

4C	401	Rob Rose & The Shocking Pinks'	Anne Muir	Duncan	0:55:36	2:42:34	2:38:13	0:21:13				6:37:36	
4C	401	Rob Rose & The Shocking Pinks'	Joe Schuckel	Duncan									
4C	401	Rob Rose & The Shocking Pinks'	Rhonda Ferguson	Duncan									
4C	401	Rob Rose & The Shocking Pinks'	Rob Rose	Duncan									
4C	400	Lady Rose Raptors	Marinka Daradics	Port Alberni	1:04:04	2:30:15	2:41:25	0:22:35				6:38:19	
4C	400	Lady Rose Raptors	Chris Daradics	Port Alberni									
4C	400	Lady Rose Raptors	Kevin Carter	Port Alberni									
4C	400	Lady Rose Raptors	Raquel Lightfoot	Port Alberni									
1M	107	Gary Vermette	Gary Vermette	Duncan	1:01:29	2:38:21	2:41:25	0:23:01	0:01:00			6:45:16	
1F	100	Christine Fletcher	Christine Fletcher	Vancouver	1:04:04	2:46:31	2:32:31	0:20:23	0:03:00			6:46:29	
2M	209	Jake	Dave Rolleston	Vancouver	0:44:36	2:32:00	3:04:55	0:16:33	0:02:00		0:10:00	6:50:04	
2M	209	Jake	Ryan Schwartz	Vancouver									
2M	210	Karam/Chris	Karam Bayrakal	Vancouver	1:03:18	2:24:32	2:51:28	0:22:10	0:04:00		0:10:00	6:55:28	
2M	210	Karam/Chris	Chris Scott	Vancouver									
4M	405	Port Alberni Whiskey Runners	Steve Cyr	Port Alberni	1:04:03	2:21:27	2:44:16	0:23:46	0:09:00		0:20:00	7:02:32	
4M	405	Port Alberni Whiskey Runners	Kraig Kimoto	Port Alberni									
4M	405	Port Alberni Whiskey Runners	Rick Crema	Port Alberni									
4M	405	Port Alberni Whiskey Runners	Gerry Denis	Port Alberni									
4C	402	The DT's	Trina Whittaker	Vancouver	1:03:33	2:54:43	3:06:13	0:23:34				7:28:03	
4C	402	The DT's	Theresa Andrews	Vancouver									
4C	402	The DT's	Darren Eng	Vancouver									
2F	206	Team OG	Dana Mussato	Duncan	0:57:26	2:51:21	3:18:24	0:22:49	0:02:00			7:32:00	
2F	206	Team OG	Sandy Zipser	Duncan									
4F	404	GalaxyGirls	Heather Stewart	Duncan	1:06:30	3:13:12	2:59:55	0:27:31				7:47:08	
4F	404	GalaxyGirls	Joanna Brownell	Vancouver									
4F	404	GalaxyGirls	Julia Hickey	Cowichan Bay									
4F	404	GalaxyGirls	Tania Tasaka	Burnaby									
1M	114	Wandering Pilgrim	Werner Muehlberger	Vancouver	1:28:06	3:18:39	2:37:20	0:31:12	0:03:00		1:20:00	9:18:17	
1M	105	Dave Norona	Dave Norona	North Vancouver	0:39:38	1:28:22	1:53:39	0:16:34	0:02:00			4:20:13	DQ for leaving course
1M	112	TNT Sports Stuff	Tim Loewen	Victoria	0:48:24	1:38:17	2:15:51	0:17:49	0:01:00			5:01:21	DQ for leaving course
1F	115	Pamela Fry	Pamela Fry	Victoria	1:14:30	1:15:00	3:23:17	0:31:15	n/a			6:24:02	DQ for leaving course

* Racers were required to stop mountain biking and read a story on the Cowichan Valley history, they then had to run for 500 meters to where a 10 question quiz was waiting. Solo racer were given a 1 minute penalty for every incorrect answer; Teams of Two were given 2 minutes, and Teams of Four were given 3 minutes for each incorrect answer.

** A 5 minute penalty was given for each piece of missing mandatory gear that was requested to be shown.

*** A 10 minute penalty was given for each of the 5 missed controls that teams were unable to find. An additional 30 minutes were assessed if racers didn't find any controls