

THE K-TOWN TRIATHLON

Kingston, Ontario, July 24th, 1994

Overall Results Long Course Triathlon

FINISH				2000m				56.2km				15km					
Pos	Time	Name	City	Category		SWIM		BIKE		RUN		Cat	Ovr	Time	Mile		
				Plc/Total	#	Cat	Ovr	Time	/100	Cat	Ovr					Time	km/hr
1	2:56:12	Tim LANG	Ottawa	1/49	F 8	2	11	29:48	1:29	6	13	1:31:13	37.0	1	1	55:11	5:53
2	2:56:29	Martin DUCHESNE	Chelsea	1/38	E 5	2	8	28:59	1:27	1	2	1:29:03	37.9	2	8	58:27	6:14
3	2:57:25	Kevin DENNIS		1/25	D 27	3	12	29:48	1:29	3	14	1:31:16	36.9	2	3	56:21	6:01
4	2:57:41	Marc PELLETIER	Ottawa	2/49	F 19	3	17	30:53	1:33	1	3	1:29:14	37.8	2	7	57:34	6:08
5	2:59:09	Jeff BEECH	Waterloo	2/25	D 24	6	16	30:16	1:31	4	16	1:31:38	36.8	3	6	57:15	6:06
6	2:59:44	Curt EGGERS	N. Tonawanda	1/30	G 124	3	26	32:20	1:37	1	1	1:27:49	38.4	2	13	59:35	6:21
7	3:00:54	Randy ZAB	Etobicoke	3/25	D 238	11	37	32:56	1:39	5	17	1:31:44	36.8	1	2	56:14	6:00
8	3:02:32	Mike HILLIARD	Hamilton	4/25	D 29	1	2	27:55	1:24	1	5	1:29:25	37.7	9	41	1:05:12	6:57
9	3:04:20	Jay MYATT	London	5/25	D 4	8	24	32:12	1:37	7	23	1:32:14	36.6	5	16	59:54	6:23
10	3:04:30	Steve WILLIAMS	Hamilton	6/25	D 43	4	14	30:05	1:30	2	9	1:29:52	37.5	8	37	1:04:33	6:53
11	3:05:03	Peter DOYLE	Kingston	3/49	F 7	6	30	32:42	1:38	8	25	1:32:26	36.5	4	17	59:55	6:23
12	3:05:22	Devasish PAUL	Ottawa	2/38	E 6	6	39	32:57	1:39	2	18	1:31:51	36.7	7	21	1:00:34	6:28
13	3:06:14	Francois ALLAIRE	Hull	1/2	A 1	2	20	31:33	1:35	1	7	1:29:28	37.7	1	42	1:05:13	6:57
	3:06:28	John BENNETT		3/38	E 49	8	49	33:21	1:40	6	31	1:33:57	35.9	3	9	59:10	6:19
15	3:06:40	Carl CAMPION	Peterborough	4/49	F 78	26	111	37:56	1:54	2	4	1:29:18	37.8	3	11	59:26	6:20
16	3:06:45	Paul MORFITT	Kingston	2/30	G 132	9	77	35:19	1:44	4	19	1:31:52	36.7	1	12	59:34	6:21
17	3:07:21	Key PETERS	Mississauga	4/38	E 68	12	69	34:45	1:44	3	21	1:32:04	36.6	6	20	1:00:32	6:27
18	3:07:31	Ron GOW	Peterborough	5/49	F 239	5	21	31:36	1:35	4	10	1:30:18	37.3	12	44	1:05:37	7:00
19	3:08:02	Richard BENNETT	Saut Ste. Mar	3/30	G 120	4	28	32:37	1:38	2	8	1:29:36	37.6	8	46	1:05:49	7:01
20	3:08:31	Roger CARROLL	Ottawa	6/49	F 79	10	46	33:10	1:40	5	12	1:30:50	37.1	10	36	1:04:31	6:53
21	3:08:40	Steve JONES	Brampton	4/30	G 235	7	57	33:52	1:42	3	15	1:31:25	36.9	6	30	1:03:23	6:46
22	3:09:33	Mark LIXTON	Mississauga	2/2	A 2	1	9	29:00	1:27	2	11	1:30:34	37.2	2	85	1:09:59	7:28
23	3:09:57	Robert D'ARRAS	Nepean	5/30	G 123	12	84	35:28	1:46	5	27	1:32:48	36.3	3	24	1:01:41	6:35
24	3:10:12	Toni O'KEEFFE	Cold Lake	7/49	F 106	11	55	33:47	1:41	9	32	1:34:07	35.8	6	25	1:02:18	6:39
25	3:11:27	Tom STEFOPULOS	Windsor	8/49	F 250	30	128	39:20	1:58	7	22	1:32:07	36.6	5	18	1:00:00	6:24
26	3:11:32	Clive MORGAN	Kingston	6/30	G 11	1	4	28:36	1:26	6	28	1:33:17	36.1	9	79	1:09:39	7:26
27	3:11:46	Vince FERES	Stittsville	7/30	G 257	11	83	35:27	1:46	8	30	1:33:32	36.1	5	27	1:02:47	6:42
28	3:12:00	Alec HULL		5/38	E 61	3	13	30:00	1:30	11	54	1:37:33	34.6	10	35	1:04:27	6:52
29	3:12:07	Trevor MACHILLAN	Ottawa	7/25	D 3	2	6	28:47	1:26	6	20	1:31:59	36.7	13	97	1:11:21	7:37
30	3:12:15	Lynne MCALLISTER	Ottawa	1/3	B 10	3	27	32:22	1:37	1	33	1:34:43	35.6	1	40	1:05:10	6:57
31	3:12:30	Brad ARNDT	London	6/38	E 45	17	94	36:25	1:49	7	34	1:34:51	35.6	8	23	1:01:14	6:32
32	3:13:07	Mike NEILL	Kingston	8/25	D 39	18	90	35:45	1:47	11	49	1:37:03	34.7	6	19	1:00:19	6:26
33	3:14:02	Mike MEDLAND	Burlington	9/25	D 35	5	15	30:12	1:31	9	39	1:35:18	35.4	12	73	1:08:32	7:19
34	3:14:20	John GRACE	Georgetown	1/17	H 156	7	131	39:29	1:58	5	62	1:38:25	34.3	1	4	56:26	6:01
35	3:14:32	Bob HARRIS	Gloucester	2/17	H 157	2	29	32:39	1:38	2	40	1:35:19	35.4	2	52	1:06:34	7:06
36	3:14:48	Scott O'CONNOR	Kanata	7/38	E 262	28	173	42:48	2:08	8	38	1:35:17	35.4	1	5	56:43	6:03
37	3:14:50	Reid D. SIRRS		9/49	F 114	4	19	31:25	1:34	13	46	1:36:41	34.9	15	55	1:06:44	7:07
38	3:15:11	Shelley MACKAY	Ottawa	1/9	Q 266	2	61	34:15	1:43	1	35	1:34:51	35.6	2	49	1:06:05	7:03
39	3:15:18	Michael TYSHENKO		10/49	F 119	7	35	32:54	1:39	3	6	1:29:26	37.7	30	107	1:12:58	7:47
40	3:15:25	Hans PLUG	Kanata	8/30	G 140	2	5	28:46	1:26	9	47	1:36:54	34.8	10	80	1:09:45	7:26

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FINISH				Category		2000m				56.2km			15km				
Pos	Time	Name	City	Plc/Total	#	SWIM		BIKE		BIKE		RUN					
						Cat	Ovr	Time	/100	Cat	Ovr	Time	km/hr	Cat	Ovr	Time	Mile
41	3:16:07	Dan HOWAT	Toronto	8/38	E 236	4	32	32:49	1:38	24	113	1:44:08	32.4	4	10	59:10	6:19
42	3:16:35	Harry BARNES	Campbellvill	1/16	J 170	3	103	36:54	1:51	2	69	1:38:43	34.2	1	22	1:00:58	6:30
43	3:17:08	Chris LYNAM	Kingston	10/25	D 33	10	36	32:55	1:39	13	59	1:38:09	34.4	10	47	1:06:04	7:03
44	3:17:33	Norman O'REILLY	Waterloo	11/49	F 107	8	41	33:02	1:39	10	43	1:35:35	35.3	19	75	1:08:56	7:21
45	3:17:35	Stephen CRAWFORD	Kanata	9/38	E 56	13	73	35:00	1:45	4	24	1:32:23	36.5	22	88	1:10:12	7:29
46	3:17:52	William SAWYER-BOWDEN	Chatham	12/49	F 110	24	99	36:47	1:50	15	56	1:37:43	34.5	7	29	1:03:22	6:46
47	3:17:54	Michel ELIBANI	Aylmer	11/25	D 28	15	56	33:49	1:41	10	42	1:35:34	35.3	11	72	1:08:31	7:19
48	3:18:09	Jeff MORRIS		9/30	G 134	14	107	37:01	1:51	13	65	1:38:36	34.2	4	26	1:02:32	6:40
49	3:18:15	Michael MCKENNA	Nepean	13/49	F 256	14	70	34:45	1:44	14	51	1:37:26	34.6	13	48	1:06:04	7:03
50	3:18:19	Sharon DONNELLY	Petaawawa	2/3	B 18	1	10	29:43	1:29		79	1:40:26	33.6	2	69	1:08:10	7:16
51	3:18:24	Martin RAYMOND		14/49	F 9	1	7	28:54	1:27	17	63	1:38:25	34.3	25	94	1:11:05	7:35
52	3:18:26	Fast Eddy RECHNITZER	Ottawa	10/38	E 69	9	64	34:25	1:43	9	41	1:35:29	35.3	17	74	1:08:32	7:19
53	3:18:44	Jim PAUL	Nepean	10/30	G 138	13	86	35:35	1:47	7	29	1:33:17	36.1	11	82	1:09:52	7:27
54	3:19:03	Jim CURRIE	Pierrrefond	15/49	F 85	15	71	34:50	1:45	21	78	1:40:21	33.6	8	32	1:03:52	6:49
55	3:19:15	Mike MYERS	Kingston	11/38	E 66	16	80	35:24	1:46	23	111	1:44:03	32.4	5	14	59:48	6:23
56	3:19:23	Hilary WATT	Vancouver	2/9	Q 16	3	82	35:26	1:46	2	72	1:39:01	34.1	1	39	1:04:56	6:56
57	3:19:48	Gary TRANMER	Kingston	3/17	H 167	1	25	32:19	1:37	4	55	1:37:36	34.5	6	83	1:09:53	7:27
58	3:21:07	Doug THOMPSON	Brampton	12/38	E 259	1	3	28:05	1:24	16	81	1:40:36	33.5	23	103	1:12:26	7:44
59	3:21:16	Mark BAILLON		13/38	E 46	10	65	34:28	1:43	10	48	1:36:55	34.8	20	84	1:09:53	7:27
60	3:22:07	Chris GORE		4/17	H 155	5	112	37:56	1:54	3	53	1:37:30	34.6	3	54	1:06:41	7:07
61	3:22:18	Griff MURPHY	Kingston	16/49	F 104	9	45	33:08	1:39	16	60	1:38:22	34.3	24	92	1:10:48	7:33
62	3:22:28	Daniel MAJNGUY	Borden	14/38	E 62	18	96	36:35	1:50	13	71	1:38:48	34.1	12	56	1:07:05	7:09
63	3:22:36	Tracey SCHEFTER		3/9	Q 14	4	105	36:56	1:51	3	74	1:39:19	34.0	3	50	1:06:21	7:05
64	3:22:51	Darren MURPHY	Hamilton	12/25	D 37	22	129	39:22	1:58	17	110	1:43:39	32.5	4	15	59:50	6:23
65	3:22:59	Stephan THEBEN		15/38	E 72	5	33	32:51	1:39	17	82	1:40:36	33.5	18	78	1:09:32	7:25
66	3:23:02	John MARSHALL	London	17/49	F 99	23	98	36:45	1:50	24	89	1:41:55	33.1	9	34	1:04:22	6:52
67	3:23:37	Douglas BLADES	Oakville	16/38	E 50	31	183	43:33	2:11	5	26	1:32:41	36.4	13	59	1:07:23	7:11
68	3:23:39	Andrea COLETTA	Ottawa	4/9	Q 208	1	43	33:05	1:39	5	103	1:42:54	32.8	5	64	1:07:40	7:13
69	3:24:00	Mike SULLIVAN	New Brunswick	18/49	F 249	22	97	36:44	1:50	22	83	1:40:38	33.5	14	53	1:06:38	7:06
70	3:24:01	Ken CORNELIUS	Bowmanville	19/49	F 82	19	91	35:52	1:48	19	73	1:39:02	34.0	21	77	1:09:07	7:22
71	3:24:40	Vincent BARBEE	Toronto	5/17	H 152	11	163	42:09	2:06	1	37	1:35:04	35.5	4	62	1:07:27	7:12
72	3:24:42	Taylor DOWSLEY	Kingston	17/38	E 261									28	129	1:17:11	8:14
73	3:24:58	Paul MACQUEEN	Ottawa	20/49	F 233	32	139	40:33	2:02	12	45	1:36:30	34.9	18	67	1:07:55	7:15
74	3:25:49	Eric CLARK		13/25	D 26	16	72	34:55	1:45	19	128	1:46:36	31.6	7	33	1:04:18	6:52
75	3:25:52	Dean HEMSON	Ottawa	18/38	E 60	7	42	33:03	1:39	12	64	1:38:28	34.2	25	115	1:14:21	7:56
76	3:26:08	Doug JOMETT	London	21/49	F 96	25	100	36:48	1:50	18	68	1:38:42	34.2	23	90	1:10:38	7:32
77	3:26:19	Bill MILLER	London	22/49	F 102	37	155	41:25	2:04	11	44	1:35:51	35.2	20	76	1:09:03	7:22
78	3:26:25	Ke-Hung LAW	Kingston	14/25	D 31	19	95	36:27	1:49	12	50	1:37:16	34.7	14	104	1:12:42	7:45
79	3:26:30	Bruce ACKMAN	Bath	23/49	F 74	20	92	35:55	1:48	28	108	1:43:21	32.6	16	57	1:07:14	7:10
80	3:26:39	Joanne BAPTISTE	Ottawa	1/4	T 255	1	125	39:14	1:58	1	75	1:39:34	33.9	1	66	1:07:51	7:14

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FINAL			2000m				56.2km			15km								
Pos	Time	Name	City	Category	Plc/Total	#	SWIM			BIKE			RUN					
							Cat	Ovr	Time /100	Cat	Ovr	Time km/hr	Cat	Ovr	Time Mile			
81	3:26:45	G. Ian BLADON	Toronto	19/38	E	51	21	126	39:15	1:58	14	76	1:40:03	33.7	15	63	1:07:27	7:12
82	3:26:47	John PURDY	London	6/17	H	164	3	48	33:18	1:40	6	87	1:41:31	33.2	9	101	1:11:58	7:41
83	3:26:51	Alberto PADILLA	Ottawa	11/30	G	137	20	169	42:27	2:07	14	70	1:38:47	34.1	7	45	1:05:37	7:00
84	3:27:07	David BROWN	Kenata	20/38	E	53	20	106	36:56	1:51	21	100	1:42:47	32.8	14	60	1:07:24	7:11
85	3:27:14	Lusa MUHTADIE	Brampton	1/1	N	263	1	102	36:51	1:51	1	104	1:42:59	32.7	1	61	1:07:24	7:11
86	3:27:15	Leo ANYOTTE	Montreal	1/5	L	194	1	75	35:07	1:45	2	112	1:44:04	32.4	1	68	1:08:04	7:16
87	3:27:48	Damon DAGNONE	Kingston	15/25	D	264	9	34	32:52	1:39	15	84	1:40:50	33.4	16	113	1:14:06	7:54
88	3:28:06	Rick FLOODY	Courtice	2/16	J	175	8	172	42:40	2:08	3	96	1:42:28	32.9	2	28	1:02:58	6:43
89	3:28:54	Grant THOMPSON	Orleans	12/30	G	146	8	66	34:30	1:44	10	52	1:37:26	34.6	17	127	1:16:58	8:13
90	3:29:01	Stephen HINTON	Kingston	13/30	G	128	6	53	33:39	1:41	16	97	1:42:29	32.9	13	106	1:12:53	7:46
91	3:29:16	Bob CHIASSON	Ottawa	1/10	K	187	2	88	35:38	1:47	2	125	1:46:23	31.7	1	58	1:07:15	7:10
92	3:29:17	Bill BLAIR	Peterborough	24/49	F	75	36	151	41:10	2:04	25	101	1:42:47	32.8	11	43	1:05:20	6:58
93	3:30:18	David VRANCH	London	1/3	C	22	1	1	27:54	1:24	2	90	1:41:55	33.1	1	153	1:20:29	8:35
94	3:30:28	Michael FEDELE	Cold Lake	21/38	E	254	22	135	40:06	2:00	29	123	1:45:44	31.9	11	38	1:04:38	6:54
95	3:30:59	Sharon BAILLON		5/9	Q	12	8	180	43:22	2:10	4	85	1:41:09	33.3	4	51	1:06:28	7:05
96	3:31:10	Michael SCHIFF	Toronto	14/30	G	267	5	31	32:42	1:38	15	92	1:41:59	33.1	16	124	1:16:29	8:09
97	3:31:16	Christopher SIMS	Nepean	25/49	F	112	27	113	38:00	1:54	27	106	1:43:12	32.7	22	86	1:10:04	7:28
98	3:31:28	Missy PARENT	Waterloo	1/5	P	206	5	130	39:24	1:58	1	88	1:41:34	33.2	1	89	1:10:30	7:31
99	3:31:59	Joe FABRI	Richmond Hill	15/30	G	126	10	81	35:25	1:46	11	57	1:37:48	34.5	21	141	1:18:46	8:24
100	3:32:04	Aubrey FLETCHER	Kingston	22/38	E	247		133	39:41	1:59	19	95	1:42:18	33.0	21	87	1:10:05	7:29
101	3:32:24	Iona WYNTER	Quebec	3/3	B	17	2	23	32:03	1:36	2	144	1:49:26	30.8	3	93	1:10:55	7:34
102	3:32:44	Tim LANNAN	Petawawa	23/38	E	248	24	146	40:48	2:02	18	94	1:42:08	33.0	19	81	1:09:48	7:27
103	3:33:20	Rod CAMPBELL	Oakville	3/16	J	240	4	108	37:03	1:51	1	66	1:38:37	34.2	4	131	1:17:40	8:17
104	3:33:36	Terry MOXEON	Chatham	24/38	E	63	14	76	35:18	1:46	15	80	1:40:31	33.5	29	135	1:17:47	8:18
105	3:34:12	Joe MCALLISTER	Ottawa	26/49	F	100	21	93	35:57	1:48	31	129	1:46:40	31.6	28	100	1:11:35	7:38
106	3:34:16	Graham ANDERSON	Oakville	25/38	E	44	19	101	36:50	1:51	25	114	1:44:08	32.4	24	109	1:13:18	7:49
107	3:35:33	Stephen GAUNT	Kingston	27/49	F	91	17	85	35:31	1:47	32	138	1:48:43	31.0	27	96	1:11:19	7:36
108	3:36:00	Thomas TETZ	Elmira	28/49	F	117	41	174	42:48	2:08	30	122	1:45:31	32.0	17	65	1:07:41	7:13
109	3:36:18	Sarah CARTER	Chelsea	2/5	P	203	4	119	38:32	1:56	3	115	1:44:08	32.4	2	111	1:13:38	7:51
110	3:36:44	Stephen POWELL		29/49	F	108	16	79	35:22	1:46	26	105	1:43:09	32.7	32	137	1:18:13	8:21
111	3:37:22	Udo BLECHNER	Dollard Des O	2/10	K	186	4	120	38:36	1:56	1	98	1:42:30	32.9	2	122	1:16:16	8:08
112	3:38:26	Steven DEVEREAUX	Hornell Heigh	30/49	F	86	13	63	34:20	1:43	20	77	1:40:07	33.7	38	169	1:23:59	8:57
113	3:38:33	Kim CHETWIND	Markham	3/5	P	204	3	104	36:55	1:51	2	93	1:42:02	33.0	3	147	1:19:36	8:29
114	3:39:28	John VARTY	Kingston	16/25	D	41	14	52	33:29	1:40	20	134	1:48:19	31.1	17	132	1:17:40	8:17
115	3:39:31	Tim MICHAEL	Burlington	7/17	H	162	10	149	40:58	2:03	9	132	1:47:47	31.3	7	91	1:10:46	7:33
116	3:39:31	Shirley JOHANSEN	Ottawa	1/9	S	223	1	44	33:06	1:39	2	156	1:52:17	30.0	1	114	1:14:08	7:54
117	3:40:02	Ke-Yu LAW	Kingston	17/25	D	32	12	40	33:01	1:39	14	61	1:38:24	34.3	21	190	1:28:37	9:27
118	3:40:33	Ben MINICUCCI	Kingston	26/38	E	64	26	161	41:55	2:06	20	99	1:42:32	32.9	26	120	1:16:06	8:07
119	3:40:38	Robert SHAWKI	Hamilton	27/38	E	70	25	152	41:12	2:04	31	152	1:51:11	30.3	16	71	1:08:15	7:17
120	3:40:41	Allan ROWSELL	Oshawa	8/17	H	165	6	123	38:47	1:56	8	130	1:46:43	31.6	10	117	1:15:11	8:01

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FINAL					2000m				56.2km			15km						
Pos	Time	Name	City	Category	Plc/Total	#	SWIM		BIKE			RUN						
							Cat	Ovr	Time	/100	Cat	Ovr	Time	km/hr	Cat	Ovr	Time	Min
121	3:40:44	Allan ELLIOTT	Chateauguey	16/30	G	125	21	170	42:30	2:08	12	58	1:38:04	34.4	23	151	1:20:10	8:33
122	3:40:52	Tom COLLINS	London	2/5	L	195	2	150	41:08	2:03	1	91	1:41:58	33.1	3	134	1:17:46	8:18
123	3:41:06	Jim WHITSTONE	Toronto	31/49	F	243	28	114	38:01	1:54	34	147	1:50:20	30.6	29	105	1:12:45	7:46
124	3:41:15	Giuseppe TANCREDI	Toronto	17/30	G	237	25	202	47:03	2:21	17	102	1:42:47	32.8	12	99	1:11:25	7:37
125	3:41:18	Anne RAYMOND	Kingston	1/6	R	217	2	54	33:41	1:41	2	141	1:49:02	30.9	2	140	1:18:35	8:23
126	3:42:13	Ken SULLIVAN	Markham	9/17	H	166	9	142	40:40	2:02	10	165	1:53:20	29.8	5	70	1:08:13	7:17
127	3:42:16	David WALL	Kingston	18/30	G	147	22	185	43:44	2:11	18	120	1:45:15	32.0	14	108	1:13:17	7:49
128	3:42:28	Darren HUNTER		18/25	D	30	23	178	43:02	2:09	18	124	1:45:51	31.9	15	110	1:13:35	7:51
129	3:43:31	Eldon BROWN		19/25	D	25	17	87	35:37	1:47	16	107	1:43:17	32.6	20	174	1:24:37	9:02
130	3:44:28	Scott CHALLENGER	Gloucester	32/49	F	80	34	144	40:46	2:02	23	86	1:41:10	33.3	36	166	1:22:32	8:48
131	3:45:30	Joe BAKER		28/38	E	47	32	192	44:26	2:13	27	118	1:44:39	32.2	27	123	1:16:25	8:09
132	3:45:46	Greg T. PACE	Burlington	19/30	G	136	17	127	39:17	1:58	21	143	1:49:21	30.8	18	128	1:17:08	8:14
133	3:46:10	Marcela GARZON	Kitchener	4/5	P	205	2	74	35:04	1:45	4	136	1:48:41	31.0	4	164	1:22:25	8:47
134	3:46:34	Timothy FAVERI	Toronto	29/38	E	59	27	164	42:13	2:07	26	116	1:44:17	32.3	31	149	1:20:04	8:32
135	3:47:41	Judy RYNBEEK		2/6	R	15	1	50	33:24	1:40	1	135	1:48:24	31.1	3	180	1:25:53	9:10
136	3:48:15	Simon BARON	Huntsville	20/25	D	23	21	124	38:51	1:57	23	150	1:50:53	30.4	18	139	1:18:31	8:23
137	3:48:18	Brendan POWELL	Toronto	21/25	D	40	7	22	31:53	1:36	8	36	1:34:56	35.5	23	218	1:41:29	10:49
138	3:49:14	Doug SOUTHERLAND		33/49	F	115	42	176	42:55	2:09	38	174	1:55:07	29.3	26	95	1:11:12	7:36
139	3:49:20	Joseph R. HALL		34/49	F	93	39	159	41:48	2:05	37	161	1:52:42	29.9	31	116	1:14:50	7:59
140	3:49:37	Steve MCNEVY	Claremont	20/30	G	131	19	162	42:01	2:06	22	146	1:50:00	30.7	19	130	1:17:36	8:17
141	3:49:39	Margaret O'BRIEN	Nepean	3/6	R	216	5	165	42:14	2:07	4	173	1:55:05	29.3	1	102	1:12:20	7:43
142	3:50:02	Mari DRAPEAU	Quebec	5/5	P	251	1	18	31:02	1:33	5	171	1:54:53	29.4	5	172	1:24:07	8:58
143	3:50:32	Morris O'CALLAGHAN	Ottawa	4/16	J	182	2	47	33:16	1:40	10	176	1:55:15	29.3	9	160	1:22:01	8:45
144	3:50:56	David WATT	Kingston	30/38	E	73	15	78	35:21	1:46	32	181	1:56:11	29.0	30	145	1:19:24	8:28
145	3:51:21	Norman BOURGEOIS	Gloucester	35/49	F	76	18	89	35:42	1:47	29	117	1:44:23	32.3	43	196	1:31:16	9:44
146	3:52:17	Tim BECHARD	Kingston	31/38	E	48	33	193	44:47	2:14	35	205	2:03:58	27.2	9	31	1:03:32	6:47
147	3:52:30	Wolfgang HOEKSMAN	Chatham	5/16	J	178	10	213	48:50	2:27	5	145	1:49:41	30.7	3	112	1:13:59	7:53
148	3:52:40	Heidi SCHELLHORN		4/6	R	219	3	62	34:18	1:43	3	153	1:51:34	30.2	4	183	1:26:48	9:16
149	3:53:01	John LESARGE		10/17	H	159	13	182	43:31	2:11	7	119	1:45:07	32.1	14	173	1:24:23	9:00
150	3:53:33	Robert MCCALDON	Hartington	3/5	L	196	4	188	43:65	2:12	3	163	1:52:56	29.9	2	125	1:16:42	8:11
151	3:54:21	Don FARQUHAR	North Bay	6/16	J	174	6	154	41:22	2:04	7	157	1:52:17	30.0	8	154	1:20:42	8:36
152	3:55:00	Stephen NICHOLL	Ottawa	36/49	F	105	33	140	40:37	2:02	36	160	1:52:39	29.9	35	158	1:21:44	8:43
153	3:55:18	Richard ATTWOOLL	Whitby	7/16	J	168	9	175	42:53	2:09	9	170	1:54:34	29.4	5	136	1:17:51	8:18
154	3:55:20	David SPIELVOGEL	Toronto	21/30	G	145	28	223	51:19	2:34	20	137	1:48:42	31.0	15	118	1:15:19	8:02
155	3:55:24	Michael BROEKHOVEN	Kingston	32/38	E	52	11	68	34:37	1:44	28	121	1:45:21	32.0	37	206	1:35:26	10:11
156	3:56:50	Dan BODDEN	Hamilton	33/38	E	258	34	203	47:04	2:21	22	109	1:43:32	32.6	33	181	1:26:14	9:12
157	3:57:45	Joan TRAMMER	Kingston	2/4	T	230	2	157	41:37	2:05	2	149	1:50:29	30.5	4	178	1:25:39	9:08
158	3:58:12	Joe GATI	Oshawa	3/10	K	190	5	136	40:24	2:01	3	158	1:52:27	30.0	6	177	1:25:21	9:06
159	3:58:19	Dan SINAI	Kanata	37/49	F	113	29	122	38:43	1:56	42	192	1:59:37	28.2	33	148	1:19:59	8:32
160	3:58:23	Rick BRANCHAND	Nepean	22/30	G	121	15	115	38:04	1:54	23	162	1:52:54	29.9	26	187	1:27:25	9:19

THE K-TOWN TRIATHLON

Kingston, Ontario, July 24th, 1994

Overall Results Long Course Triathlon

FINN				200m					56.2km			15km						
Pos	Time	Name	City	Category	Plc/Total	#	SWIM			BIKE			RUN					
							Cat	Ovr	Time /100	Cat	Ovr	Time km/hr	Cat	Ovr	Time Mile			
161	3:59:14	Graham SHEPARD	Watertown	23/30	G	143	16	121	38:37	1:56	19	133	1:48:17	31.1	27	198	1:32:20	9:51
162	3:59:15	Peter BELL		4/10	K	184	9	200	46:48	2:20	5	167	1:53:29	29.7	3	144	1:18:58	8:25
163	3:59:15	Maurice GALLAGHER	West Hill	38/49	F	90	47	198	46:26	2:19	35	154	1:51:51	30.1	34	155	1:20:58	8:38
164	3:59:35	Ken MOORE	Ottawa	34/38	E	65	23	137	40:26	2:01	30	151	1:50:58	30.4	34	189	1:28:11	9:24
165	3:59:49	William COOPER	Harrowsmith	39/49	F	81	43	177	42:59	2:09		126	1:46:26	31.7	42	193	1:30:24	9:39
166	3:59:50	Dale JANISSE	Carlsbad Spri	40/49	F	95	49	210	48:22	2:25	33	139	1:48:46	31.0	37	167	1:22:42	8:49
167	3:59:51	Cindy FOSTER	Toronto	5/6	R	214	4	109	37:25	1:52	5	177	1:55:24	29.2	5	186	1:27:02	9:17
168	3:59:55	David ANDREW	Kingston	11/17	H	151	15	212	48:43	2:26	11	178	1:55:28	29.2	11	119	1:15:44	8:05
169	4:00:00	Barb MINICUCCI	Kingston	6/9	Q	211	7	160	41:49	2:05	6	188	1:58:07	28.5	6	150	1:20:04	8:32
170	4:00:05	T.J. MADDELL	Toronto	22/25	D	42	25	211	48:41	2:26	21	140	1:48:59	30.9	19	165	1:22:25	8:47
171	4:00:25	Lester FEARMAN	Scarborough	12/17	H	154	12	167	42:16	2:07	13	193	1:59:43	28.2	12	138	1:18:26	8:22
172	4:01:36	Patty PRESUNKA	Ottawa	2/9	S	225	2	118	38:13	1:55	1	155	1:52:16	30.0	6	195	1:31:07	9:43
173	4:01:36	Viola A. BURKE	North Bay	3/4	T	228	3	207	47:53	2:24	3	166	1:53:28	29.7	3	152	1:20:15	8:34
174	4:01:43	Daniel LAPOINTE		13/17	H	158	14	186	43:46	2:11	12	179	1:55:33	29.2	13	163	1:22:24	8:47
175	4:01:53	Serge LABBE	Kingston	14/17	H	244	16	217	49:31	2:29	14	197	2:00:59	27.9	8	98	1:11:23	7:37
176	4:03:56	Nebbie JANISSE	Carlsbad Spri	3/9	S	222	5	199	46:29	2:19	3	159	1:52:34	30.0	5	175	1:24:53	9:03
177	4:04:34	Trevor VOYLES	Kingston	8/16	J	183	14	230	54:44	2:44	6	148	1:50:24	30.5	7	146	1:19:26	8:28
178	4:05:40	Bill GREER		24/30	G	127	24	191	44:18	2:13	28	201	2:02:35	27.5	22	142	1:18:47	8:24
179	4:05:44	John YENDT		25/30	G	150	29	226	53:00	2:39	25	172	1:55:04	29.3	20	133	1:17:40	8:17
180	4:05:50	Chuck JOHNSTON	Toronto	26/30	G	129	23	187	43:48	2:11	26	187	1:57:58	28.6	25	171	1:24:04	8:58
181	4:06:12	Chris EAGLE		41/49	F	89	31	132	39:35	1:59	43	194	1:59:43	28.2	40	185	1:26:54	9:16
182	4:06:17	Darrell SIM	Nepean	27/30	G	144	27	221	50:41	2:32	24	168	1:54:18	29.5	24	156	1:21:18	8:40
183	4:07:28	Andreanne MURRAY		4/9	S	135	4	196	45:55	2:18	7	209	2:05:19	26.9	2	121	1:16:14	8:08
184	4:07:53	Pauline ZAHANAN	Oakville	5/9	S	241	3	148	40:54	2:03	6	202	2:02:57	27.4	4	170	1:24:02	8:58
185	4:08:43	Mark COUNSELL	Kingston	23/25	D	245	13	51	33:28	1:40	22	142	1:49:16	30.9	24	226	1:45:59	11:18
186	4:09:00	Ronald BYKIV	Oshawa	42/49	F	77	46	197	46:03	2:18	39	183	1:56:27	29.0	39	182	1:26:30	9:14
187	4:09:27	Bruce NEVISON	Brampton	4/5	L	197	3	166	42:15	2:07	4	198	2:01:23	27.8	4	179	1:25:49	9:09
188	4:09:56	Don E. CRONE	Verona	5/10	K	188	6	143	40:44	2:02	9	217	2:07:19	26.5	5	159	1:21:53	8:44
189	4:09:57	Valerie GAMACHE-O'LEARY	Nepean	6/9	S	220	6	204	47:12	2:22	5	195	2:00:33	28.0	3	162	1:22:12	8:46
190	4:10:15	Jim ENGLISH		6/10	K	189	7	158	41:45	2:05	8	216	2:06:54	26.6	4	157	1:21:36	8:42
191	4:10:26	Irv FRANCIS	Cornwall	9/16	J	176	7	168	42:20	2:07	8	169	1:54:29	29.5	10	201	1:33:37	9:59
192	4:10:40	Mark SPIES	Genoaque	35/38	E	71	29	179	43:08	2:09	33	186	1:57:07	28.8	36	194	1:30:25	9:39
193	4:11:10	Beverley COBURN	Scarborough	4/4	T	229	4	216	49:09	2:27	4	210	2:05:19	26.9	2	126	1:16:42	8:11
194	4:11:45	Neil GINSBURG	Toronto	36/38	E	234	30	181	43:30	2:11	34	190	1:59:27	28.2	35	191	1:28:48	9:28
195	4:13:21	Robert R. PRICE	Scarborough	28/30	G	141	18	141	40:38	2:02	27	189	1:59:20	28.3	28	200	1:33:23	9:58
196	4:13:54	Derek GILHAM	Milton	43/49	F	92	35	147	40:52	2:03	44	206	2:03:58	27.2	41	192	1:29:04	9:30
197	4:14:17	Robert THOMPSON	Kingston	24/25	D	246	20	110	37:46	1:53	25	199	2:01:42	27.7	22	204	1:34:49	10:07
198	4:14:22	Martin CARNEY	Milton	10/16	J	172	1	38	32:56	1:39	11	180	1:55:37	29.2	11	225	1:45:49	11:17
199	4:15:46	Terry SINGLETON	Oakville	7/10	K	193	8	194	45:13	2:16	6	185	1:56:55	28.8	7	202	1:33:38	9:59
200	4:16:50	Ka-Kei LAW	Wallaceburg	2/3	C	21	2	67	34:35	1:44	3	131	1:46:46	31.6	2	229	1:55:29	12:19

THE K-TOWN TRIATHLON

Kingston, Ontario, July 24th, 1994

Overall Clydesdale Results Long Course Triathlon

FINISH				2000m				56.2km				15km						
Pos	Time	Name	City	Category		SWIM				BIKE				RUN				
				Plc/Total	#	Cat	Ovr	Time	/100	Cat	Ovr	Time	km/hr	Cat	Ovr	Time	Mile	
1	3:11:27	Tom STEFOPOULOS	Uxbridge	1/12	1	250	30	6	39:20	1:58	7	1	1:32:07	36.6	5	1	1:00:00	6:24
2	3:23:02	John MARSHALL	London	2/12	1	99	23	5	36:45	1:50	24	5	1:41:55	33.1	9	2	1:04:22	6:52
3	3:26:19	Bill MILLER	London	3/12	1	102	37	12	41:25	2:04	11	2	1:35:51	35.2	20	3	1:09:03	7:22
4	3:39:28	John VARTY	Kingston	4/12	1	41	14	2	33:29	1:40	20	8	1:48:19	31.1	17	4	1:17:40	8:17
5	3:40:44	Allan ELLIOTT	Chateauguay	5/12	1	125	21	13	42:30	2:08	12	3	1:38:04	34.4	23	5	1:20:10	8:33
6	3:44:28	Scott CHALLENGER	Gloucester	6/12	1	80	34	9	40:46	2:02	23	4	1:41:10	33.3	36	8	1:22:32	8:48
7	3:55:00	Stephen NICHOLL	Ottawa	7/12	1	105	33	7	40:37	2:02	36	11	1:52:39	29.9	35	7	1:21:44	8:43
8	3:55:24	Michael BROEKHOVEN	Kingston	8/12	1	52	11	4	34:37	1:44	28	6	1:45:21	32.0	37	12	1:35:26	10:11
9	3:59:15	Maurice GALLAGHER	West Hill	9/12	1	90	47	14	46:26	2:19	35	10	1:51:51	30.1	34	6	1:20:58	8:38
10	3:59:50	Dale JANISSE	Carlsbad Spri	10/12	1	95	49	15	48:22	2:25	33	9	1:48:46	31.0	37	9	1:22:42	8:49
11	4:13:21	Robert R. PRICE	Scarborough	11/12	1	141	18	8	40:38	2:02	27	13	1:59:20	28.3	28	11	1:33:23	9:58
12	4:13:54	Derek GILHAM	Milton	12/12	1	92	35	10	40:52	2:03	44	14	2:03:58	27.2	41	10	1:29:04	9:30
13	4:14:22	Martin CARNEY	Milton	1/3	4	172	1	1	32:56	1:39	11	12	1:55:37	29.2	11	13	1:45:49	11:17
14	4:54:07	Stephen DOUGLAS	Etobicoke	2/3	4	153	4	3	34:07	1:42	15	15	2:18:01	24.4		14	2:01:59	13:01
15		Gord HUNTER	Nepean	3/3	4	179	5	11	41:21	2:04	4	7	1:46:28	31.7				

THE K-TOWN TRIATHLON

Kingston, Ontario, July 24th, 1994

Overall Team Results Triathlon

FINN				Category		200m				56.2km			15km					
Pos	Time	Teamname	City	Plc/Total	#	Cat	Ovr	Time	/100	Cat	Ovr	Time	km/hr	Cat	Ovr	Time	Mile	
1	2:51:26	Velocity		1/8	AA	700	2	1	28:34	1:26	1	1	1:22:14	41.0	2	3	1:00:38	6:28
2	2:59:04	Splash and Dash		1/13	CC	683	1	2	30:39	1:32	3	7	1:34:45	35.6	1	1	53:40	5:43
3	3:02:55	Passing Wind		2/8	AA	675	3	3	31:46	1:35	3	4	1:29:43	37.6	3	4	1:01:26	6:33
4	3:06:39	Slow		3/8	AA	684	4	5	32:58	1:39		6	1:32:05	36.6	4	5	1:01:36	6:34
5	3:07:10	We Want Meda		4/8	AA	682	1	11	38:02	1:54	2	3	1:29:20	37.7	1	2	59:48	6:23
6	3:11:01	Hammerheads		2/13	CC	680	6	7	34:57	1:45	2	5	1:30:07	37.4	6	12	1:05:57	7:02
7	3:14:16	Tri 4 Fun		3/13	CC	690	3	6	33:23	1:40	4	8	1:37:24	34.6	3	9	1:03:29	6:46
8	3:21:54	A.J.'s		5/8	AA	689	5	4	32:48	1:38	4	12	1:41:42	33.2	5	13	1:07:24	7:11
9	3:26:11	K-Town Spirit		4/13	CC	699	9	12	38:17	1:55	7	11	1:39:31	33.9	9	17	1:08:23	7:18
10	3:26:21	R.A.J.E.		5/13	CC	677	4	18	42:19	2:07	6	10	1:39:00	34.1	4	10	1:05:02	6:56
11	3:26:58	Y Tri		6/13	CC	687	5	22	54:56	2:45	1	2	1:26:15	39.1	5	11	1:05:47	7:01
12	3:27:47	Blowing Bubbles		7/13	CC	698	10	8	36:33	1:50	5	9	1:38:41	34.2	10	19	1:12:33	7:44
13	3:32:10	TD Bank		1/1	DD	685	1	15	40:32	2:02	1	17	1:48:25	31.1	1	8	1:03:13	6:45
14	3:32:35	Spin Doctors		1/2	BB	681	2	10	37:43	1:53	1	15	1:45:05	32.1	2	18	1:09:47	7:27
15	3:33:47	A.J.'s Girls		2/2	BB	688	1	19	43:24	2:10	2	16	1:48:04	31.2	1	6	1:02:19	6:39
16	3:38:44	The Mid-Life		8/13	CC	678	2	20	43:50	2:12	12	21	1:52:04	30.1	2	7	1:02:50	6:42
17	3:38:53	Prince Edward		9/13	CC	692	7	14	40:17	2:01	11	19	1:50:20	30.6	7	15	1:08:16	7:17
18	3:47:43	Saratugans		10/13	CC	694	8	23	55:39	2:47	8	13	1:43:47	32.5	8	16	1:08:17	7:17
19	3:48:16	Derrick & The Dominoes		11/13	CC	697	12	17	42:18	2:07	10	18	1:50:12	30.6	12	21	1:15:46	8:05
20	3:51:53	VO2 MIN		12/13	CC	679	13	9	36:38	1:50	13	22	1:52:39	29.9	13	24	1:22:36	8:49
21	3:54:52	Peer Pressure		6/8	AA	693	8	16	40:43	2:02	5	20	1:52:00	30.1	8	23	1:22:09	8:46
22	3:55:32	Shannon's Ca		13/13	CC	691	11	24	58:00	2:54	9	14	1:44:22	32.3	11	20	1:13:10	7:48
23	4:01:49	Morris, TomLak, Hickey		7/8	AA	695	6	13	40:09	2:00	7	24	2:13:30	25.3	6	14	1:08:10	7:16
24	4:14:50	Prairie Thunder		8/8	AA	676	7	21	49:08	2:27	6	23	2:07:25	26.5	7	22	1:18:17	8:21