

INDIVIDUAL RESULTS

Leg 1			This Leg			Accumulated			Team Penalties	
Pos	Bib #	Team Name	Runner Name	Time	(8.26) /mi	(13.3) /km	Time	(8.26) /mi	(13.3) /km	
1	50	Timex Team	Denise Robson	00:50:46	00:06:09	00:03:49	00:50:46	00:06:09	00:03:49	00:00
2	56	Fast Company Hot Shots	David Holder	00:52:49	00:06:23	00:03:58	00:52:49	00:06:23	00:03:58	00:00
3	20	Foggy Bottom Boys & Girls	John Moore	00:53:35	00:06:29	00:04:02	00:53:35	00:06:29	00:04:02	00:00
4	18	Big Cove Camp	Nate Walsh	00:56:02	00:06:47	00:04:13	00:56:02	00:06:47	00:04:13	00:00
5	25	Runner's Attic	Steve Murray	00:56:49	00:06:53	00:04:16	00:56:49	00:06:53	00:04:16	00:05
6	6	Team TAO	Julian Marchant	00:58:17	00:07:03	00:04:23	00:58:17	00:07:03	00:04:23	00:00
7	38	Oxford @ Eight	Kirby Putnam	00:58:36	00:07:05	00:04:24	00:58:36	00:07:05	00:04:24	00:00
8	40	Achilles Heel Runners	Mike MaNally	00:59:16	00:07:10	00:04:27	00:59:16	00:07:10	00:04:27	00:00
9	12	Oznog Srennur	Andrew Canning	01:00:06	00:07:16	00:04:31	01:00:06	00:07:16	00:04:31	00:00
10	44	Mixed Bag of Bluenosers	Micheal Kennedy	01:01:18	00:07:25	00:04:37	01:01:18	00:07:25	00:04:37	00:00
11	16	Y Trotters	Ray Hannebury	01:01:44	00:07:28	00:04:38	01:01:44	00:07:28	00:04:38	00:00
12	51	Long-Legged Ladies	Erin McDonnah	01:02:40	00:07:35	00:04:43	01:02:40	00:07:35	00:04:43	00:00
13	45	Team 1730	Greg VanSlyk	01:02:55	00:07:37	00:04:44	01:02:55	00:07:37	00:04:44	00:00
14	52	Mixed Messangers	Marie-Claude Gregoire	01:03:02	00:07:38	00:04:44	01:03:02	00:07:38	00:04:44	00:00
15	60	The Flock of Fantastic Failures	Andrew Hanlon	01:04:28	00:07:48	00:04:51	01:04:28	00:07:48	00:04:51	00:00
16	32	Witness Protection Program	John Hazen Brien Smith	01:04:45	00:07:50	00:04:52	01:04:45	00:07:50	00:04:52	00:00
17	1	Fast Women	Catherine Howley	01:04:56	00:07:51	00:04:53	01:04:56	00:07:51	00:04:53	00:00
18	29	Nova's Dysfunctionals	Jonathan Chiasson	01:05:57	00:07:59	00:04:58	01:05:57	00:07:59	00:04:58	00:00
19	23	HRP Cops and Runners	Janice Fiander	01:06:03	00:08:00	00:04:58	01:06:03	00:08:00	00:04:58	00:00
20	57	ZX Cycle 'n' Run Club	Laura Peters	01:06:23	00:08:02	00:04:59	01:06:23	00:08:02	00:04:59	00:00
21	41	Great Canadian Honking Goose	Mary Annette Gollis	01:06:38	00:08:04	00:05:01	01:06:38	00:08:04	00:05:01	00:00
22	35	The Outliers	Dena Murphy	01:07:41	00:08:11	00:05:05	01:07:41	00:08:11	00:05:05	00:00
23	22	Classic Rummies	Tony Folkins	01:08:05	00:08:14	00:05:07	01:08:05	00:08:14	00:05:07	00:00
24	42	Livemultisport	Derryl Toews	01:08:40	00:08:19	00:05:10	01:08:40	00:08:19	00:05:10	00:00
25	43	A League of Their Own	Laurice Ball	01:09:01	00:08:21	00:05:11	01:09:01	00:08:21	00:05:11	00:00
26	36	Tidal Bore Runners	Chris Giles	01:09:12	00:08:22	00:05:12	01:09:12	00:08:22	00:05:12	00:00
27	3	Hot on the Trail	Mary Hall	01:10:08	00:08:29	00:05:16	01:10:08	00:08:29	00:05:16	00:00
28	31	Halifax Fire Bucket Brigade	Jeff Clarke	01:10:10	00:08:29	00:05:17	01:10:10	00:08:29	00:05:17	00:00
29	28	Border Bounders		01:10:28	00:08:32	00:05:18	01:10:28	00:08:32	00:05:18	00:00
30	9	Martha's Vinyard	Steve Dunn	01:10:40	00:08:33	00:05:19	01:10:40	00:08:33	00:05:19	00:05
31	10	Greyhounds	Jacqus Thibault	01:10:48	00:08:34	00:05:19	01:10:48	00:08:34	00:05:19	00:00
32	58	Boondock Harriers	Pam Waterhouse	01:12:03	00:08:43	00:05:25	01:12:03	00:08:43	00:05:25	00:00
33	19	Sally's Road Kill		01:12:06	00:08:43	00:05:25	01:12:06	00:08:43	00:05:25	00:00
34	7	Old Salts and Laughing Jacks	Bill Roblee	01:12:43	00:08:48	00:05:28	01:12:43	00:08:48	00:05:28	00:00
35	37	Upright & Mile-ing	Andrea Baldwin	01:12:46	00:08:48	00:05:28	01:12:46	00:08:48	00:05:28	00:00
36	15	Mum Runners	Therese Heelan	01:12:58	00:08:50	00:05:29	01:12:58	00:08:50	00:05:29	00:00

LEG 1

37	30 Yarmouth Fun Runners	Jack-e Goodwin	01:12:58	00:08:50	00:05:29	01:12:58	00:08:50	00:05:29	00:00
38	55 Fast Company Hot Flashes	Trish Fogardy-Pearce	01:14:10	00:08:58	00:05:35	01:14:10	00:08:58	00:05:35	00:00
39	11 NSPI Short Circuits	Doug Briand	01:14:22	00:09:00	00:05:35	01:14:22	00:09:00	00:05:35	00:00
40	54 Team "Other"	Gary 'Dr. Piano' Trenholm	01:14:23	00:09:00	00:05:36	01:14:23	00:09:00	00:05:36	00:00
41	34 East Hants Penguin Pacers	Sandra Sullivan	01:15:08	00:09:05	00:05:39	01:15:08	00:09:05	00:05:39	00:00
42	5 Sea Star	Leslie Cunningham	01:15:35	00:09:09	00:05:41	01:15:35	00:09:09	00:05:41	00:00
43	46 Rickard's Reds	Annette Scott	01:15:36	00:09:09	00:05:41	01:15:36	00:09:09	00:05:41	00:00
44	33 Runningmania.com	Ryan Burkitt	01:15:37	00:09:09	00:05:41	01:15:37	00:09:09	00:05:41	00:00
45	24 Eight Friends & Ruth's Parents	Ruth Gabriel	01:15:38	00:09:09	00:05:41	01:15:38	00:09:09	00:05:41	00:00
46	39 Beech Nuts	Cindy Wheeler	01:15:39	00:09:09	00:05:41	01:15:39	00:09:09	00:05:41	00:00
47	4 Mc's & Matches	Danielle McNally	01:16:50	00:09:18	00:05:47	01:16:50	00:09:18	00:05:47	00:00
48	13 Sackville Striding Slugs	Rod MacIntire	01:16:50	00:09:18	00:05:47	01:16:50	00:09:18	00:05:47	00:00
49	59 Team Bitter	David Farrell	01:16:51	00:09:18	00:05:47	01:16:51	00:09:18	00:05:47	00:00
50	48 Captain Highliner's Crew	Lisa McInnis	01:17:13	00:09:21	00:05:48	01:17:13	00:09:21	00:05:48	00:00
51	21 Mister & Misses	Jane Foley	01:18:35	00:09:31	00:05:55	01:18:35	00:09:31	00:05:55	00:00
52	47 Dislocated Hippies	Prisca Walti	01:18:36	00:09:31	00:05:55	01:18:36	00:09:31	00:05:55	00:00
53	14 Energizer Rummies	Wayne Mattice	01:19:13	00:09:35	00:05:57	01:19:13	00:09:35	00:05:57	00:00
54	8 not 4-Minute Smilers	Laura Roblee	01:20:59	00:09:48	00:06:05	01:20:59	00:09:48	00:06:05	00:00
55	2 Pirates of Spring Garden	Nadia Farbstein	01:22:48	00:10:01	00:06:14	01:22:48	00:10:01	00:06:14	00:00
56	27 Marsh Runners	Leslie Burns	01:23:00	00:10:03	00:06:14	01:23:00	00:10:03	00:06:14	00:00
57	26 Yarmouth Leftovers	Amy Sakalauskas	01:23:01	00:10:03	00:06:15	01:23:01	00:10:03	00:06:15	00:00
58	53 Village People	Kim Wicha	01:24:02	00:10:10	00:06:19	01:24:02	00:10:10	00:06:19	00:00
59	49 M&M Maniacs	DNS	01:34:02	00:11:23	00:07:04	01:34:02	00:11:23	00:07:04	00:00
60	17 Gym Bags	DNS	01:34:02	00:11:23	00:07:04	01:34:02	00:11:23	00:07:04	00:00

INDIVIDUAL RESULTS

Leg		2		This Leg			Accumulated			Team
Pos	Bib #	Team Name	Runner Name	Time	Pace (4.97) /mi	(8) /km	Time	Pace (13.24) /mi	(21.3) /km	Penalties
1	25	Runner's Attic	Chris Mackenzie	00:31:33	00:06:21	00:03:57	01:28:22	00:06:41	00:04:09	00:05
2	38	Oxford @ Eight	David Wilson	00:32:20	00:06:30	00:04:03	01:30:56	00:06:52	00:04:16	00:00
3	50	Timex Team	Louis Brill	00:33:30	00:06:44	00:04:11	01:24:16	00:06:22	00:03:57	00:00
4	23	HRP Cops and Runners	Colin Brien	00:33:51	00:06:49	00:04:14	01:39:54	00:07:33	00:04:41	00:00
5	44	Mixed Bag of Bluenosers	Rolanch Genge	00:36:22	00:07:19	00:04:33	01:37:40	00:07:23	00:04:35	00:00
6	52	Mixed Messangers	Brian McDonah	00:36:32	00:07:21	00:04:34	01:39:34	00:07:31	00:04:40	00:00
7	35	The Outliers	JP Girard	00:36:37	00:07:22	00:04:35	01:44:18	00:07:53	00:04:54	00:00
8	7	Old Salts and Laughing Jacks	Doug Coulter	00:37:02	00:07:27	00:04:38	01:49:45	00:08:18	00:05:09	00:00
9	22	Classic Rummies	Rob Richardson	00:37:12	00:07:29	00:04:39	01:45:17	00:07:57	00:04:57	00:00
10	42	Livemultisport	Karen Toews	00:37:56	00:07:38	00:04:45	01:46:36	00:08:03	00:05:00	00:00
11	6	Team TAO	Joan Irving	00:38:49	00:07:49	00:04:51	01:37:06	00:07:20	00:04:34	00:00
12	31	Halifax Fire Bucket Brigade	Jared Rainault	00:38:53	00:07:49	00:04:52	01:49:03	00:08:14	00:05:07	00:00
13	51	Long-Legged Ladies	Dianne Chiasson	00:39:09	00:07:53	00:04:54	01:41:49	00:07:42	00:04:47	00:00
14	40	Achilles Heel Runners	Paul Delacaet	00:39:11	00:07:53	00:04:54	01:38:27	00:07:26	00:04:37	00:00
15	17	Gym Bags	Joanna Janson-Clarke	00:40:23	00:08:07	00:05:03	02:14:25	00:10:09	00:06:19	00:00
16	15	Mum Runners	Louise Campbell	00:41:02	00:08:15	00:05:08	01:54:00	00:08:37	00:05:21	00:00
17	43	A League of Their Own	Tanta King	00:41:11	00:08:17	00:05:09	01:50:12	00:08:20	00:05:10	00:00
18	55	Fast Company Hot Flashes	Janet Hilchey	00:41:23	00:08:20	00:05:10	01:55:33	00:08:44	00:05:25	00:00
19	1	Fast Women	Catherine Howley	00:41:33	00:08:22	00:05:12	01:46:29	00:08:03	00:05:00	00:00
20	57	ZX Cycle 'n' Run Club	Remi Pelletier	00:41:37	00:08:22	00:05:12	01:48:00	00:08:10	00:05:04	00:00
21	54	Team "Other"	Mike Noddin	00:42:12	00:08:29	00:05:17	01:56:35	00:08:49	00:05:28	00:00
22	19	Sally's Road Kill	Paula Ross	00:42:37	00:08:34	00:05:20	01:54:43	00:08:40	00:05:23	00:00
23	41	Great Canadian Honking Goose	Kevin Gillis	00:42:48	00:08:37	00:05:21	01:49:26	00:08:16	00:05:08	00:00
24	48	Captain Highliner's Crew	Karen Mills	00:42:58	00:08:39	00:05:22	02:00:11	00:09:05	00:05:39	00:00
25	56	Fast Company Hot Shots	Tom Harmes	00:43:14	00:08:42	00:05:24	01:36:03	00:07:15	00:04:31	00:00
26	26	Yarmouth Leftovers	Susan McCluskey	00:43:16	00:08:42	00:05:25	02:06:17	00:09:32	00:05:56	00:00
27	29	Nova's Dysfunctionals	Jackie Lee Chiasson	00:43:17	00:08:42	00:05:25	01:49:14	00:08:15	00:05:08	00:00
28	4	Mc's & Matches	Leah McNally	00:43:25	00:08:44	00:05:26	02:00:15	00:09:05	00:05:39	00:00
29	30	Yarmouth Fun Runners	Ken Smith	00:43:34	00:08:46	00:05:27	01:56:32	00:08:48	00:05:28	00:00
30	45	Team 1730	Marc Dentremont	00:43:47	00:08:48	00:05:28	01:46:42	00:08:04	00:05:01	00:00
31	8	not 4-Minute Smilers	Gail MacDougall	00:43:55	00:08:50	00:05:29	02:04:54	00:09:26	00:05:52	00:00
32	20	Foggy Bottom Boys & Girls	Sharon Hopkins	00:44:05	00:08:52	00:05:31	01:37:40	00:07:23	00:04:35	00:00
33	36	Tidal Bore Runners	Laura Kenney	00:44:18	00:08:55	00:05:32	01:53:30	00:08:35	00:05:20	00:00
34	28	Border Bounders	Larry Rhindress	00:44:48	00:09:01	00:05:36	01:55:16	00:08:43	00:05:25	00:00

LEG 2 IN

35	60 The Flock of Fantastic Failures	Andre Weingartshorfer	00:44:54	00:09:02	00:05:37	01:49:22	00:08:16	00:05:08	00:00
36	18 Big Cove Camp	David MacIntyre	00:44:56	00:09:02	00:05:37	01:40:58	00:07:38	00:04:44	00:00
37	32 Witness Protection Program	John Glendon Gorham Smith	00:45:34	00:09:10	00:05:42	01:50:19	00:08:20	00:05:11	00:00
38	34 East Hants Penguin Pacers	Sherry Archibald	00:46:04	00:09:16	00:05:46	02:01:12	00:09:09	00:05:41	00:00
39	58 Boondock Harriers	Barry Diggins	00:46:10	00:09:17	00:05:46	01:58:13	00:08:56	00:05:33	00:00
40	27 Marsh Runners	Lori Ward	00:46:19	00:09:19	00:05:47	02:09:19	00:09:46	00:06:04	00:00
41	24 Eight Friends & Ruth's Parents	Sandra Gabriel	00:46:22	00:09:20	00:05:48	02:02:00	00:09:13	00:05:44	00:00
42	39 Beech Nuts	Lorna MacMillan	00:46:36	00:09:22	00:05:50	02:02:15	00:09:14	00:05:44	00:00
43	2 Pirates of Spring Garden	Jenny Keenan	00:46:41	00:09:23	00:05:50	02:09:29	00:09:47	00:06:05	00:00
44	46 Rickard's Reds	Susan Hachey	00:46:48	00:09:25	00:05:51	02:02:24	00:09:15	00:05:45	00:00
45	13 Sackville Striding Slugs	Ron Kaszor	00:46:49	00:09:25	00:05:51	02:03:39	00:09:21	00:05:48	00:00
46	9 Martha's Vinyard	Ann Macdonald	00:46:49	00:09:25	00:05:51	01:57:29	00:08:53	00:05:31	00:05
47	12 Oznog Srennur	Terry McCormick	00:46:51	00:09:25	00:05:51	01:46:57	00:08:05	00:05:01	00:00
48	10 Greyhounds	Joanne Oostveen	00:47:01	00:09:27	00:05:53	01:57:49	00:08:54	00:05:32	00:00
49	59 Team Bitter	Geraldine Cooper	00:48:41	00:09:48	00:06:05	02:05:32	00:09:29	00:05:54	00:00
50	14 Energizer Rummies	Carole Chan	00:49:30	00:09:57	00:06:11	02:08:43	00:09:44	00:06:03	00:00
51	33 Runningmania.com	Lisa Vipond	00:50:04	00:10:04	00:06:16	02:05:41	00:09:30	00:05:54	00:00
52	5 Sea Star	Lisa Anderson	00:50:07	00:10:05	00:06:16	02:05:42	00:09:30	00:05:54	00:00
53	11 NSPI Short Circuits	J-K Keeping	00:51:35	00:10:23	00:06:27	02:05:57	00:09:31	00:05:55	00:00
54	47 Dislocated Hippies	Gord Tate	00:51:52	00:10:26	00:06:29	02:10:28	00:09:51	00:06:08	00:00
55	21 Mister & Misses	Juanita Pelly	00:52:17	00:10:31	00:06:32	02:10:52	00:09:53	00:06:09	00:00
56	3 Hot on the Trail	Mary Marks	00:52:48	00:10:37	00:06:36	02:02:56	00:09:17	00:05:46	00:00
57	16 Y Trotters	Gary Jones	00:53:30	00:10:46	00:06:41	01:55:14	00:08:42	00:05:25	00:00
58	37 Upright & Mile-ing	Donna King	00:53:46	00:10:49	00:06:43	02:06:32	00:09:34	00:05:56	00:00
59	53 Village People	Dale Morrison	00:53:47	00:10:49	00:06:43	02:17:49	00:10:25	00:06:28	00:00
60	49 M&M Maniacs		00:58:47	00:11:50	00:07:21	02:32:49	00:11:33	00:07:10	00:00

INDIVIDUAL RESULTS

Leg 3

Pos	Bib #	Team Name	Runner Name	Time	This Leg		Accumulated			Team Penalties
					Pace (7.08) /mi	(11.4) /km	Time	Pace (20.32) /mi	(32.7) /km	
1	50	Timex Team	Nick McBride	00:41:04	00:05:48	00:03:36	02:05:20	00:09:28	00:05:53	00:00
2	12	Oznog Srennur	Trevor MacLean	00:44:15	00:06:15	00:03:53	02:31:12	00:11:25	00:07:06	00:00
3	43	A League of Their Own	Caroline McInnes	00:44:22	00:06:16	00:03:54	02:34:34	00:11:41	00:07:15	00:00
4	19	Sally's Road Kill	Victor Vidito	00:45:04	00:06:22	00:03:57	02:39:47	00:12:04	00:07:30	00:00
5	27	Marsh Runners	Jason Bartlett	00:45:12	00:06:23	00:03:58	02:54:31	00:13:11	00:08:12	00:00
6	23	HRP Cops and Runners	Steve Cooper	00:45:13	00:06:23	00:03:58	02:25:07	00:10:58	00:06:49	00:00
7	35	The Outliers	Leah Jabbour	00:45:23	00:06:24	00:03:59	02:29:41	00:11:19	00:07:02	00:00
8	9	Martha's Vinyard	Frank MacGillivray	00:46:00	00:06:30	00:04:02	02:43:29	00:12:21	00:07:41	00:05
9	25	Runner's Attic	Galend Goodwin	00:46:47	00:06:36	00:04:06	02:15:09	00:10:13	00:06:21	00:05
10	7	Old Salts and Laughing Jacks	Barry Fisher	00:46:52	00:06:37	00:04:07	02:36:37	00:11:50	00:07:21	00:00
11	40	Achilles Heel Runners	Alex Frasier	00:47:15	00:06:40	00:04:09	02:25:42	00:11:01	00:06:50	00:00
12	57	ZX Cycle 'n' Run Club	Michael Peters	00:47:51	00:06:45	00:04:12	02:35:51	00:11:47	00:07:19	00:00
13	38	Oxford @ Eight	Mark Brown	00:48:36	00:06:52	00:04:16	02:19:32	00:10:33	00:06:33	00:00
14	22	Classic Rummies	Sam Campbell	00:49:13	00:06:57	00:04:19	02:34:30	00:11:40	00:07:15	00:00
15	6	Team TAO	Krista Hanson	00:49:25	00:06:59	00:04:20	02:26:31	00:11:04	00:06:53	00:00
16	37	Upright & Mile-ing	Katie Armbuckle	00:50:27	00:07:07	00:04:26	02:56:59	00:13:22	00:08:19	00:00
17	29	Nova's Dysfunctionals	Kevin Chisholm	00:52:12	00:07:22	00:04:35	02:41:26	00:12:12	00:07:35	00:00
18	24	Eight Friends & Ruth's Parents	Daniel Holland	00:52:26	00:07:24	00:04:36	02:54:26	00:13:11	00:08:11	00:00
19	60	The Flock of Fantastic Failures	Chris Oickle	00:52:34	00:07:25	00:04:37	02:41:56	00:12:14	00:07:36	00:00
20	56	Fast Company Hot Shots	Etienne Robichaud	00:52:39	00:07:26	00:04:37	02:28:42	00:11:14	00:06:59	00:00
21	28	Border Bounders	David Flemming	00:52:41	00:07:26	00:04:37	02:47:57	00:12:41	00:07:53	00:00
22	3	Hot on the Trail	Lynn Meredith	00:53:13	00:07:31	00:04:40	02:56:09	00:13:19	00:08:16	00:00
23	52	Mixed Messangers	Tina White	00:53:35	00:07:34	00:04:42	02:33:09	00:11:34	00:07:11	00:00
24	49	M&M Maniacs		00:54:47	00:07:44	00:04:48	03:27:36	00:15:41	00:09:45	00:00
25	13	Sackville Striding Slugs	Robert Perry	00:54:51	00:07:45	00:04:49	02:58:30	00:13:29	00:08:23	00:00
26	21	Mister & Misses	Sherlyn Aker	00:54:57	00:07:45	00:04:49	03:05:49	00:14:02	00:08:43	00:00
27	10	Greyhounds	James Balcom	00:55:07	00:07:47	00:04:50	02:52:56	00:13:04	00:08:07	00:00
28	55	Fast Company Hot Flashes	Maureen Cullen	00:55:10	00:07:47	00:04:50	02:50:43	00:12:54	00:08:01	00:00
29	41	Great Canadian Honking Goose	Andrew Leverman	00:56:37	00:08:00	00:04:58	02:46:03	00:12:33	00:07:48	00:00
30	51	Long-Legged Ladies	Betty Hutchings	00:56:42	00:08:00	00:04:58	02:38:31	00:11:59	00:07:27	00:00
31	17	Gym Bags	Tricia McNeill	00:57:06	00:08:04	00:05:01	03:11:31	00:14:28	00:08:59	00:00
32	31	Halifax Fire Bucket Brigade	Sherry Dean	00:57:13	00:08:05	00:05:01	02:46:16	00:12:34	00:07:48	00:00
33	36	Tidal Bore Runners	Drew Klassen	00:57:20	00:08:06	00:05:02	02:50:50	00:12:54	00:08:01	00:00
34	8	not 4-Minute Smilers	Ian MacRae	00:57:25	00:08:06	00:05:02	03:02:19	00:13:47	00:08:34	00:00

LEG 3 IN

35	4 Mc's & Matches	Greg McNally	00:57:52	00:08:10	00:05:05	02:58:07	00:13:27	00:08:22	00:00
36	48 Captain Highliner's Crew	Craig Ferguson	00:57:56	00:08:11	00:05:05	02:58:07	00:13:27	00:08:22	00:00
37	15 Mum Runners	Cindy Bryson	00:58:06	00:08:12	00:05:06	02:52:06	00:13:00	00:08:05	00:00
38	39 Beech Nuts	Carole MacArthur	00:58:20	00:08:14	00:05:07	03:00:35	00:13:39	00:08:29	00:00
39	26 Yarmouth Leftovers	Wendy Brgay	00:59:06	00:08:21	00:05:11	03:05:23	00:14:00	00:08:42	00:00
40	44 Mixed Bag of Bluenosers	Ron Ribert	00:59:06	00:08:21	00:05:11	02:36:46	00:11:51	00:07:22	00:00
41	45 Team 1730	Diane Cav	00:59:53	00:08:27	00:05:15	02:46:35	00:12:35	00:07:49	00:00
42	20 Foggy Bottom Boys & Girls	Laura Brennan	01:01:07	00:08:38	00:05:22	02:38:47	00:12:00	00:07:27	00:00
43	32 Witness Protection Program	Rcahel Baxter Smith	01:01:26	00:08:40	00:05:23	02:51:45	00:12:59	00:08:04	00:00
44	16 Y Trotters	Grant Cooke	01:02:31	00:08:50	00:05:29	02:57:45	00:13:26	00:08:21	00:00
45	58 Boondock Harriers	Jennifer Auffrey	01:03:07	00:08:55	00:05:32	03:01:20	00:13:42	00:08:31	00:00
46	30 Yarmouth Fun Runners	Maureen McKenzie	01:03:31	00:08:58	00:05:34	03:00:03	00:13:36	00:08:27	00:00
47	1 Fast Women	Carmen Lawrence	01:04:22	00:09:05	00:05:39	02:50:51	00:12:55	00:08:01	00:00
48	5 Sea Star	Troy Flemming	01:04:23	00:09:05	00:05:39	03:10:05	00:14:22	00:08:55	00:00
49	47 Dislocated Hippies	Becky Newton	01:04:24	00:09:05	00:05:39	03:14:52	00:14:43	00:09:09	00:00
50	11 NSPI Short Circuits	Sue Joudrey	01:05:35	00:09:16	00:05:45	03:11:32	00:14:28	00:09:00	00:00
51	14 Energizer Rummies	Bronwyn Pavey	01:05:53	00:09:18	00:05:47	03:14:36	00:14:42	00:09:08	00:00
52	53 Village People	Sherrri Morrison	01:06:29	00:09:23	00:05:50	03:24:18	00:15:26	00:09:35	00:00
53	46 Rickard's Reds	Norma Doctor	01:06:46	00:09:26	00:05:51	03:09:10	00:14:18	00:08:53	00:00
54	2 Pirates of Spring Garden	John Rideout	01:07:11	00:09:29	00:05:54	03:16:40	00:14:52	00:09:14	00:00
55	18 Big Cove Camp	Thomas Harvey	01:07:18	00:09:30	00:05:54	02:48:16	00:12:43	00:07:54	00:00
56	59 Team Bitter	Gweneth Parker	01:07:39	00:09:33	00:05:56	03:13:11	00:14:36	00:09:04	00:00
57	34 East Hants Penguin Pacers	Norma MacIntyre	01:07:47	00:09:34	00:05:57	03:08:59	00:14:17	00:08:52	00:00
58	54 Team "Other"	Anne-Marie Curtis	01:12:47	00:10:16	00:06:23	03:09:22	00:14:18	00:08:53	00:00
59	42 Livemultisport	Jen Worden	01:12:47	00:10:16	00:06:23	02:59:23	00:13:33	00:08:25	00:00
60	33 Runningmania.com	Sonia Melancon	01:12:47	00:10:16	00:06:23	03:18:28	00:15:00	00:09:19	00:00

INDIVIDUAL RESULTS

Leg 4

Pos	Bib #	Team Name	Runner Name	Time	This Leg		Accumulated			Team Penalties
					Pace		Time	Pace		
					(10.50) /mi	(16.9) /km	(30.82) /mi	(49.6) /km		
1	50	Timex Team	Ray Morehead	01:00:58	00:05:48	00:03:36	03:06:18	00:06:03	00:03:45	00:00
2	6	Team TAO	Steve Irvine	01:05:23	00:06:14	00:03:52	03:31:54	00:06:53	00:04:16	00:00
3	31	Halifax Fire Bucket Brigade	Kevin Gallagher	01:07:42	00:06:27	00:04:00	03:53:58	00:07:35	00:04:43	00:00
4	19	Sally's Road Kill	Greg Wagner	01:08:12	00:06:30	00:04:02	03:47:59	00:07:24	00:04:36	00:00
5	22	Classic Rummies	Derek Estabrook	01:08:41	00:06:32	00:04:04	03:43:11	00:07:14	00:04:30	00:00
6	25	Runner's Attic	Garth Spinney	01:09:32	00:06:37	00:04:07	03:24:41	00:06:38	00:04:08	00:05
7	56	Fast Company Hot Shots	Ian Crosby	01:09:35	00:06:38	00:04:07	03:38:17	00:07:05	00:04:24	00:00
8	41	Great Canadian Honking Goose	Frank Reinhardt	01:10:33	00:06:43	00:04:10	03:56:36	00:07:41	00:04:46	00:00
9	45	Team 1730	Mike ChaulK	01:11:04	00:06:46	00:04:12	03:57:39	00:07:43	00:04:47	00:00
10	10	Greyhounds	Mike Grimby	01:11:20	00:06:48	00:04:13	04:04:16	00:07:56	00:04:55	00:00
11	23	HRP Cops and Runners	Gavin Timberlake	01:11:39	00:06:49	00:04:14	03:36:46	00:07:02	00:04:22	00:00
12	12	Oznog Srennur	Mike English	01:12:05	00:06:52	00:04:16	03:43:17	00:07:15	00:04:30	00:00
13	38	Oxford @ Eight	John Young	01:12:22	00:06:53	00:04:17	03:31:54	00:06:53	00:04:16	00:00
14	5	Sea Star	Adlai Cunningham	01:12:41	00:06:55	00:04:18	04:22:46	00:08:32	00:05:18	00:00
15	26	Yarmouth Leftovers	Sheri Goodiwin	01:13:15	00:06:59	00:04:20	04:18:38	00:08:24	00:05:13	00:00
16	36	Tidal Bore Runners	Chris Cashen	01:13:24	00:06:59	00:04:21	04:04:14	00:07:55	00:04:55	00:00
17	7	Old Salts and Laughing Jacks	Terry Morris	01:14:46	00:07:07	00:04:25	03:51:23	00:07:30	00:04:40	00:00
18	40	Achilles Heel Runners	Ribert Sterens	01:16:11	00:07:15	00:04:30	03:41:53	00:07:12	00:04:28	00:00
19	27	Marsh Runners	Sarah Quintin	01:16:24	00:07:17	00:04:31	04:10:55	00:08:08	00:05:04	00:00
20	28	Border Bounders	Robert Caron	01:16:25	00:07:17	00:04:31	04:04:22	00:07:56	00:04:56	00:00
21	60	The Flock of Fantastic Failures	Colin Frame	01:16:37	00:07:18	00:04:32	03:58:33	00:07:44	00:04:49	00:00
22	58	Boondock Harriers	Suzanne Ferrier	01:16:41	00:07:18	00:04:32	04:18:01	00:08:22	00:05:12	00:00
23	54	Team "Other"	Sean Borden	01:18:28	00:07:28	00:04:39	04:27:50	00:08:41	00:05:24	00:00
24	43	A League of Their Own	Fcarla Braganza	01:18:40	00:07:29	00:04:39	03:53:14	00:07:34	00:04:42	00:00
25	20	Foggy Bottom Boys & Girls	Erryl Hines	01:20:29	00:07:40	00:04:46	03:59:16	00:07:46	00:04:49	00:00
26	48	Captain Highliner's Crew	Ian Roper	01:20:33	00:07:40	00:04:46	04:18:40	00:08:24	00:05:13	00:00
27	55	Fast Company Hot Flashes	Karen Marlin	01:20:43	00:07:41	00:04:47	04:11:26	00:08:09	00:05:04	00:00
28	37	Upright & Mile-ing	Andrew MacNeil	01:21:32	00:07:46	00:04:49	04:18:31	00:08:23	00:05:13	00:00
29	51	Long-Legged Ladies	Joanne Smith	01:21:44	00:07:47	00:04:50	04:00:15	00:07:48	00:04:51	00:00
30	34	East Hants Penguin Pacers	Doug Archibald	01:23:01	00:07:54	00:04:55	04:32:00	00:08:50	00:05:29	00:00
31	14	Energizer Rummies	Nick Lambert	01:23:38	00:07:58	00:04:57	04:38:14	00:09:02	00:05:37	00:00
32	44	Mixed Bag of Bluenosers	Annie Colwell	01:23:40	00:07:58	00:04:57	04:00:26	00:07:48	00:04:51	00:00
33	4	Mc's & Matches	John McNally	01:23:47	00:07:59	00:04:57	04:21:54	00:08:30	00:05:17	00:00
34	39	Beech Nuts	Marsha Nettle	01:23:52	00:07:59	00:04:58	04:24:27	00:08:35	00:05:20	00:00

LEG 4 IN

35	15 Mum Runners	Terry Anderson	01:23:53	00:07:59	00:04:58	04:15:59	00:08:18	00:05:10	00:00
36	13 Sackville Striding Slugs	Nick Slaunwite	01:24:13	00:08:01	00:04:59	04:22:43	00:08:31	00:05:18	00:00
37	24 Eight Friends & Ruth's Parents	David Gabriel	01:24:21	00:08:02	00:04:59	04:18:47	00:08:24	00:05:13	00:00
38	47 Dislocated Hippies	Vernon Carvery	01:24:42	00:08:04	00:05:01	04:39:34	00:09:04	00:05:38	00:00
39	29 Nova's Dysfunctionals	Alyssa Johnson	01:25:01	00:08:06	00:05:02	04:06:27	00:08:00	00:04:58	00:00
40	8 not 4-Minute Smilers	Steve Johnson	01:25:02	00:08:06	00:05:02	04:27:21	00:08:40	00:05:23	00:00
41	11 NSPI Short Circuits	Paul Casey	01:25:06	00:08:06	00:05:02	04:36:38	00:08:59	00:05:35	00:00
42	32 Witness Protection Program	Jane Lucia CormierSmith	01:26:00	00:08:11	00:05:05	04:17:45	00:08:22	00:05:12	00:00
43	59 Team Bitter	Janet Mills	01:26:52	00:08:16	00:05:08	04:40:03	00:09:05	00:05:39	00:00
44	17 Gym Bags	Lisa Wilson	01:28:26	00:08:25	00:05:14	04:39:57	00:09:05	00:05:39	00:00
45	57 ZX Cycle 'n' Run Club	Shelley Horridge	01:28:40	00:08:27	00:05:15	04:04:31	00:07:56	00:04:56	00:00
46	21 Mister & Misses	Mary Girrior	01:29:10	00:08:29	00:05:17	04:34:59	00:08:55	00:05:33	00:00
47	30 Yarmouth Fun Runners	Lori LeBlanc	01:32:18	00:08:47	00:05:28	04:32:21	00:08:50	00:05:29	00:00
48	1 Fast Women	Renee MacDonald	01:35:52	00:09:08	00:05:40	04:26:43	00:08:39	00:05:23	00:00
49	35 The Outliers	Katrina Johnston	01:35:57	00:09:08	00:05:41	04:05:38	00:07:58	00:04:57	00:00
50	2 Pirates of Spring Garden	Calvin Jordan	01:36:11	00:09:10	00:05:41	04:52:51	00:09:30	00:05:54	00:00
51	52 Mixed Messangers	Lynn Vernon	01:36:24	00:09:11	00:05:42	04:09:33	00:08:06	00:05:02	00:00
52	33 Runningmania.com	Stephane Rabouin	01:36:36	00:09:12	00:05:43	04:55:04	00:09:34	00:05:57	00:00
53	42 Livemultisport	Tom Rogers	01:38:41	00:09:24	00:05:50	04:38:04	00:09:01	00:05:36	00:00
54	53 Village People	Krista Beardy	01:40:23	00:09:34	00:05:56	05:04:41	00:09:53	00:06:09	00:00
55	16 Y Trotters	Brian Church	01:41:23	00:09:39	00:06:00	04:39:08	00:09:03	00:05:38	00:00
56	3 Hot on the Trail	Julia MacLean	01:44:44	00:09:58	00:06:12	04:40:53	00:09:07	00:05:40	00:00
57	9 Martha's Vinyard	Daren Shivers	01:44:45	00:09:59	00:06:12	04:28:14	00:08:42	00:05:24	00:05
58	46 Rickard's Reds	Bernadette Kennedy (the Tantallon	01:46:49	00:10:10	00:06:19	04:55:59	00:09:36	00:05:58	00:00
59	18 Big Cove Camp		01:51:49	00:10:39	00:06:37	04:40:05	00:09:05	00:05:39	00:00
60	49 M&M Maniacs		01:51:49	00:10:39	00:06:37	05:19:25	00:10:22	00:06:26	00:00

INDIVIDUAL RESULTS

Leg		5		This Leg			Accumulated			Team
Pos	Bib #	Team Name	Runner Name	Time	Pace (2.36) /mi	(3.8) /km	Time	Pace (33.18) /mi	(53.4) /km	Penalties
1	50	Timex Team	Jeff Courish	00:14:01	00:05:56	00:03:41	03:20:19	00:06:02	00:03:45	00:00
2	7	Old Salts and Laughing Jacks	Robin Meister	00:14:19	00:06:04	00:03:46	04:05:42	00:07:24	00:04:36	00:00
3	57	ZX Cycle 'n' Run Club	Gilles Gourure	00:14:28	00:06:08	00:03:48	04:18:59	00:07:48	00:04:51	00:00
4	40	Achilles Heel Runners	Mike McNally	00:14:49	00:06:17	00:03:54	03:56:42	00:07:08	00:04:26	00:00
5	38	Oxford @ Eight	Simon Jackson	00:15:38	00:06:37	00:04:07	03:47:32	00:06:51	00:04:16	00:00
6	25	Runner's Attic	Curt Goodwin	00:15:43	00:06:39	00:04:08	03:40:24	00:06:39	00:04:08	00:05
7	31	Halifax Fire Bucket Brigade	Jeff Mathieu	00:16:29	00:06:59	00:04:20	04:10:27	00:07:33	00:04:41	00:00
8	58	Boondock Harriers	Harry Lamont	00:16:31	00:07:00	00:04:21	04:34:32	00:08:16	00:05:08	00:00
9	52	Mixed Messangers	Danny Gilfoy	00:16:33	00:07:01	00:04:21	04:26:06	00:08:01	00:04:59	00:00
10	45	Team 1730	Steve Locke	00:16:49	00:07:07	00:04:26	04:14:28	00:07:40	00:04:46	00:00
11	28	Border Bounders	Ross Thomas	00:16:59	00:07:12	00:04:28	04:21:21	00:07:53	00:04:54	00:00
12	11	NSPI Short Circuits	Rob O'Brien	00:17:19	00:07:20	00:04:33	04:53:57	00:08:52	00:05:30	00:00
13	21	Mister & Misses	Daniel Girrior	00:17:28	00:07:24	00:04:36	04:52:27	00:08:49	00:05:29	00:00
14	51	Long-Legged Ladies	Yvette Scattalon	00:17:54	00:07:35	00:04:43	04:18:09	00:07:47	00:04:50	00:00
15	42	Livemultisport	NormaJean Worden-Rogers	00:18:00	00:07:37	00:04:44	04:56:04	00:08:55	00:05:33	00:00
16	17	Gym Bags	Fabia Maclver	00:18:05	00:07:40	00:04:46	04:58:02	00:08:59	00:05:35	00:00
17	27	Marsh Runners	Sean Ward	00:18:36	00:07:53	00:04:54	04:29:31	00:08:07	00:05:03	00:00
18	32	Witness Protection Program	Jane Lianne Maurice Smith	00:18:41	00:07:55	00:04:55	04:36:26	00:08:20	00:05:11	00:00
19	56	Fast Company Hot Shots	Jim Howe	00:19:02	00:08:04	00:05:01	03:57:19	00:07:09	00:04:27	00:00
20	36	Tidal Bore Runners	Drew Klassen	00:19:06	00:08:05	00:05:02	04:23:20	00:07:56	00:04:56	00:00
21	34	East Hants Penguin Pacers	Beth McNeill	00:19:06	00:08:05	00:05:02	04:51:06	00:08:46	00:05:27	00:00
22	22	Classic Rummies	Steve Lund	00:19:14	00:08:09	00:05:04	04:02:25	00:07:18	00:04:32	00:00
23	43	A League of Their Own	Lori Whitman	00:19:51	00:08:24	00:05:13	04:13:05	00:07:38	00:04:44	00:00
24	39	Beech Nuts	Mary-Kathryn Stewart	00:20:01	00:08:29	00:05:16	04:44:28	00:08:34	00:05:20	00:00
25	41	Great Canadian Honking Goose	Kim Holleybone	00:20:03	00:08:29	00:05:17	04:16:39	00:07:44	00:04:48	00:00
26	60	The Flock of Fantastic Failures	Rob Mills	00:20:05	00:08:30	00:05:17	04:18:38	00:07:48	00:04:51	00:00
27	19	Sally's Road Kill	Mike Harvey	00:20:09	00:08:32	00:05:18	04:08:08	00:07:29	00:04:39	00:00
28	53	Village People	Brenda Rattray	00:20:24	00:08:38	00:05:22	05:25:05	00:09:48	00:06:05	00:00
29	55	Fast Company Hot Flashes	Margie Kinsman	00:20:33	00:08:42	00:05:24	04:31:59	00:08:12	00:05:06	00:00
30	12	Oznog Srennur	Clem Hennebury	00:20:37	00:08:44	00:05:26	04:03:54	00:07:21	00:04:34	00:00
31	26	Yarmouth Leftovers	Yvonne Goodwin	00:20:56	00:08:52	00:05:31	04:39:34	00:08:26	00:05:14	00:00
32	44	Mixed Bag of Bluenosers	Vicki Freener	00:21:00	00:08:54	00:05:32	04:21:26	00:07:53	00:04:54	00:00
33	30	Yarmouth Fun Runners	Sharon Raynard	00:21:05	00:08:56	00:05:33	04:53:26	00:08:51	00:05:30	00:00
34	18	Big Cove Camp	Jenn Organ	00:21:06	00:08:56	00:05:33	05:01:11	00:09:05	00:05:38	00:00

LEG 5 IN

35	10 Greyhounds	Gordon Warnica	00:21:16	00:09:00	00:05:36	04:25:32	00:08:00	00:04:58	00:00
36	59 Team Bitter	Ben Griffiths	00:21:32	00:09:07	00:05:40	05:01:35	00:09:05	00:05:39	00:00
37	15 Mum Runners	Cindy Bryson	00:21:36	00:09:09	00:05:41	04:37:35	00:08:22	00:05:12	00:00
38	3 Hot on the Trail	Lori Collins	00:21:40	00:09:11	00:05:42	05:02:33	00:09:07	00:05:40	00:00
39	29 Nova's Dysfunctionals	Norak Knickle	00:21:56	00:09:17	00:05:46	04:28:23	00:08:05	00:05:02	00:00
40	54 Team "Other"	Alan Richardson	00:22:03	00:09:20	00:05:48	04:49:53	00:08:44	00:05:26	00:00
41	33 Runningmania.com	Angela Keddy	00:22:04	00:09:21	00:05:48	05:17:08	00:09:33	00:05:56	00:00
42	20 Foggy Bottom Boys & Girls	Joline Allen	00:22:06	00:09:22	00:05:49	04:21:22	00:07:53	00:04:54	00:00
43	16 Y Trotters	Dick Miles	00:22:33	00:09:33	00:05:56	05:01:41	00:09:06	00:05:39	00:00
44	4 Mc's & Matches	Dan McNally	00:22:45	00:09:38	00:05:59	04:44:39	00:08:35	00:05:20	00:00
45	6 Team TAO	Ann Marie Kelly	00:22:53	00:09:41	00:06:01	03:54:47	00:07:05	00:04:24	00:00
46	2 Pirates of Spring Garden	Clive MacGregor	00:23:01	00:09:45	00:06:03	05:15:52	00:09:31	00:05:55	00:00
47	8 not 4-Minute Smilers	Judy Allen	00:23:23	00:09:54	00:06:09	04:50:44	00:08:46	00:05:27	00:00
48	48 Captain Highliner's Crew	Brittany Corkum	00:23:38	00:10:01	00:06:13	04:42:18	00:08:30	00:05:17	00:00
49	47 Dislocated Hippies	Heather Coholan	00:23:47	00:10:04	00:06:16	05:03:21	00:09:09	00:05:41	00:00
50	13 Sackville Striding Slugs	Andrea Abriel	00:23:56	00:10:08	00:06:18	04:46:39	00:08:38	00:05:22	00:00
51	9 Martha's Vinyard	Greg MacDonald	00:24:42	00:10:28	00:06:30	04:52:56	00:08:50	00:05:29	00:05
52	24 Eight Friends & Ruth's Parents	Emily Gabriel	00:25:41	00:10:53	00:06:46	04:44:28	00:08:34	00:05:20	00:00
53	23 HRP Cops and Runners	Dawn Fulton	00:25:41	00:10:53	00:06:46	04:02:27	00:07:18	00:04:32	00:00
54	35 The Outliers	Andrea Johnston	00:26:55	00:11:24	00:07:05	04:32:33	00:08:13	00:05:06	00:00
55	1 Fast Women	Elaine Wallace	00:26:59	00:11:26	00:07:06	04:53:42	00:08:51	00:05:30	00:00
56	14 Energizer Rummies	Anil Joshi	00:27:25	00:11:37	00:07:13	05:05:39	00:09:13	00:05:43	00:00
57	37 Upright & Mile-ing	Kelly Beck	00:27:37	00:11:42	00:07:16	04:46:08	00:08:37	00:05:21	00:00
58	46 Rickard's Reds	Jocelyne Poirier	00:28:17	00:11:59	00:07:27	05:24:16	00:09:46	00:06:04	00:00
59	5 Sea Star	Denise Goodwin	00:33:17	00:14:06	00:08:46	04:56:03	00:08:55	00:05:33	00:00
60	49 M&M Maniacs		00:38:17	00:16:13	00:10:04	05:57:42	00:10:47	00:06:42	00:00

INDIVIDUAL RESULTS

Leg 6		This Leg			Accumulated			Team Penalties		
Pos	Bib #	Team Name	Runner Name	Time	Pace (6.65) /mi	(10.7) /km	Time	Pace (39.83) /mi	(64.1) /km	
1	50	Timex Team	Minh Tan	00:43:32	00:06:33	00:04:04	04:03:51	00:06:07	00:03:48	00:00
2	25	Runner's Attic	Dave Goodwin	00:45:06	00:06:47	00:04:13	04:25:30	00:06:40	00:04:09	00:05
3	42	Livemultisport	Alex Robar	00:46:06	00:06:56	00:04:19	05:42:10	00:08:35	00:05:20	00:00
4	19	Sally's Road Kill	Greg Young	00:46:56	00:07:04	00:04:23	04:55:04	00:07:24	00:04:36	00:00
5	14	Energizer Rummies	M'Hamed Belkhodja	00:46:57	00:07:04	00:04:23	05:52:36	00:08:51	00:05:30	00:00
6	6	Team TAO	Kelly Amirault	00:46:59	00:07:04	00:04:23	04:41:46	00:07:04	00:04:24	00:00
7	58	Boondock Harriers	Ian MacCallum	00:47:13	00:07:06	00:04:25	05:21:45	00:08:05	00:05:01	00:00
8	43	A League of Their Own	Karalynn Burke	00:47:56	00:07:13	00:04:29	05:01:01	00:07:33	00:04:42	00:00
9	7	Old Salts and Laughing Jacks	Dion McKay	00:48:21	00:07:16	00:04:31	04:54:03	00:07:23	00:04:35	00:00
10	38	Oxford @ Eight	Peter Luke	00:48:26	00:07:17	00:04:32	04:35:58	00:06:56	00:04:18	00:00
11	37	Upright & Mile-ing	Pat Kennedy	00:48:32	00:07:18	00:04:32	05:34:40	00:08:24	00:05:13	00:00
12	22	Classic Rummies	Tony Case	00:48:41	00:07:19	00:04:33	04:51:06	00:07:19	00:04:32	00:00
13	28	Border Bounders	Blaine MacIsaac	00:48:49	00:07:21	00:04:34	05:10:10	00:07:47	00:04:50	00:00
14	40	Achilles Heel Runners	Phil McDonald	00:49:21	00:07:25	00:04:37	04:46:03	00:07:11	00:04:28	00:00
15	41	Great Canadian Honking Goose	Dan Gautreau	00:50:18	00:07:34	00:04:42	05:06:57	00:07:42	00:04:47	00:00
16	51	Long-Legged Ladies	Lisa Cicchelli	00:50:42	00:07:38	00:04:44	05:08:51	00:07:45	00:04:49	00:00
17	17	Gym Bags	Angela Taylor	00:51:00	00:07:40	00:04:46	05:49:02	00:08:46	00:05:27	00:00
18	4	Mc's & Matches	Mary McNally	00:51:08	00:07:41	00:04:47	05:35:47	00:08:26	00:05:14	00:00
19	11	NSPI Short Circuits	Scott McPhee	00:51:09	00:07:42	00:04:47	05:45:06	00:08:40	00:05:23	00:00
20	57	ZX Cycle 'n' Run Club	Marie-Lou Perron	00:51:20	00:07:43	00:04:48	05:10:19	00:07:47	00:04:50	00:00
21	34	East Hants Penguin Pacers	Colleen Neynens	00:52:47	00:07:56	00:04:56	05:43:53	00:08:38	00:05:22	00:00
22	24	Eight Friends & Ruth's Parents	Marcel Ritter	00:52:51	00:07:57	00:04:56	05:37:19	00:08:28	00:05:16	00:00
23	15	Mum Runners	Deb Allen	00:53:33	00:08:03	00:05:00	05:31:08	00:08:19	00:05:10	00:00
24	56	Fast Company Hot Shots	Alex MacEachern	00:53:44	00:08:05	00:05:01	04:51:03	00:07:18	00:04:32	00:00
25	27	Marsh Runners	Kore Guenzel	00:54:01	00:08:07	00:05:03	05:23:32	00:08:07	00:05:03	00:00
26	32	Witness Protection Program	John Brian Lowe Smith	00:54:04	00:08:08	00:05:03	05:30:30	00:08:18	00:05:09	00:00
27	23	HRP Cops and Runners	Brent Fiander	00:54:05	00:08:08	00:05:03	04:56:32	00:07:27	00:04:38	00:00
28	60	The Flock of Fantastic Failures	Paul Arsenaault	00:55:38	00:08:22	00:05:12	05:14:16	00:07:53	00:04:54	00:00
29	44	Mixed Bag of Bluenosers	Annie Colwell	00:55:43	00:08:23	00:05:12	05:17:09	00:07:58	00:04:57	00:00
30	45	Team 1730	Brigit Albisto	00:55:58	00:08:25	00:05:14	05:10:26	00:07:48	00:04:51	00:00
31	31	Halifax Fire Bucket Brigade	Mike Slatter	00:56:07	00:08:26	00:05:15	05:06:34	00:07:42	00:04:47	00:00
32	53	Village People	Bill Rattray	00:56:13	00:08:27	00:05:15	06:21:18	00:09:34	00:05:57	00:00
33	12	Oznog Srennur	Dan Stiner	00:56:52	00:08:33	00:05:19	05:00:46	00:07:33	00:04:42	00:00
34	55	Fast Company Hot Flashes	Patsy Eddy	00:57:12	00:08:36	00:05:21	05:29:11	00:08:16	00:05:08	00:00

LEG 6 IN

35	29 Nova's Dysfunctionals	Leanna Rawding	00:57:32	00:08:39	00:05:23	05:25:55	00:08:11	00:05:05	00:00
36	10 Greyhounds	Dave Christie	00:57:48	00:08:42	00:05:24	05:23:20	00:08:07	00:05:03	00:00
37	5 Sea Star	Denny Morrow	00:58:31	00:08:48	00:05:28	05:54:34	00:08:54	00:05:32	00:00
38	8 not 4-Minute Smilers	Ron Allen	00:58:34	00:08:49	00:05:28	05:49:18	00:08:46	00:05:27	00:00
39	52 Mixed Messangers	Michael Harrigan	00:58:34	00:08:49	00:05:28	05:24:40	00:08:09	00:05:04	00:00
40	20 Foggy Bottom Boys & Girls	Herbert Devine	00:58:36	00:08:49	00:05:29	05:19:58	00:08:02	00:05:00	00:00
41	26 Yarmouth Leftovers	Michelle LeBlanc	01:00:15	00:09:04	00:05:38	05:39:49	00:08:32	00:05:18	00:00
42	9 Martha's Vinyard	Heather Johnson	01:01:51	00:09:18	00:05:47	05:54:47	00:08:54	00:05:32	00:05
43	39 Beech Nuts	Michelle Allison	01:02:16	00:09:22	00:05:49	05:46:44	00:08:42	00:05:25	00:00
44	30 Yarmouth Fun Runners	Tina d'Entremont	01:02:19	00:09:22	00:05:49	05:55:45	00:08:56	00:05:33	00:00
45	35 The Outliers	Jesse Diepenveen	01:03:55	00:09:37	00:05:58	05:36:28	00:08:27	00:05:15	00:00
46	2 Pirates of Spring Garden	Marilyn Webb	01:04:49	00:09:45	00:06:03	06:20:41	00:09:33	00:05:56	00:00
47	59 Team Bitter	Sharon Griffiths	01:04:50	00:09:45	00:06:04	06:06:25	00:09:12	00:05:43	00:00
48	21 Mister & Misses	Maureen Coady	01:04:50	00:09:45	00:06:04	05:57:17	00:08:58	00:05:34	00:00
49	47 Dislocated Hippies	Cara McLean	01:05:44	00:09:53	00:06:09	06:09:05	00:09:16	00:05:45	00:00
50	16 Y Trotters	Sarah Crawley	01:05:46	00:09:54	00:06:09	06:07:27	00:09:14	00:05:44	00:00
51	46 Rickard's Reds	Susan Warner	01:06:18	00:09:58	00:06:12	06:30:34	00:09:48	00:06:06	00:00
52	36 Tidal Bore Runners	Amy Knockwood	01:06:41	00:10:02	00:06:14	05:30:01	00:08:17	00:05:09	00:00
53	48 Captain Highliner's Crew	Janet Rae	01:08:40	00:10:20	00:06:25	05:50:58	00:08:49	00:05:29	00:00
54	33 Runningmania.com	Carolyn Thompson	01:09:31	00:10:27	00:06:30	06:26:39	00:09:42	00:06:02	00:00
55	3 Hot on the Trail	Meredith McNally	01:12:56	00:10:58	00:06:49	06:15:29	00:09:26	00:05:51	00:00
56	1 Fast Women	Paulette Budge	01:13:18	00:11:01	00:06:51	06:07:00	00:09:13	00:05:44	00:00
57	54 Team "Other"	Meaghan McNamara	01:16:19	00:11:29	00:07:08	06:06:12	00:09:12	00:05:43	00:00
58	13 Sackville Striding Slugs	Keith Abriel	01:16:38	00:11:32	00:07:10	06:03:17	00:09:07	00:05:40	00:00
59	18 Big Cove Camp		01:26:38	00:13:02	00:08:06	06:27:49	00:09:44	00:06:03	00:00
60	49 M&M Maniacs		01:26:38	00:13:02	00:08:06	07:24:20	00:11:09	00:06:56	00:00

INDIVIDUAL RESULTS

Leg		7		This Leg			Accumulated			Team
Pos	Bib #	Team Name	Runner Name	Time	Pace (5.78) /mi	(9.3) /km	Time	Pace (45.61) /mi	(73.4) /km	Penalties
1	45	Team 1730	Doug Hyanu	00:35:51	00:06:12	00:03:51	05:46:17	00:07:36	00:04:43	00:00
2	31	Halifax Fire Bucket Brigade	Brian Rogers	00:36:27	00:06:18	00:03:55	05:43:01	00:07:31	00:04:40	00:00
3	40	Achilles Heel Runners	Dwayne Doucette	00:37:11	00:06:26	00:04:00	05:23:14	00:07:05	00:04:24	00:00
4	56	Fast Company Hot Shots	Dave Nevitt	00:37:41	00:06:31	00:04:03	05:28:44	00:07:12	00:04:29	00:00
5	12	Oznog Srennur	Tim Stiner	00:38:55	00:06:44	00:04:11	05:39:41	00:07:27	00:04:38	00:00
6	43	A League of Their Own	Gabrielle Riley	00:38:56	00:06:44	00:04:11	05:39:57	00:07:27	00:04:38	00:00
7	29	Nova's Dysfunctionals	Matt Keith	00:39:30	00:06:50	00:04:15	06:05:25	00:08:01	00:04:59	00:00
8	44	Mixed Bag of Bluenosers	Al Heubach	00:39:55	00:06:54	00:04:18	05:57:04	00:07:50	00:04:52	00:00
9	57	ZX Cycle 'n' Run Club	Kristen Gough	00:40:18	00:06:58	00:04:20	05:50:37	00:07:41	00:04:47	00:00
10	42	Livemultisport	Loic Gourmel	00:40:26	00:07:00	00:04:21	06:22:36	00:08:23	00:05:13	00:00
11	50	Timex Team	Anthony Wiseman	00:40:43	00:07:03	00:04:23	04:44:34	00:06:14	00:03:53	00:00
12	35	The Outliers	Nick Coonen	00:40:54	00:07:05	00:04:24	06:17:22	00:08:16	00:05:08	00:00
13	7	Old Salts and Laughing Jacks	Chris Anderson	00:41:09	00:07:07	00:04:25	05:35:12	00:07:21	00:04:34	00:00
14	41	Great Canadian Honking Goose	Farley MacLeod	00:41:09	00:07:07	00:04:25	05:48:06	00:07:38	00:04:45	00:00
15	32	Witness Protection Program	John Daren U. Wilkins Smith	00:41:29	00:07:11	00:04:28	06:11:59	00:08:09	00:05:04	00:00
16	25	Runner's Attic	John Bower	00:41:34	00:07:12	00:04:28	05:07:04	00:06:44	00:04:11	00:05
17	23	HRP Cops and Runners	Ethan Michaels	00:41:50	00:07:14	00:04:30	05:38:22	00:07:25	00:04:37	00:00
18	6	Team TAO	Jadie Spence	00:42:01	00:07:16	00:04:31	05:23:47	00:07:06	00:04:25	00:00
19	38	Oxford @ Eight	Gary Drohan	00:43:04	00:07:27	00:04:38	05:19:02	00:07:00	00:04:21	00:00
20	37	Upright & Mile-ing	Don Rushton	00:43:13	00:07:29	00:04:39	06:17:53	00:08:17	00:05:09	00:00
21	13	Sackville Striding Slugs	Glen Robb	00:43:37	00:07:33	00:04:41	06:46:54	00:08:55	00:05:33	00:00
22	3	Hot on the Trail	Joanne Titus	00:44:05	00:07:38	00:04:44	06:59:34	00:09:12	00:05:43	00:00
23	24	Eight Friends & Ruth's Parents	Jenna Sullivan	00:44:20	00:07:40	00:04:46	06:21:39	00:08:22	00:05:12	00:00
24	2	Pirates of Spring Garden	Steve Dunn	00:44:22	00:07:41	00:04:46	07:05:03	00:09:19	00:05:47	00:00
25	17	Gym Bags	Kim Smith	00:44:23	00:07:41	00:04:46	06:33:25	00:08:38	00:05:22	00:00
26	19	Sally's Road Kill	Carig O'Donnell	00:44:39	00:07:44	00:04:48	05:39:43	00:07:27	00:04:38	00:00
27	54	Team "Other"	Jim Harvey	00:45:21	00:07:51	00:04:53	06:51:33	00:09:01	00:05:36	00:00
28	52	Mixed Messangers	Darcy Stephens	00:45:35	00:07:53	00:04:54	06:10:15	00:08:07	00:05:03	00:00
29	26	Yarmouth Leftovers	Craig LeBlanc	00:45:45	00:07:55	00:04:55	06:25:34	00:08:27	00:05:15	00:00
30	10	Greyhounds	Caroline Whitby	00:46:12	00:08:00	00:04:58	06:09:32	00:08:06	00:05:02	00:00
31	48	Captain Highliner's Crew	Steve Saunders	00:46:27	00:08:02	00:05:00	06:37:25	00:08:43	00:05:25	00:00
32	22	Classic Rummies	Roy McBride	00:46:32	00:08:03	00:05:00	05:37:38	00:07:24	00:04:36	00:00
33	28	Border Bounders	Blaise Dobbin	00:46:48	00:08:06	00:05:02	05:56:58	00:07:50	00:04:52	00:00
34	9	Martha's Vinyard	David Hopkins	00:47:06	00:08:09	00:05:04	06:41:53	00:08:49	00:05:29	00:05

LEG 7 IN

35	58 Boondock Harriers	Cathy Tutton	00:47:48	00:08:16	00:05:08	06:09:33	00:08:06	00:05:02	00:00
36	51 Long-Legged Ladies	Michelle McTimoney	00:48:03	00:08:19	00:05:10	05:56:54	00:07:50	00:04:52	00:00
37	33 Runningmania.com	Brendan Reid	00:48:03	00:08:19	00:05:10	07:14:42	00:09:32	00:05:55	00:00
38	27 Marsh Runners	Kore Guenzel	00:48:24	00:08:23	00:05:12	06:11:56	00:08:09	00:05:04	00:00
39	34 East Hants Penguin Pacers	Adele Clark	00:48:30	00:08:24	00:05:13	06:32:23	00:08:36	00:05:21	00:00
40	8 not 4-Minute Smilers	Connie Meister	00:48:59	00:08:29	00:05:16	06:38:17	00:08:44	00:05:26	00:00
41	20 Foggy Bottom Boys & Girls	Barry Wisner	00:49:11	00:08:31	00:05:17	06:09:09	00:08:06	00:05:02	00:00
42	30 Yarmouth Fun Runners	Chris Surette	00:49:17	00:08:32	00:05:18	06:45:02	00:08:53	00:05:31	00:00
43	46 Rickard's Reds	Susan Ross	00:49:33	00:08:34	00:05:20	07:20:07	00:09:39	00:06:00	00:00
44	5 Sea Star	Quent Wickens	00:49:45	00:08:37	00:05:21	06:44:19	00:08:52	00:05:31	00:00
45	15 Mum Runners	Margot Cameron	00:49:57	00:08:39	00:05:22	06:21:05	00:08:21	00:05:12	00:00
46	36 Tidal Bore Runners	Alexa Fotheringham	00:49:59	00:08:39	00:05:22	06:20:00	00:08:20	00:05:11	00:00
47	18 Big Cove Camp	Daniel Ritchie	00:50:21	00:08:43	00:05:25	07:18:10	00:09:36	00:05:58	00:00
48	11 NSPI Short Circuits	Lisa Allison	00:51:01	00:08:50	00:05:29	06:36:07	00:08:41	00:05:24	00:00
49	59 Team Bitter	Chris Bavis	00:52:11	00:09:02	00:05:37	06:58:36	00:09:11	00:05:42	00:00
50	14 Energizer Rummies	Lise Arseneault	00:52:29	00:09:05	00:05:39	06:45:05	00:08:53	00:05:31	00:00
51	53 Village People	Allen Kaye	00:52:30	00:09:05	00:05:39	07:13:48	00:09:31	00:05:55	00:00
52	4 Mc's & Matches	Tom McNally	00:53:57	00:09:20	00:05:48	06:29:44	00:08:33	00:05:19	00:00
53	60 The Flock of Fantastic Failures	Richard vanHorne	00:54:53	00:09:30	00:05:54	06:09:09	00:08:06	00:05:02	00:00
54	47 Dislocated Hippies	Greg Coholan	01:00:00	00:10:23	00:06:27	07:09:05	00:09:24	00:05:51	00:00
55	55 Fast Company Hot Flashes	Kathleen Neles	01:00:32	00:10:29	00:06:31	06:29:43	00:08:33	00:05:19	00:00
56	16 Y Trotters	Shirley Tanner	01:01:24	00:10:38	00:06:36	07:08:51	00:09:24	00:05:51	00:00
57	1 Fast Women	Margrit Gahlinger	01:02:34	00:10:50	00:06:44	07:09:34	00:09:25	00:05:51	00:00
58	39 Beech Nuts	Karen Boyd	01:03:18	00:10:57	00:06:48	06:50:02	00:08:59	00:05:35	00:00
59	21 Mister & Misses	DNS	01:08:18	00:11:49	00:07:21	07:05:35	00:09:20	00:05:48	00:00
60	49 M&M Maniacs		01:13:18	00:12:41	00:07:53	08:37:38	00:11:21	00:07:03	00:00

INDIVIDUAL RESULTS

Leg		8		This Leg			Accumulated			Team
Pos	Bib #	Team Name	Runner Name	Time	Pace (7.95) /mi	(12.8) /km	Time	Pace (53.56) /mi	(86.2) /km	Penalties
1	50	Timex Team	Rami Bardeesy	00:43:55	00:05:31	00:03:26	05:28:29	00:06:08	00:03:49	00:00
2	34	East Hants Penguin Pacers	Harry Neynens	00:47:07	00:05:55	00:03:41	07:19:30	00:08:12	00:05:06	00:00
3	60	The Flock of Fantastic Failures	Jon Crossland	00:52:15	00:06:34	00:04:05	07:01:24	00:07:52	00:04:53	00:00
4	22	Classic Rummies	Brian Lane	00:52:45	00:06:38	00:04:07	06:30:23	00:07:17	00:04:32	00:00
5	25	Runner's Attic	Ian White	00:56:30	00:07:06	00:04:25	06:03:34	00:06:47	00:04:13	00:05
6	40	Achilles Heel Runners	Olivia Pornick	00:57:31	00:07:14	00:04:30	06:20:45	00:07:07	00:04:25	00:00
7	37	Upright & Mile-ing	Peter Terranova	00:58:08	00:07:19	00:04:33	07:16:01	00:08:08	00:05:03	00:00
8	38	Oxford @ Eight	Simon Walling	00:58:18	00:07:20	00:04:33	06:17:20	00:07:03	00:04:23	00:00
9	21	Mister & Misses	John Anderson	00:58:36	00:07:22	00:04:35	08:04:11	00:09:02	00:05:37	00:00
10	7	Old Salts and Laughing Jacks	David Stobbe	00:58:37	00:07:22	00:04:35	06:33:49	00:07:21	00:04:34	00:00
11	8	not 4-Minute Smilers	David Patrick	00:58:43	00:07:23	00:04:35	07:37:00	00:08:32	00:05:18	00:00
12	35	The Outliers	John Miller	01:00:20	00:07:35	00:04:43	07:17:42	00:08:10	00:05:05	00:00
13	23	HRP Cops and Runners	Mike Fitzsimmons	01:00:42	00:07:38	00:04:45	06:39:04	00:07:27	00:04:38	00:00
14	41	Great Canadian Honking Goose	Jon Huxtable	01:01:28	00:07:44	00:04:48	06:49:34	00:07:39	00:04:45	00:00
15	12	Oznog Srennur	JP Robichaud	01:01:29	00:07:44	00:04:48	06:41:10	00:07:29	00:04:39	00:00
16	52	Mixed Messangers	Morag McDonah	01:01:29	00:07:44	00:04:48	07:11:44	00:08:04	00:05:01	00:00
17	43	A League of Their Own	Brigitte Sahourin	01:02:12	00:07:49	00:04:52	06:42:09	00:07:30	00:04:40	00:00
18	58	Boondock Harriers	Bill Slattery	01:02:38	00:07:52	00:04:54	07:12:11	00:08:04	00:05:01	00:00
19	51	Long-Legged Ladies	Geri Wallace	01:02:53	00:07:54	00:04:55	06:59:47	00:07:50	00:04:52	00:00
20	54	Team "Other"	Blaise McNeil	01:02:54	00:07:55	00:04:55	07:54:27	00:08:51	00:05:30	00:00
21	56	Fast Company Hot Shots	Greg Coffin	01:03:06	00:07:56	00:04:56	06:31:50	00:07:19	00:04:33	00:00
22	57	ZX Cycle 'n' Run Club	Roy Banks	01:03:10	00:07:57	00:04:56	06:53:47	00:07:44	00:04:48	00:00
23	32	Witness Protection Program	Jane Tamia Cormier Smith	01:04:14	00:08:05	00:05:01	07:16:13	00:08:09	00:05:04	00:00
24	9	Martha's Vinyard	Gary Dunbrack	01:05:28	00:08:14	00:05:07	07:47:21	00:08:44	00:05:25	00:05
25	26	Yarmouth Leftovers	Dick Davis	01:05:56	00:08:17	00:05:09	07:31:30	00:08:26	00:05:14	00:00
26	11	NSPI Short Circuits	Doug Campbell	01:06:16	00:08:20	00:05:11	07:42:23	00:08:38	00:05:22	00:00
27	17	Gym Bags	Jane Jacobs	01:06:32	00:08:22	00:05:12	07:39:57	00:08:35	00:05:20	00:00
28	31	Halifax Fire Bucket Brigade	Lawrence Fillmore	01:06:50	00:08:24	00:05:13	06:49:51	00:07:39	00:04:45	00:00
29	45	Team 1730	Helen Curra	01:07:13	00:08:27	00:05:15	06:53:30	00:07:43	00:04:48	00:00
30	27	Marsh Runners	Sharon French	01:08:26	00:08:36	00:05:21	07:20:22	00:08:13	00:05:07	00:00
31	42	Livemultisport	Liane Clarkson	01:09:02	00:08:41	00:05:24	07:31:38	00:08:26	00:05:14	00:00
32	5	Sea Star	Trevor Cunningham	01:09:34	00:08:45	00:05:26	07:53:53	00:08:51	00:05:30	00:00
33	55	Fast Company Hot Flashes	Paulette Goulden	01:09:47	00:08:46	00:05:27	07:39:30	00:08:35	00:05:20	00:00
34	59	Team Bitter	Matt Parker	01:09:51	00:08:47	00:05:27	08:08:27	00:09:07	00:05:40	00:00

LEG 8 IN

35	6 Team TAO	Brian White	01:10:05	00:08:49	00:05:29	06:33:52	00:07:21	00:04:34	00:00
36	15 Mum Runners	Barb Lane	01:10:10	00:08:49	00:05:29	07:31:15	00:08:25	00:05:14	00:00
37	3 Hot on the Trail	Kate Collins	01:10:19	00:08:50	00:05:30	08:09:53	00:09:09	00:05:41	00:00
38	4 Mc's & Matches	Pat McNally	01:10:44	00:08:54	00:05:32	07:40:28	00:08:36	00:05:21	00:00
39	24 Eight Friends & Ruth's Parents	Amy Mahoney	01:11:19	00:08:58	00:05:34	07:32:58	00:08:27	00:05:15	00:00
40	13 Sackville Striding Slugs	Linda Pellerin	01:11:22	00:08:58	00:05:35	07:58:16	00:08:56	00:05:33	00:00
41	29 Nova's Dysfunctionals	Jenny Kirk Baker	01:12:01	00:09:03	00:05:38	07:17:26	00:08:10	00:05:04	00:00
42	44 Mixed Bag of Bluenosers	Blaine Beaton	01:12:55	00:09:10	00:05:42	07:09:59	00:08:02	00:04:59	00:00
43	19 Sally's Road Kill	Nelson Porteous	01:12:58	00:09:10	00:05:42	06:52:41	00:07:42	00:04:47	00:00
44	16 Y Trotters	Pam Chisholm	01:13:32	00:09:15	00:05:45	08:22:23	00:09:23	00:05:50	00:00
45	36 Tidal Bore Runners	Richard Chipman	01:13:39	00:09:16	00:05:45	07:33:39	00:08:28	00:05:16	00:00
46	14 Energizer Rummies	Dawn McCabe	01:15:57	00:09:33	00:05:56	08:01:02	00:08:59	00:05:35	00:00
47	20 Foggy Bottom Boys & Girls	Michelle Bullerwell	01:16:38	00:09:38	00:05:59	07:25:47	00:08:19	00:05:10	00:00
48	46 Rickard's Reds	Connie McCumber	01:17:34	00:09:45	00:06:04	08:37:41	00:09:40	00:06:00	00:00
49	10 Greyhounds	Nancy Holland	01:18:10	00:09:50	00:06:06	07:27:42	00:08:22	00:05:12	00:00
50	39 Beech Nuts	Anne Louise DesRosiers	01:18:45	00:09:54	00:06:09	08:08:47	00:09:08	00:05:40	00:00
51	1 Fast Women	Jenny Costello	01:19:47	00:10:02	00:06:14	08:29:21	00:09:31	00:05:55	00:00
52	28 Border Bounders	Craig Evans	01:19:49	00:10:02	00:06:14	07:16:47	00:08:09	00:05:04	00:00
53	33 Runningmania.com	Dennis Garrison	01:19:52	00:10:02	00:06:14	08:34:34	00:09:36	00:05:58	00:00
54	53 Village People	Time Ainsworth	01:23:06	00:10:27	00:06:30	08:36:54	00:09:39	00:06:00	00:00
55	48 Captain Highliner's Crew	Beverley Richardson	01:24:25	00:10:37	00:06:36	08:01:50	00:09:00	00:05:35	00:00
56	2 Pirates of Spring Garden	Karen Quinn	01:26:45	00:10:54	00:06:47	08:31:48	00:09:33	00:05:56	00:00
57	30 Yarmouth Fun Runners		01:31:45	00:11:32	00:07:10	08:16:47	00:09:16	00:05:46	00:00
58	18 Big Cove Camp	Amanda Andrews	01:31:45	00:11:32	00:07:10	08:49:55	00:09:54	00:06:09	00:00
59	47 Dislocated Hippies	Kim Carvery	01:31:45	00:11:32	00:07:10	08:40:50	00:09:43	00:06:03	00:00
60	49 M&M Maniacs		01:36:45	00:12:10	00:07:34	10:14:23	00:11:28	00:07:08	00:00

INDIVIDUAL RESULTS

Leg		9		This Leg			Accumulated			Team
Pos	Bib #	Team Name	Runner Name	Time	Pace (7.83) /mi	(12.6) /km	Time	Pace (61.39) /mi	(98.8) /km	Penalties
1	45	Team 1730	Brian Zure	00:46:24	00:05:56	00:03:41	07:39:54	00:07:29	00:04:39	00:00
2	50	Timex Team	Frank Lauzier	00:46:34	00:05:57	00:03:42	06:15:03	00:06:07	00:03:48	00:00
3	7	Old Salts and Laughing Jacks	Terry Melley	00:47:44	00:06:06	00:03:47	07:21:33	00:07:12	00:04:28	00:00
4	34	East Hants Penguin Pacers	Ian MacIntyre	00:50:31	00:06:27	00:04:01	08:10:01	00:07:59	00:04:58	00:00
5	28	Border Bounders	Pat Bradley	00:51:27	00:06:34	00:04:05	08:08:14	00:07:57	00:04:56	00:00
6	22	Classic Rummies	Chris Smith	00:51:27	00:06:34	00:04:05	07:21:50	00:07:12	00:04:28	00:00
7	25	Runner's Attic	Shawn Muise	00:52:06	00:06:39	00:04:08	06:55:40	00:06:46	00:04:12	00:05
8	43	A League of Their Own	Tammy Hackett	00:52:06	00:06:39	00:04:08	07:34:15	00:07:24	00:04:36	00:00
9	27	Marsh Runners	Woody Thompson	00:53:00	00:06:46	00:04:12	08:13:22	00:08:02	00:05:00	00:00
10	54	Team "Other"	Brent Dreger	00:53:33	00:06:50	00:04:15	08:48:00	00:08:36	00:05:21	00:00
11	38	Oxford @ Eight	David Mosher	00:54:13	00:06:55	00:04:18	07:11:33	00:07:02	00:04:22	00:00
12	41	Great Canadian Honking Goose	Patrick Kelly	00:55:17	00:07:04	00:04:23	07:44:51	00:07:34	00:04:42	00:00
13	60	The Flock of Fantastic Failures	Joe Crossland	00:55:47	00:07:07	00:04:26	07:57:11	00:07:46	00:04:50	00:00
14	58	Boondock Harriers	Mike Tutton	00:56:40	00:07:14	00:04:30	08:08:51	00:07:58	00:04:57	00:00
15	9	Martha's Vinyard		00:57:11	00:07:18	00:04:32	08:44:32	00:08:33	00:05:19	00:05
16	51	Long-Legged Ladies	Micheline McWhirter	00:57:14	00:07:19	00:04:33	07:57:01	00:07:46	00:04:50	00:00
17	31	Halifax Fire Bucket Brigade	Bruce Mosher	00:57:41	00:07:22	00:04:35	07:47:32	00:07:37	00:04:44	00:00
18	5	Sea Star	Lori Sigfridson	00:58:52	00:07:31	00:04:40	08:52:45	00:08:41	00:05:24	00:00
19	57	ZX Cycle 'n' Run Club	Kathleen Ernst	00:59:43	00:07:38	00:04:44	07:53:30	00:07:43	00:04:48	00:00
20	36	Tidal Bore Runners	Jeff Allen	00:59:46	00:07:38	00:04:45	08:33:25	00:08:22	00:05:12	00:00
21	8	not 4-Minute Smilers	Alice Patrick	00:59:52	00:07:39	00:04:45	08:36:52	00:08:25	00:05:14	00:00
22	15	Mum Runners	Wendy Kinley	01:00:05	00:07:40	00:04:46	08:31:20	00:08:20	00:05:11	00:00
23	10	Greyhounds	Shannon Read	01:00:08	00:07:41	00:04:46	08:27:50	00:08:16	00:05:08	00:00
24	12	Oznog Srennur	Michelle Anderson	01:00:37	00:07:45	00:04:49	07:41:47	00:07:31	00:04:40	00:00
25	48	Captain Highliner's Crew	Peggy Falkenham Boutilier	01:00:47	00:07:46	00:04:49	09:02:37	00:08:50	00:05:30	00:00
26	40	Achilles Heel Runners	Lori Parker	01:01:03	00:07:48	00:04:51	07:21:48	00:07:12	00:04:28	00:00
27	56	Fast Company Hot Shots	Steve Coffin	01:01:07	00:07:48	00:04:51	07:32:57	00:07:23	00:04:35	00:00
28	35	The Outliers	Tyrone Cotie	01:01:08	00:07:48	00:04:51	08:18:50	00:08:08	00:05:03	00:00
29	44	Mixed Bag of Bluenosers	Roger Heisler	01:01:13	00:07:49	00:04:52	08:11:12	00:08:00	00:04:58	00:00
30	59	Team Bitter	Sally Blenkhorn	01:01:24	00:07:51	00:04:52	09:09:51	00:08:57	00:05:34	00:00
31	20	Foggy Bottom Boys & Girls	Karen Miner	01:01:34	00:07:52	00:04:53	08:27:21	00:08:16	00:05:08	00:00
32	32	Witness Protection Program	John John Bird Smith	01:01:36	00:07:52	00:04:53	08:17:49	00:08:07	00:05:02	00:00
33	52	Mixed Messangers	Louis Dionne	01:01:40	00:07:53	00:04:54	08:13:24	00:08:02	00:05:00	00:00
34	16	Y Trotters	Naomi Rubin	01:01:55	00:07:55	00:04:55	09:24:18	00:09:12	00:05:43	00:00

LEG 9 IN

35	19 Sally's Road Kill	Tom Ross	01:02:25	00:07:58	00:04:57	07:55:06	00:07:44	00:04:49	00:00
36	23 HRP Cops and Runners	Dwayne Kelley	01:03:40	00:08:08	00:05:03	07:42:44	00:07:32	00:04:41	00:00
37	29 Nova's Dysfunctionals	Kelly Cook	01:04:16	00:08:13	00:05:06	08:21:42	00:08:10	00:05:05	00:00
38	26 Yarmouth Leftovers	Gail d'Entremont	01:06:23	00:08:29	00:05:16	08:37:53	00:08:26	00:05:15	00:00
39	42 Livemultisport	Neil Clarkson	01:06:40	00:08:31	00:05:17	08:38:18	00:08:27	00:05:15	00:00
40	30 Yarmouth Fun Runners	Nancy Goodwin	01:07:40	00:08:39	00:05:22	09:24:27	00:09:12	00:05:43	00:00
41	53 Village People	J.P. Simon	01:08:32	00:08:45	00:05:26	09:45:26	00:09:32	00:05:56	00:00
42	24 Eight Friends & Ruth's Parents	Trish Carter	01:08:57	00:08:48	00:05:28	08:41:55	00:08:30	00:05:17	00:00
43	11 NSPI Short Circuits	Darryl Emberly	01:09:05	00:08:49	00:05:29	08:51:28	00:08:39	00:05:23	00:00
44	4 Mc's & Matches	Kathy McNally	01:10:35	00:09:01	00:05:36	08:51:03	00:08:39	00:05:23	00:00
45	14 Energizer Rummies	Ellen Dunn	01:10:49	00:09:03	00:05:37	09:11:51	00:08:59	00:05:35	00:00
46	2 Pirates of Spring Garden	Maggie Marwah	01:10:49	00:09:03	00:05:37	09:42:37	00:09:29	00:05:54	00:00
47	13 Sackville Striding Slugs	Vondale Hanrahan	01:12:01	00:09:12	00:05:43	09:10:17	00:08:58	00:05:34	00:00
48	1 Fast Women	Tania Davignon	01:12:47	00:09:18	00:05:47	09:42:08	00:09:29	00:05:54	00:00
49	17 Gym Bags	Christine Samerville	01:13:22	00:09:22	00:05:49	08:53:19	00:08:41	00:05:24	00:00
50	3 Hot on the Trail	Barbara Louder	01:13:22	00:09:22	00:05:49	09:23:15	00:09:10	00:05:42	00:00
51	47 Dislocated Hippies	Sandra Labor	01:14:50	00:09:33	00:05:56	09:55:40	00:09:42	00:06:02	00:00
52	39 Beech Nuts	Lindsay Cameron Wilson	01:15:43	00:09:40	00:06:01	09:24:30	00:09:12	00:05:43	00:00
53	55 Fast Company Hot Flashes	Dianne Baker	01:15:49	00:09:41	00:06:01	08:55:19	00:08:43	00:05:25	00:00
54	37 Upright & Mile-ing	Stuart Lally	01:17:21	00:09:53	00:06:08	08:33:22	00:08:22	00:05:12	00:00
55	33 Runningmania.com	Trish Mccourt	01:17:42	00:09:55	00:06:10	09:52:16	00:09:39	00:06:00	00:00
56	21 Mister & Misses	Christine MacGillivary	01:17:42	00:09:55	00:06:10	09:21:53	00:09:09	00:05:41	00:00
57	6 Team TAO	Jackie Hamilton	01:20:32	00:10:17	00:06:23	07:54:24	00:07:44	00:04:48	00:00
58	46 Rickard's Reds	Charlotte Deviller	01:25:32	00:10:55	00:06:47	10:03:13	00:09:50	00:06:06	00:00
59	18 Big Cove Camp		01:25:32	00:10:55	00:06:47	10:15:27	00:10:02	00:06:14	00:00
60	49 M&M Maniacs		01:30:32	00:11:34	00:07:11	11:44:55	00:11:29	00:07:08	00:00

INDIVIDUAL RESULTS

Leg 10		This Leg			Accumulated			Team Penalties		
Pos	Bib #	Team Name	Runner Name	Time	Pace (6.59) /mi	(13.3) /km	Time	Pace (67.98) /mi	(109.4) /km	
1	57	ZX Cycle 'n' Run Club	Tyrone Grande	00:41:39	00:06:19	00:03:56	08:35:09	00:07:35	00:04:43	00:00
2	36	Tidal Bore Runners	George McNaughton	00:42:13	00:06:25	00:03:59	09:15:38	00:08:10	00:05:05	00:00
3	50	Timex Team	Charles Mandel	00:42:17	00:06:25	00:03:59	06:57:20	00:06:08	00:03:49	00:00
4	38	Oxford @ Eight	Graham Gagnon	00:42:38	00:06:28	00:04:01	07:54:11	00:06:59	00:04:20	00:00
5	18	Big Cove Camp	Nate Walsh	00:43:27	00:06:36	00:04:06	10:58:54	00:09:42	00:06:01	00:00
6	11	NSPI Short Circuits	Ron MacDougall	00:44:02	00:06:41	00:04:09	09:35:30	00:08:28	00:05:16	00:00
7	56	Fast Company Hot Shots	Ray Williams	00:44:09	00:06:42	00:04:10	08:17:06	00:07:19	00:04:33	00:00
8	25	Runner's Attic	Justin Spinney	00:44:38	00:06:47	00:04:13	07:40:18	00:06:46	00:04:12	00:05
9	7	Old Salts and Laughing Jacks	Victor Nickerson	00:44:39	00:06:47	00:04:13	08:06:12	00:07:09	00:04:27	00:00
10	40	Achilles Heel Runners		00:45:18	00:06:53	00:04:16	08:07:06	00:07:10	00:04:27	00:00
11	22	Classic Rummies	Garry Stewart	00:45:26	00:06:54	00:04:17	08:07:16	00:07:10	00:04:27	00:00
12	12	Oznog Srennur	Brogitte L'Heureux	00:46:50	00:07:07	00:04:25	08:28:37	00:07:29	00:04:39	00:00
13	31	Halifax Fire Bucket Brigade	John MacNeill	00:46:57	00:07:08	00:04:26	08:34:29	00:07:34	00:04:42	00:00
14	28	Border Bounders	Paul Barry	00:47:02	00:07:08	00:04:26	08:55:16	00:07:52	00:04:54	00:00
15	33	Runningmania.com	Ian McGrath	00:47:32	00:07:13	00:04:29	10:39:48	00:09:25	00:05:51	00:00
16	32	Witness Protection Program	Jiohn Ricky Landry Smith	00:47:33	00:07:13	00:04:29	09:05:22	00:08:01	00:04:59	00:00
17	51	Long-Legged Ladies	Darlene Chapman	00:48:05	00:07:18	00:04:32	08:45:06	00:07:43	00:04:48	00:00
18	54	Team "Other"	Dan Thompson	00:48:06	00:07:18	00:04:32	09:36:06	00:08:28	00:05:16	00:00
19	14	Energizer Rummies	M'hamed Belkhodja	00:48:11	00:07:19	00:04:33	10:00:02	00:08:50	00:05:29	00:00
20	41	Great Canadian Honking Goose	Greg Murphy	00:48:51	00:07:25	00:04:37	08:33:42	00:07:33	00:04:42	00:00
21	58	Boondock Harriers	David Thompson	00:49:22	00:07:30	00:04:39	08:58:13	00:07:55	00:04:55	00:00
22	55	Fast Company Hot Flashes	Cathy Carter	00:49:29	00:07:31	00:04:40	09:44:48	00:08:36	00:05:21	00:00
23	43	A League of Their Own	Brenda MacDonald	00:49:50	00:07:34	00:04:42	08:24:05	00:07:25	00:04:36	00:00
24	29	Nova's Dysfunctionals	Shane Eno	00:50:42	00:07:42	00:04:47	09:12:24	00:08:08	00:05:03	00:00
25	35	The Outliers	Tony Jabbour	00:50:52	00:07:43	00:04:48	09:09:42	00:08:05	00:05:01	00:00
26	59	Team Bitter	Tim Clarke	00:50:57	00:07:44	00:04:48	10:00:48	00:08:50	00:05:30	00:00
27	26	Yarmouth Leftovers	Jeff Burns	00:51:12	00:07:46	00:04:50	09:29:05	00:08:22	00:05:12	00:00
28	27	Marsh Runners	Kevin Ceretti	00:51:34	00:07:50	00:04:52	09:04:56	00:08:01	00:04:59	00:00
29	24	Eight Friends & Ruth's Parents	Allison McKinnon	00:52:10	00:07:55	00:04:55	09:34:05	00:08:27	00:05:15	00:00
30	5	Sea Star	Fenton Cunningham	00:52:20	00:07:57	00:04:56	09:45:05	00:08:36	00:05:21	00:00
31	19	Sally's Road Kill	Mike Keen	00:53:15	00:08:05	00:05:01	08:48:21	00:07:46	00:04:50	00:00
32	30	Yarmouth Fun Runners	Dave Arthur	00:53:24	00:08:06	00:05:02	10:17:51	00:09:05	00:05:39	00:00
33	23	HRP Cops and Runners	Peter Waldrof	00:53:42	00:08:09	00:05:04	08:36:26	00:07:36	00:04:43	00:00
34	9	Martha's Vinyard	Peter Dunbrack	00:53:50	00:08:10	00:05:05	09:38:22	00:08:30	00:05:17	00:05

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35	42 Livemultisport	Nancy Petrie	00:53:59	00:08:12	00:05:06	09:32:17	00:08:25	00:05:14	00:00
36	1 Fast Women	Deby MacKinnon	00:54:14	00:08:14	00:05:07	10:36:22	00:09:22	00:05:49	00:00
37	2 Pirates of Spring Garden	Emma Raghavan	00:54:17	00:08:14	00:05:07	10:36:54	00:09:22	00:05:49	00:00
38	10 Greyhounds	Ross Mitchell	00:54:20	00:08:15	00:05:08	09:22:10	00:08:16	00:05:08	00:00
39	52 Mixed Messangers	Hans Obermeier	00:55:03	00:08:21	00:05:12	09:08:27	00:08:04	00:05:01	00:00
40	60 The Flock of Fantastic Failures	Lorin Robar	00:55:34	00:08:26	00:05:15	08:52:45	00:07:50	00:04:52	00:00
41	45 Team 1730	Nivose Macdonal	00:55:52	00:08:29	00:05:16	08:35:46	00:07:35	00:04:43	00:00
42	44 Mixed Bag of Bluenosers	Wanda Baxter	00:56:05	00:08:31	00:05:17	09:07:17	00:08:03	00:05:00	00:00
43	47 Dislocated Hippies	Mary Chisholm	00:56:19	00:08:33	00:05:19	10:51:59	00:09:35	00:05:58	00:00
44	16 Y Trotters	Deidre Decanay	00:57:14	00:08:41	00:05:24	10:21:32	00:09:09	00:05:41	00:00
45	21 Mister & Misses	Tishy MacGillivray	00:57:21	00:08:42	00:05:25	10:19:14	00:09:07	00:05:40	00:00
46	13 Sackville Striding Slugs	Pat Murray	00:58:37	00:08:54	00:05:32	10:08:54	00:08:57	00:05:34	00:00
47	8 not 4-Minute Smilers	Shirley Robichaud	00:59:04	00:08:58	00:05:34	09:35:56	00:08:28	00:05:16	00:00
48	48 Captain Highliner's Crew	Henry Demone	00:59:52	00:09:05	00:05:39	10:02:29	00:08:52	00:05:30	00:00
49	15 Mum Runners	Liz O'Carroll	01:01:20	00:09:19	00:05:47	09:32:40	00:08:25	00:05:14	00:00
50	34 East Hants Penguin Pacers	Roy McNeill	01:01:27	00:09:20	00:05:48	09:11:28	00:08:07	00:05:02	00:00
51	17 Gym Bags	Rachel Gordon	01:01:41	00:09:22	00:05:49	09:55:00	00:08:45	00:05:26	00:00
52	39 Beech Nuts	Lyndan Warner	01:01:50	00:09:23	00:05:50	10:26:20	00:09:13	00:05:44	00:00
53	4 Mc's & Matches	Mary McNally	01:03:32	00:09:39	00:06:00	09:54:35	00:08:45	00:05:26	00:00
54	3 Hot on the Trail	Marion MacLean	01:05:13	00:09:54	00:06:09	10:28:28	00:09:15	00:05:45	00:00
55	6 Team TAO	Linda MacLeod	01:06:25	00:10:05	00:06:16	09:00:49	00:07:57	00:04:57	00:00
56	46 Rickard's Reds	Bernadette Kennedy (the Halifax on	01:08:59	00:10:28	00:06:30	11:12:12	00:09:53	00:06:09	00:00
57	37 Upright & Mile-ing	Frank Woodbury	01:10:10	00:10:39	00:06:37	09:43:32	00:08:35	00:05:20	00:00
58	20 Foggy Bottom Boys & Girls	Denyse Hines	01:13:56	00:11:13	00:06:58	09:41:17	00:08:33	00:05:19	00:00
59	49 M&M Maniacs		01:23:56	00:12:45	00:07:55	13:08:51	00:11:36	00:07:13	00:00
60	53 Village People	Jennifer Morrison	01:35:44	00:14:32	00:09:02	11:21:10	00:10:01	00:06:14	00:00