

Overall Results

First Name	Last Name	City	Prov	Country	Age Group	Distance	Time	Swim Club	Wetsuit	Pool
Peter	Volney	Ottawa	ON	Canada	M40-49	1.5 km	0:21:24	B-Train	NW	Yes
Robert	Landriault	Gatineau	QC	Canada	M50-59	1.5 km	0:23:38	Natation Gatineau	W	
Shawn	LeCompte	Ottawa	ON	Canada	M40-49	1.5 km	0:23:53	B-Train	NW	
Joe	Thwaites	Delta	BC	Canada	M50-59	1.5 km	0:24:31	Steveston Athletic Association	NW	
David	Sharp	Ottawa	ON	Canada	M50-59	1.5 km	0:24:43		W	
Lesley	Dusevic	Ottawa	ON	Canada	F50-59	1.5 km	0:24:59	Canaqua Sports	NW	
Peter	Cosseboom	Auckland	Auckland	New Zealand	M50-59	1.5 km	0:25:40	North Shore Masters	NW	
Dana	Dusevic	Ottawa	ON	Canada	F20-29	1.5 km	0:26:18	Canaqua Sports	NW	Yes
Pranay	Sriram	Kanata	ON	Canada	M14&Under	1.5 km	0:27:48	Nepean Kanata Barracudas	NW	
Ken	Reesor	Ottawa	ON	Canada	M60-69	1.5 km	0:28:49	Ottawa Swim Masters	NW	
Jessica	DeVries	Ottawa	ON	Canada	F30-39	1.5 km	0:29:06	Iron North Studio	W	
Brigitte	Zirger	Nepean	ON	Canada	F60-69	1.5 km	0:29:14	Canaqua Sports	NW	
Bernd	Schultz	Magdeburg	Saxony	Germany	M60-69	1.5 km	0:29:22	Medizin Magdeburg	NW	Yes
Rod	Beauprie	Ottawa	ON	Canada	M50-59	1.5 km	0:29:30	Orleans ORCAS	NW	
Rosalind	Tanguay	Nepean	ON	Canada	F40-49	1.5 km	0:29:45	Canaqua Sports	W	
Peter	Sylvester	Ottawa	ON	Canada	M60-69	1.5 km	0:30:31	B-Train	NW	
Judy	Andrew Piel	Nepean	ON	Canada	F50-59	1.5 km	0:30:50	Nepean Masters	NW	
Stephane	Laurin	Ottawa	ON	Canada	M50-59	1.5 km	0:31:05		NW	Yes
Alison	Korn	Ottawa	ON	Canada	F50-59	1.5 km	0:31:55	Canaqua Sports	NW	
Elaine	Daoust	Gatineau	QC	Canada	F40-49	1.5 km	0:32:59	Natation Gatineau	W	
Sean	McElhinney	Ottawa	ON	Canada	M40-49	1.5 km	0:36:29	Canaqua Sports	NW	
Nina	Sancho	Kanata	ON	Canada	F40-49	1.5 km	0:39:08	Canaqua Sports	NW	
Graham	Ross	Merrickville	ON	Canada	M50-59	1.5 km	0:39:30	Kid with a Crayon	W	
Joseph	Balbona	Stittsville	ON	Canada	M40-49	1.5 km	0:40:26	Canaqua Sports	NW	
Kathryn	Lyons	Ottawa	ON	Canada	F40-49	1.5 km	0:42:00		NW	Yes
Christiane	Wilke	Ottawa	ON	Canada	F40-49	1.5 km	0:42:30	Canaqua Sports	NW	
Emi	Koyanagi	Ottawa	ON	Canada	F50-59	1.5 km	0:42:47	Ottawa Centre Masters	NW	Yes
Rob	Myrah	Ottawa	ON	Canada	M50-59	1.5 km	0:43:18	Ottawa Triathlon Club	NW	
Alyssa	Hébert	Elliot Lake	ON	Canada	F15-19	1.5 km	0:44:43	Elliot Lake Aquatic Club	NW	

Theresa	Kavanagh	Ottawa	ON	Canada	F60-69	1.5 km	0:45:00		NW	
Richard	Pessah	Kanata	ON	Canada	M60-69	1.5 km	0:45:45	Kid with a Crayon	W	
Shelley	Featherstone	Ottawa	ON	Canada	F50-59	1.5 km	0:51:21	Technosport	NW	
Tom	Heyerdahl	Ottawa	ON	Canada	M50-59	1.5 km	0:51:24		NW	
Sharon	Purdy	Toronto	ON	Canada	F70-79	1.5 km	0:51:53		W	
Tara	Sosnowski	Brockville	ON	Canada	F40-49	1.5 km	0:52:36		NW	
Kari	Marceau	Oxford Mills	ON	Canada	F40-49	1.5 km	1:27:11		W	
Peter	Volney	Ottawa	ON	Canada	M40-49	3 km	0:43:19	B-Train	NW	Yes
Emilia	Pech	Ottawa	ON	Canada	F50-59	3 km	0:46:01	B-Train	W	
Janice	Palmer	Ottawa	ON	Canada	F50-59	3 km	0:50:00		NW	
Shawn	LeCompte	Ottawa	ON	Canada	M40-49	3 km	0:52:08	B-Train	NW	
Tamsin	Douglas	Ottawa	ON	Canada	F50-59	3 km	0:52:10	Peak Performance	NW	
Jim	Tunney	Ottawa	ON	Canada	M50-59	3 km	0:53:00	Ottawa Swim Masters	NW	
Beth	Bellamy	Nepean	ON	Canada	F40-49	3 km	0:53:40		NW	Yes
Louis	Berube	Ottawa	ON	Canada	M60-69	3 km	0:55:00	Louis Berube	W	
Sharon	Donnelly	Ottawa	ON	Canada	F50-59	3 km	0:55:00	Orleans ORCAS	NW	
Ken	Reesor	Ottawa	ON	Canada	M60-69	3 km	0:59:12	Ottawa Swim Masters	NW	
Yasmin	Khaliq	Ottawa	ON	Canada	F50-59	3 km	1:00:00	Mermaids	NW	
Jessica	DeVries	Ottawa	ON	Canada	F30-39	3 km	1:01:25	Iron North Studio	W	
Ulrike	Swanson	Alexandria	VA	USA	F40-49	3 km	1:01:32		NW	
Tim	Scapillato	Ottawa	ON	Canada	M60-69	3 km	1:05:00	Technosport	NW	
Peter	Sylvester	Ottawa	ON	Canada	M60-69	3 km	1:06:29	B-Train	NW	
Renee	Stephen	Ottawa	ON	Canada	F40-49	3 km	1:07:20	Ottawa Centre Masters	NW	Yes
Kinsey	Spence	Woodstock	ON	Canada	F20-29	3 km	1:07:23		NW	
Richard	Barton	Ottawa	ON	Canada	M60-69	3 km	1:07:41		NW	
Alice	Hutton	Ottawa	ON	Canada	F40-49	3 km	1:08:00	Mermaids	NW	
Josué	Thervil	Gatineau	QC	Canada	M30-39	3 km	1:08:27		W	
Kim	Schryburt-Brown	Smiths Falls	ON	Canada	F40-49	3 km	1:08:53	TriDot	W	
Brigitte	Zirger	Nepean	ON	Canada	F60-69	3 km	1:09:31	Canaqua Sports	NW	

Lara	Stewart	Ottawa	ON	Canada	F40-49	3 km	1:10:00	Mermaids	NW
Pierre	Tessier	Ottawa	ON	Canada	M60-69	3 km	1:11:00		NW
Mike	Seymour	Nepean	ON	Canada	M40-49	3 km	1:11:09	Canaqua Sports	W
Jonathan	Hache	Ottawa	ON	Canada	M50-59	3 km	1:12:00	Kid with a Crayon	NW
Jenn	Ross	Merrickville	ON	Canada	F50-59	3 km	1:14:03	Kid with a Crayon	NW
Jennifer	Crain	Ottawa	ON	Canada	F40-49	3 km	1:14:32	Nepean Masters	W
Andrea	Bartels	Ottawa	ON	Canada	F40-49	3 km	1:17:12		NW
Randi	Jewer	Nepean	ON	Canada	F50-59	3 km	1:17:25		NW
Christiane	Wilke	Ottawa	ON	Canada	F40-49	3 km	1:18:12	Canaqua Sports	NW
Graeme	Barber	Ottawa	ON	Canada	M70-79	3 km	1:19:05	Technosport	W
Patricia	Filteau	Lethbridge	AB	Canada	F60-69	3 km	1:19:05		NW
Robin	Hull	Smiths Falls	ON	Canada	F40-49	3 km	1:24:32		W
Candace	Burtch	Kanata	ON	Canada	F40-49	3 km	1:24:42	Nepean Masters	NW
Theresa	Kavanagh	Ottawa	ON	Canada	F60-69	3 km	1:26:49		NW
Tom	Heyerdahl	Ottawa	ON	Canada	M50-59	3 km	1:28:19		NW
Vicki	Thomas	Ottawa	ON	Canada	F40-49	3 km	1:29:57	Nepean Masters	NW
Tara	Sosnowski	Brockville	ON	Canada	F40-49	3 km	1:37:39		NW
Andrew	Oakes	Ottawa	ON	Canada	M60-69	3 km	1:38:28		NW
Laura	Pedneault Roussel	Ottawa	ON	Canada	F30-39	3 km	1:40:20		NW
Lena	Krten	Ottawa	ON	Canada	F40-49	3 km	1:45:00		NW
Guillaume	Filion	Terrebonne	QC	Canada	M40-49	6 km	1:24:53	MACC	NW
Fraser	Anderson	Ottawa	ON	Canada	M50-59	6 km	1:36:34	Capital Wave Swimming and Water Polo	NW
Lesley	Dusevic	Ottawa	ON	Canada	F50-59	6 km	1:44:53	Canaqua Sports	NW
Ann Marie	Foley	Ottawa	ON	Canada	F50-59	6 km	1:45:30	B-Train	W
Jessica	DeVries	Ottawa	ON	Canada	F30-39	6 km	1:59:51	Iron North Studio	W
Peter	Sylvester	Ottawa	ON	Canada	M60-69	6 km	2:04:16	B-Train	NW
David	Coulas	Greely	ON	Canada	M60-69	6 km	2:06:00	B-Train	NW
Ken	Reesor	Ottawa	ON	Canada	M60-69	6 km	2:06:27	Ottawa Swim Masters	NW
John	Mclean	Greely	ON	Canada	M60-69	6 km	2:16:25	B-Train	NW
Christiane	Wilke	Ottawa	ON	Canada	F40-49	6 km	2:47:05	Canaqua Sports	NW
Theresa	Kavanagh	Ottawa	ON	Canada	F60-69	6 km	3:00:00		NW

3K No Wetsuit

First Name	Last Name	City	Province	Country	Age Group	Distance	Time	Swim Club
Janice	Palmer	Ottawa	ON	Canada	F50-59	3 km	0:50:00	
Shawn	LeCompte	Ottawa	ON	Canada	M40-49	3 km	0:52:08	B-Train
Tamsin	Douglas	Ottawa	ON	Canada	F50-59	3 km	0:52:10	Peak Performance
Jim	Tunney	Ottawa	ON	Canada	M50-59	3 km	0:53:00	Ottawa Swim Masters
Sharon	Donnelly	Ottawa	ON	Canada	F50-59	3 km	0:55:00	Orleans ORCAS
Ken	Reesor	Ottawa	ON	Canada	M60-69	3 km	0:59:12	Ottawa Swim Masters
Yasmin	Khaliq	Ottawa	ON	Canada	F50-59	3 km	1:00:00	Mermaids
Ulrike	Swanson	Alexandria	VA	USA	F40-49	3 km	1:01:32	
Tim	Scapillato	Ottawa	ON	Canada	M60-69	3 km	1:05:00	Technosport
Peter	Sylvester	Ottawa	ON	Canada	M60-69	3 km	1:06:29	B-Train
Kinsey	Spence	Woodstock	ON	Canada	F20-29	3 km	1:07:23	
Richard	Barton	Ottawa	ON	Canada	M60-69	3 km	1:07:41	
Alice	Hutton	Ottawa	ON	Canada	F40-49	3 km	1:08:00	Mermaids
Brigitte	Zirger	Nepean	ON	Canada	F60-69	3 km	1:09:31	Canaqua Sports
Lara	Stewart	Ottawa	ON	Canada	F40-49	3 km	1:10:00	Mermaids
Pierre	Tessier	Ottawa	ON	Canada	M60-69	3 km	1:11:00	
Jonathan	Hache	Ottawa	ON	Canada	M50-59	3 km	1:12:00	Kid with a Crayon
Jenn	Ross	Merrickville	ON	Canada	F50-59	3 km	1:14:03	Kid with a Crayon
Andrea	Bartels	Ottawa	ON	Canada	F40-49	3 km	1:17:12	
Randi	Jewer	Nepean	ON	Canada	F50-59	3 km	1:17:25	
Christiane	Wilke	Ottawa	ON	Canada	F40-49	3 km	1:18:12	Canaqua Sports
Patricia	Filteau	Lethbridge	AB	Canada	F60-69	3 km	1:19:05	
Candace	Burtch	Kanata	ON	Canada	F40-49	3 km	1:24:42	Nepean Masters
Theresa	Kavanagh	Ottawa	ON	Canada	F60-69	3 km	1:26:49	
Tom	Heyerdahl	Ottawa	ON	Canada	M50-59	3 km	1:28:19	
Vicki	Thomas	Ottawa	ON	Canada	F40-49	3 km	1:29:57	Nepean Masters
Tara	Sosnowski	Brockville	ON	Canada	F40-49	3 km	1:37:39	
Andrew	Oakes	Ottawa	ON	Canada	M60-69	3 km	1:38:28	
Laura	Pedneault Rousset	Ottawa	ON	Canada	F30-39	3 km	1:40:20	
Lena	Krten	Ottawa	ON	Canada	F40-49	3 km	1:45:00	

3K Wetsuit

First Name	Last Name	City	Province	Country	Age Group	Distance	Time	Swim Club
Emilia	Pech	Ottawa	ON	Canada	F50-59	3 km	0:46:01	B-Train
Louis	Berube	Ottawa	ON	Canada	M60-69	3 km	0:55:00	Louis Berube
Jessica	DeVries	Ottawa	ON	Canada	F30-39	3 km	1:01:25	Iron North Studio
Josué	Thervil	Gatineau	QC	Canada	M30-39	3 km	1:08:27	
Kim	Schryburt-Brown	Smiths Falls	ON	Canada	F40-49	3 km	1:08:53	TriDot
Mike	Seymour	Nepean	ON	Canada	M40-49	3 km	1:11:09	Canaqua Sports
Jennifer	Crain	Ottawa	ON	Canada	F40-49	3 km	1:14:32	Nepean Masters
Graeme	Barber	Ottawa	ON	Canada	M70-79	3 km	1:19:05	Technosport
Robin	Hull	Smiths Falls	ON	Canada	F40-49	3 km	1:24:32	

6K No Wetsuit

First Name	Last Name	City	Province	Country	Age Group	Distance	Time	Swim Club
Guillaume	Filion	Terrebonne	QC	Canada	M40-49	6 km	1:24:53	MACC
Fraser	Anderson	Ottawa	ON	Canada	M50-59	6 km	1:36:34	Capital Wave Swimming and Water Polo
Lesley	Dusevic	Ottawa	ON	Canada	F50-59	6 km	1:44:53	Canaqua Sports
Peter	Sylvester	Ottawa	ON	Canada	M60-69	6 km	2:04:16	B-Train
David	Coulas	Greely	ON	Canada	M60-69	6 km	2:06:00	B-Train
Ken	Reesor	Ottawa	ON	Canada	M60-69	6 km	2:06:27	Ottawa Swim Masters
John	Mclean	Greely	ON	Canada	M60-69	6 km	2:16:25	B-Train
Christiane	Wilke	Ottawa	ON	Canada	F40-49	6 km	2:47:05	Canaqua Sports
Theresa	Kavanagh	Ottawa	ON	Canada	F60-69	6 km	3:00:00	

6K Wetsuit

First Name	Last Name	City	Province	Country	Age Group	Distance	Time	Swim Club
Ann Marie	Foley	Ottawa	ON	Canada	F50-59	6 km	1:45:30	B-Train
Jessica	DeVries	Ottawa	ON	Canada	F30-39	6 km	1:59:51	Iron North Studio

1.5K No Wetsuit

First Name	Last Name	City	Province	Country	Age Group	Distance	Time	Swim Club
Shawn	LeCompte	Ottawa	ON	Canada	M40-49	1.5 km	0:23:53	B-Train
Joe	Thwaites	Delta	BC	Canada	M50-59	1.5 km	0:24:31	Steveston Athletic Association
Lesley	Dusevic	Ottawa	ON	Canada	F50-59	1.5 km	0:24:59	Canaqua Sports
Peter	Cosseboom	Auckland	Auckland	New Zealand	M50-59	1.5 km	0:25:40	North Shore Masters
Pranay	Sriram	Kanata	ON	Canada	M14&Under	1.5 km	0:27:48	Nepean Kanata Barracudas
Ken	Reesor	Ottawa	ON	Canada	M60-69	1.5 km	0:28:49	Ottawa Swim Masters
Brigitte	Zirger	Nepean	ON	Canada	F60-69	1.5 km	0:29:14	Canaqua Sports
Rod	Beauprie	Ottawa	ON	Canada	M50-59	1.5 km	0:29:30	Orleans ORCAS
Peter	Sylvester	Ottawa	ON	Canada	M60-69	1.5 km	0:30:31	B-Train
Judy	Andrew Piel	Nepean	ON	Canada	F50-59	1.5 km	0:30:50	Nepean Masters
Alison	Korn	Ottawa	ON	Canada	F50-59	1.5 km	0:31:55	Canaqua Sports
Sean	McElhinney	Ottawa	ON	Canada	M40-49	1.5 km	0:36:29	Canaqua Sports
Nina	Sancho	Kanata	ON	Canada	F40-49	1.5 km	0:39:08	Canaqua Sports
Joseph	Balbona	Stittsville	ON	Canada	M40-49	1.5 km	0:40:26	Canaqua Sports
Christiane	Wilke	Ottawa	ON	Canada	F40-49	1.5 km	0:42:30	Canaqua Sports
Rob	Myrah	Ottawa	ON	Canada	M50-59	1.5 km	0:43:18	Ottawa Triathlon Club
Alyssa	Hébert (Paraswimmer)	Elliot Lake	ON	Canada	F15-19	1.5 km	0:44:43	Elliot Lake Aquatic Club
Theresa	Kavanagh	Ottawa	ON	Canada	F60-69	1.5 km	0:45:00	
Shelley	Featherstone	Ottawa	ON	Canada	F50-59	1.5 km	0:51:21	Technosport
Tom	Heyerdahl	Ottawa	ON	Canada	M50-59	1.5 km	0:51:24	
Tara	Sosnowski	Brockville	ON	Canada	F40-49	1.5 km	0:52:36	

1.5K Wetsuit

First Name	Last Name	City	Province	Country	Age Group	Distance	Time	Swim Club
Robert	Landriault	Gatineau	QC	Canada	M50-59	1.5 km	0:23:38	Natation Gatineau
David	Sharp	Ottawa	ON	Canada	M50-59	1.5 km	0:24:43	
Jessica	DeVries	Ottawa	ON	Canada	F30-39	1.5 km	0:29:06	Iron North Studio
Rosalind	Tanguay	Nepean	ON	Canada	F40-49	1.5 km	0:29:45	Canaqua Sports
Elaine	Daoust	Gatineau	QC	Canada	F40-49	1.5 km	0:32:59	Natation Gatineau
Graham	Ross	Merrickville	ON	Canada	M50-59	1.5 km	0:39:30	Kid with a Crayon
Richard	Pessah	Kanata	ON	Canada	M60-69	1.5 km	0:45:45	Kid with a Crayon
Sharon	Purdy	Toronto	ON	Canada	F70-79	1.5 km	0:51:53	
Kari	Marceau	Oxford Mills	ON	Canada	F40-49	1.5 km	1:27:11	

Pool Swim

First Name	Last Name	City	Prov	Country	Age Group	Distance	Time	Swim Club
Peter	Volney	Ottawa	ON	Canada	M40-49	1.5 km	0:21:24	B-Train
Dana	Dusevic	Ottawa	ON	Canada	F20-29	1.5 km	0:26:18	Canaqua Sports
Bernd	Schultz	Magdeburg	Saxony	Germany	M60-69	1.5 km	0:29:22	Medizin Magdeburg
Stephane	Laurin	Ottawa	ON	Canada	M50-59	1.5 km	0:31:05	
Kathryn	Lyons	Ottawa	ON	Canada	F40-49	1.5 km	0:42:00	
Emi	Koyanagi	Ottawa	ON	Canada	F50-59	1.5 km	0:42:47	Ottawa Centre Masters
Peter	Volney	Ottawa	ON	Canada	M40-49	3 km	0:43:19	B-Train
Beth	Bellamy	Nepean	ON	Canada	F40-49	3 km	0:53:40	
Renee	Stephen	Ottawa	ON	Canada	F40-49	3 km	1:07:20	Ottawa Centre Masters

Team Results

Canaqua Sports	14
B-Train	11
Nepean Masters	4
Kid with a Crayon	4
Ottawa Swim Masters	4
Technosport	3
Mermaids	3
Iron North Studio	3
Ottawa Centre Masters	2
Orleans ORCAS	2
Natation Gatineau	2
Elliot Lake Aquatic Club	1
MACC	1
North Shore Masters	1
Ottawa Triathlon Club	1
Peak Performance	1
Steveston Athletic Assoc	1
TriDot	1
Captial Wave Swimming and Water Polo	1