaal (Duncan, BC)	0:53:51	1:39:45	0:19:49	1:47:18	4:40:43		4:40:43	
246	Fuelled by Chuck Norris	2M	Tom Craik (Vancouver, BC), Duncan Coo (Vancouver, BC)	1:00:55	1:33:11	0:22:12	2:05:12	5:01:30		5:01:30	
262	Up The Hill	2M	Shane Ruljancich (Victoria, BC), Garth Campbell (Victoria, BC)	1:09:15	1:36:45	0:23:36	1:54:15	5:03:51		5:03:51	
263	Where's My Sherpa	2M	Shawn O'Toole (Ladysmith, BC), Roger Whamsley (Chemainus, BC)	0:56:58	1:40:14	0:23:09	2:08:39	5:09:00		5:09:00	
244	Dust Divers	2M	James R Jordan (Duncan, BC), Graham Blackstock (Duncan, BC)	0:54:58	2:02:03	0:20:56	2:03:27	5:21:24		5:21:24	
260	The Men of Tain, Again!	2M	Trevor Espenant (Courtenay, BC), rob grantham (Courtenay, BC)	0:58:37	#VALUE!	#VALUE!	2:32:30	5:40:29		5:40:29	
241	Brokeback Mountain	2M	Steve Knoke (Abbotsford, BC), Justin Lee (Victoria, BC)	1:05:16	1:58:08	0:23:34	2:16:02	5:43:00		5:43:00	
253	R and R	2M	Rob Elias (Shawnigan Lake, BC), Rodney Paananen (Victoria, BC)	1:04:02	2:07:01	0:25:07	2:21:31	5:57:41		5:57:41	
249	MOMAR Media, Vol 1, Issue 1	2M	Rumon Carter (Victoria, BC), Gavin Fletcher (Victoria, BC)	0:54:15	2:09:44	0:24:22	2:29:57	5:58:18		5:58:18	
245	Eco Challenged	2M	Tom Lee (Victoria, BC), Doug Caul (Victoria, BC)	1:08:17	2:04:01	0:28:37	2:22:21	6:03:16		6:03:16	
240	Bike Over Teakettle	2M	Warren McCall (Sidney, BC), Geoff Huenemznn (Vancouver, BC)	1:00:20	1:47:16	0:25:02	2:52:49	6:05:27		6:05:27	
248	Law & Order	2M	Michael Tunnah (Vancouver, BC), Ian Hilts (Vancouver, BC)	1:01:05	2:11:42	0:23:24	2:30:15	6:06:26		6:06:26	
238	4139	2M	James Lamond (Delta, BC), Grant Popowich (North Vancouver, BC)	1:07:20	2:14:21	0:24:43	2:23:08	6:09:32		6:09:32	
252	Phat 'n' Dirty	2M	Marshall House (Delta, BC), Tim Logie (Vancouver, BC)	0:54:41	2:29:34	0:22:51	2:22:53	6:09:59		6:09:59	
261	The Whole Hogs	2M	Trevor Shoesmith (Comox, BC), Jamie McDowell (Comox, BC)	1:00:05	2:24:46	0:23:08	2:45:24	6:33:23		6:33:23	
247	Helly Hansen	2M	Adam Smith (North Vancouver, BC), Denis Fontaine (North Vancouver, BC)	0:52:03	2:31:40	0:19:54	1:55:27	5:39:04	1:00:00	6:39:04	
254	Rainforest Expeditions	2M	Peter Girolami (Duncan, BC), Ryan Truant (Duncan, BC)	1:02:32	2:25:56	0:28:49	2:52:35	6:49:52		6:49:52	
251	Octane	2M	Hayden Earle (Victoria, BC), Drew Futchter (Victoria, BC)	1:02:05	2:45:21	0:24:10	2:45:31	6:57:07		6:57:07	
243	Dudes 42	2M	Mathis Stoeckle (Victoria, BC), Ian Beveridge (Victoria, BC)	1:00:40	2:29:39	0:28:00	3:08:04	7:06:23		7:06:23	
257	Team Amino Vital	2M	Richard Quinn, Andy Quinn (Courtenay, BC)	1:10:16	2:10:06	0:28:05	3:27:00	7:15:27		7:15:27	
250	Mountain Getting the Better of Us	2M	Marc LeBlanc (Vancouver, BC), Derek Oelmann (Victoria, BC)	1:04:16	3:06:24	0:26:50	2:52:14	7:29:44		7:29:44	
242	Double Integration	2M	Tyler Johnson (Victoria, BC), Brad Cownden (Victoria, BC)	1:23:10	3:02:27	0:25:32	3:20:36	8:11:45	2:00:00	10:11:45	
239	2EXTREME	2M	Norm Hayward (Nanaimo, BC), Darren Katila (Nanaimo, BC)	1:02:16	3:39:47	0:27:50	#####			DNF	
256	Teenage MOMAR Ninja Turtles	2M	Jim Au (Vancouver, BC), Tony Lai (Vancouver, BC)	1:12:22	3:20:03	0:34:20	#####			DNF	
<b>TEAM OF 4 COED</b>		<b>Cat</b>	<b>Name (city)</b>	<b>Kayak 8km</b>	<b>Trek 7-9km</b>	<b>Kayak 1.5km</b>	<b>Bike 20km</b>	<b>Finish Time</b>	<b>Penalties</b>	<b>Total Time</b>	<b>Comments</b>
421	Team Clueless	4C	Mean Jean (Brentwood Bay, BC), Jeff Jones (Sidney, BC), Al Carey (Brentwood Bay, BC), Jim Schockey (Brentwood Bay, BC)		3:22:25	0:26:25	2:24:05	6:12:55		6:12:55	
419	Dangerous	4C	Neeraj Soni (Boise, ID), Shauri Palesch (Boise, ID), Steve Palesch (Boise, ID), Margery Soni (Boise, ID)	1:04:38	2:07:07	0:26:55	2:47:35	6:26:15		6:26:15	
422	The Un-natural Disasters	4C	Lindsey York (Black Creek, BC), Ross Whelan (Black Creek, BC), Sonia Evers (Black Creek, BC), Damon York (Black Creek, BC)	1:01:17	2:27:26	0:27:13	2:38:10	6:34:06		6:34:06	
423	Warrior Princess and the Reckless Ra	4C	Zena Prokosh (Kelowna, BC), Christa Ford (Kelowna, BC), Chris Ford (North Vancouver, BC), Leonard Lerner (Kelowna, BC)	1:15:05	1:59:31	0:26:28	3:11:35	6:52:39		6:52:39	

Bib #	Team Name	Cat	Team Members	Kayak 8km	Trek 7-9km	Kayak 1.5km	Bike 20km	Finish Time	Penalties	Total Time	Comments
425	VRC: Trailblazer Adventure Racing	4C	Christopher Lister (Chilliwack, BC), Lisa Hall (Chilliwack, BC), Anita Verdonk (Chilliwack, BC), Terry Kellington (Chilliwack, BC)	1:14:30	2:14:19	0:32:43	3:01:47	7:03:19		7:03:19	
418	Charlie's Angels	4C	Darryl Boon (Duncan, BC), Robin Benwell (Duncan, BC), Joanna Lord (Duncan, BC), Tanya Soroka (Ladysmith, BC)	1:09:56	2:12:33	0:28:48	3:16:26	7:07:43		7:07:43	
424	VRC: CCRteamTracy	4C	Christina Halcrow (Chilliwack, BC), Robert MacDonald (Chilliwack, BC), Tracy Elmore (Chilliwack, BC), Clarence Wiens (Chilliwack, BC)	1:21:17	2:27:28	0:36:46	3:04:50	7:30:21		7:30:21	
420	Deep Woods Off Track	4C	Jon Smith (Chilliwack, BC), Heather Hibberson (Chilliwack, BC), Beverly Coles (Agassiz, BC), John Coles (Agassiz, BC)	1:22:21	3:32:56	0:24:41	2:13:13	7:33:11	2:00:00	9:33:11	
<b>TEAM OF 4 FEMALE</b>		<b>Cat</b>	<b>Name (city)</b>	<b>Kayak 8km</b>	<b>Trek 7-9km</b>	<b>Kayak 1.5km</b>	<b>Bike 20km</b>	<b>Finish Time</b>	<b>Penalties</b>	<b>Total Time</b>	<b>Comments</b>
428	Dukes of Hazzard	4F	Emily Ledingham (Victoria, BC), Sarah Goring (Vancouver, BC), Kari Frazer (Brentwood Bay, BC), Catherine Zaborowska (Vancouver, BC)		3:15:44	0:26:32	2:49:55	6:32:11		6:32:11	
431	The Gong Show	4F	Becky Gibson (Comox, BC), Jana Buckle (Comox, BC), Christine McCulloch (Courtenay, BC), Annie Handley (Comox, BC)	1:05:46	2:09:49	0:25:13	3:22:35	7:03:23		7:03:23	
430	The Devil Wears Patagonia	4F	Wendy Pollock (Vancouver, BC), Jennifer Stanick (Vancouver, BC), Teresa Ross (Vancouver, BC), Denise Jasiencyk (Vancouver, BC)	0:58:06	2:49:40	0:23:21	2:59:35	7:10:42		7:10:42	
429	SOS (Sistas on Speed)	4F	Colleen McVeigh (Vancouver, BC), Brenna Daloise (Vancouver, BC), Lesia Burianyak (Vancouver, BC), Jenny Franks (Vancouver, BC)	1:15:57	2:52:31	0:31:07	4:12:36	8:52:11		8:52:11	
427	Charlie's Almost Angels	4F	Lisa Mercer (Victoria, BC), Jodie Lundgren (Victoria, BC), Jennifer Frederiksen - Browne (Victoria, BC), Stephanie Carter (Victoria, BC)	1:20:29	3:36:39	0:31:47	2:10:53	7:39:48	5:00:00	12:39:48	
<b>TEAM OF 4 MALE</b>		<b>Cat</b>	<b>Name (city)</b>	<b>Kayak 8km</b>	<b>Trek 7-9km</b>	<b>Kayak 1.5km</b>	<b>Bike 20km</b>	<b>Finish Time</b>	<b>Penalties</b>	<b>Total Time</b>	<b>Comments</b>
432	Controlled Implosion	4M	Jeff Gallimore (Nanaimo, BC), Ron Williams (Nanaimo, BC), Jamie Gauthier (Nanaimo, BC), Jeff Croft (Nanaimo, BC)	0:51:37	1:46:07	0:20:05	2:12:18	5:10:07		5:10:07	
433	Cougar Bait	4M	Darcy Lawley (Campbell River, BC), Wade Anderson (Campbell River, BC), Jim Bean (Campbell River, BC), Sean Cunningham (Campbell River, BC)	0:56:41	1:36:32	0:26:31	2:36:57	5:36:41		5:36:41	
437	Innovative Fitness	4M	Jeff Dallin (Langley, BC), Keith Sharman (Vancouver, BC), Mark Coates (Vancouver, BC), Matthew Young (North Vancouver, BC)	0:54:55	1:44:34	0:20:51	2:48:25	5:48:45		5:48:45	
435	Global War on Terror	4M	Ian Mensher (Seattle, WA), Andrew Atkins (Seattle, WA), Eric Sigmon (Edmonds, WA), Rob Hatfield (Seattle, WA)	1:04:09	1:52:42	0:25:46	2:33:30	5:56:07		5:56:07	
426	Red Truck Beer	4M	Sam Brovender (Vancouver, BC), Don Buscombe (North Vancouver, BC), Mark James (Vancouver, BC), Bob Faulkner (North Vancouver, BC)	0:54:03	2:43:44	0:24:59	2:25:13	6:27:59		6:27:59	
434	Four Old Cox	4M	Scott Barron (Nanaimo, BC), Dale Harvey (Nanaimo, BC), Dan Brady (Nanaimo, BC), Owen Carr (Lantzville, BC)	1:07:07	2:32:59	0:30:17	2:59:29	7:09:52		7:09:52	
436	I Think We Can	4M	Adam Lawerence (Victoria, BC), Tony Dellaviola (Victoria, BC), Brian Kenworthy (Victoria, BC), Paul Hooper (Victoria, BC)	1:09:42	2:35:58	0:30:25	2:55:26	7:11:31		7:11:31	