

**Paddle, Pedal, Pound**  
**26 July, 2009**  
**Coordinator: Aaron Spitzer**

<u>Solos</u>	Bike	Paddle	Run	Total
1. Sean Ivens	36:50	1:40:00	37:10	<b>2:54:00</b>
2. Thomsen D'Hont	34:10	1:58:30	29:37	<b>3:02:17</b>
3. Moses Hernandez	36:57	1:54:30	35:06	<b>3:06:33</b>
4. Penny Johnson	42:01	1:41:00	44:33	<b>3:07:34</b>
5. Credence Wood	44:43	1:47:00	40:23	<b>3:12:06</b>
6. Bill Coedy	42:06	1:48:00	43:36	<b>3:13:42</b>
7. Angus Smith	38:13	1:59:00	39:29	<b>3:16:42</b>
8. Dawn Tremblay	38:02	1:53:30	49:18	<b>3:20:50</b>

<u>Teams</u>	Bike	Paddle	Run	Total
1. Ewen Affleck & Zander Affleck	38:14	1:41:00	41:36	<b>3:00:50</b>
2. Rob Dobson & Jeff Hipfner	47:55	1:43:00	46:14	<b>3:17:09</b>

<u>Relays</u>	Bike	Paddle	Run	Total		
1. Nicholas Merritt	37:51	Kevin Rattray & Garth Grunerud	1:35:00	Robin Ferguson	38:30	<b>2:51:21</b>
2. Daniel MacIsaac	39:12	Marc Casas	1:41:00	Marty Mako	32:35	<b>2:52:47</b>
3. Jill Vaydik	40:57	Steve Hatch	1:38:00	Cassandra Porter	34:18	<b>2:53:15</b>
4. Katarina Carthew	45:31	Rauri Carthew & Kirk Tyler	1:43:00	Rauri Carthew	31:20	<b>2:59:51</b>
5. Ella Mawdsley	40:10	Ella Mawdsley & Thomsen D'Hont	1:52:30	Ben Borkovic	30:02	<b>3:02:42</b>
6. Sam Gamble	37:29	Jessa Gamble & Jordan Cleary	1:48:00	Chris Gamble	43:44	<b>3:09:13</b>
7. Sarah Stephen	39:17	Sarah Stephen & Sheena Tremblay	1:47:00	Sheena Tremblay	43:44	<b>3:10:01</b>
8. Hugh Moloney	38:07	Natasha McCagg	1:56:00	Lorraine Seale	44:46	<b>3:18:51</b>
9. Bruce Smith	50:14	Bruce Smith & Angus Smith	1:47:00	Emily Smith	52:21	<b>3:29:35</b>
10. Rudy Dejadins	50:07	Rudy Dejadins & Mylene Archambault	1:56:00	Mylene Archambault	48:12	<b>3:34:19</b>
11. Bev Wilson	38:40	Bev Wilson	1:44:00	Derek Younge	1:27:31	<b>3:50:11</b>