

1 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	4	HRP Cops & Runners	Chad Randal	00:54:00	00:06:32	00:04:04	00:54:00	00:06:32	00:04:04	
2	28	Upright & Mileing	Nick Tentomas	00:54:04	00:06:33	00:04:04	00:54:04	00:06:33	00:04:04	00:10
3	8	Oznog Srennur	gary Trenholm	00:54:08	00:06:33	00:04:04	00:54:08	00:06:33	00:04:04	
4	25	Oxford @ 8 Classic Rummies	Dave Wilson	00:54:13	00:06:34	00:04:05	00:54:13	00:06:34	00:04:05	
5	57	HRC Java Blend Espresso's	Denise Robson	00:54:32	00:06:36	00:04:06	00:54:32	00:06:36	00:04:06	
6	9	Martha's Vineyard	Greg Jones	00:57:43	00:06:59	00:04:20	00:57:43	00:06:59	00:04:20	
7	35	The Outliers	CORY RICHARDS	00:57:46	00:06:59	00:04:21	00:57:46	00:06:59	00:04:21	
8	40	Fast Company #2	Ray Williams	00:58:52	00:07:07	00:04:26	00:58:52	00:07:07	00:04:26	
9	33	Runningmania.com	Ian McGrath	00:59:28	00:07:12	00:04:28	00:59:28	00:07:12	00:04:28	
10	19	Penguin Pacers 2	Scott MacIntrye	00:59:59	00:07:15	00:04:31	00:59:59	00:07:15	00:04:31	00:10
11	24	Achilles Heel Runners	Mike McNally	01:00:15	00:07:17	00:04:32	01:00:15	00:07:17	00:04:32	
12	3	Team 1730	Andrew Sinclair	01:00:16	00:07:18	00:04:32	01:00:16	00:07:18	00:04:32	
13	20	Mixed Bag of Bluenosers	Randy Colwell	01:00:52	00:07:22	00:04:35	01:00:52	00:07:22	00:04:35	
14	27	Border Bounders	Robert Summerby-Murry	01:01:16	00:07:25	00:04:36	01:01:16	00:07:25	00:04:36	
15	44	Privateers	Anita Howard	01:01:56	00:07:30	00:04:39	01:01:56	00:07:30	00:04:39	
16	32	Boondock Harriers	David Thompson	01:02:45	00:07:36	00:04:43	01:02:45	00:07:36	00:04:43	
17	55	Runners' Attic	John Bower	01:02:47	00:07:36	00:04:43	01:02:47	00:07:36	00:04:43	
18	12	Slow But Sure	Terry Morris	01:03:46	00:07:43	00:04:48	01:03:46	00:07:43	00:04:48	
19	51	M&M Maniacs	Tracey Burke	01:05:00	00:07:52	00:04:53	01:05:00	00:07:52	00:04:53	
20	17	Cape Breton Barbarians	Susan Campbell	01:05:08	00:07:53	00:04:54	01:05:08	00:07:53	00:04:54	
21	38	What's the Rush?	Shari Thurston	01:05:34	00:07:56	00:04:56	01:05:34	00:07:56	00:04:56	
22	31	Oar the Mountain	Sarah MacDonald	01:05:50	00:07:58	00:04:57	01:05:50	00:07:58	00:04:57	
23	16	Harold's Hooligans	Jim Boucher	01:07:02	00:08:07	00:05:02	01:07:02	00:08:07	00:05:02	
24	11	Mocky Paws, Larrigan Socks, and Mowe	Bill Roblee	01:08:09	00:08:15	00:05:07	01:08:09	00:08:15	00:05:07	
25	48	Ragged Runners	John MacLean	01:08:12	00:08:15	00:05:08	01:08:12	00:08:15	00:05:08	
26	30	We Tri	PAULINE LEYTE	01:08:27	00:08:17	00:05:09	01:08:27	00:08:17	00:05:09	
27	43	A League of Their Own	Tracy MacNeil	01:08:34	00:08:18	00:05:09	01:08:34	00:08:18	00:05:09	
28	41	Nova's Dysfunctionals	Jonathan Chiassonj	01:09:28	00:08:24	00:05:13	01:09:28	00:08:24	00:05:13	
29	50	Witness Protection Program	Hazen Brien	01:09:39	00:08:26	00:05:14	01:09:39	00:08:26	00:05:14	
30	58	HRC women	Denise Mader	01:09:53	00:08:27	00:05:15	01:09:53	00:08:27	00:05:15	00:10
31	34	Sea Star	Jane Cunningham	01:10:11	00:08:30	00:05:17	01:10:11	00:08:30	00:05:17	
32	22	Halifax Bucket Brigade	Bruce Lanthier	01:12:03	00:08:43	00:05:25	01:12:03	00:08:43	00:05:25	
33	1	Designated Drinkers	Dave van der Wetering	01:12:09	00:08:44	00:05:25	01:12:09	00:08:44	00:05:25	
34	15	Hot Tamales	Jake MacLeay	01:12:09	00:08:44	00:05:25	01:12:09	00:08:44	00:05:25	
35	53	Leftover Rum Runners	Dave Aarthur	01:13:36	00:08:54	00:05:32	01:13:36	00:08:54	00:05:32	
36	23	Hot on the Trail	Mary Hall	01:14:01	00:08:57	00:05:34	01:14:01	00:08:57	00:05:34	
37	49	Captain Highliner's Crew	Iris Regimbal	01:14:37	00:09:02	00:05:37	01:14:37	00:09:02	00:05:37	
38	52	Sallywags & Scurvy Dogs	Susan Smith	01:14:42	00:09:02	00:05:37	01:14:42	00:09:02	00:05:37	

LEG

39	14 The Short Circuits	Gary Trenholm	01:14:48	00:09:03	00:05:37	01:14:48	00:09:03	00:05:37
40	13 The Power Surge	Doug Briand	01:15:12	00:09:06	00:05:39	01:15:12	00:09:06	00:05:39
41	26 Oxford @ 8 #2	Jon Waye	01:16:27	00:09:15	00:05:45	01:16:27	00:09:15	00:05:45
42	45 Run Goose Run	Kim Hollebone	01:16:34	00:09:16	00:05:45	01:16:34	00:09:16	00:05:45
43	21 Sally's Original Road Kill	Gerry MacDonald	01:17:06	00:09:20	00:05:48	01:17:06	00:09:20	00:05:48
44	39 Fast Company #1	Mike Jessome	01:17:46	00:09:25	00:05:51	01:17:46	00:09:25	00:05:51
45	54 Yarmouth Leftovers	Angie Saulnier	01:17:55	00:09:26	00:05:52	01:17:55	00:09:26	00:05:52
46	6 Kilometers & Cocktails.	Shauna Siscoe	01:18:14	00:09:28	00:05:53	01:18:14	00:09:28	00:05:53
47	18 Penguin Pacers Chicks	Norma MacIntyre	01:18:27	00:09:30	00:05:54	01:18:27	00:09:30	00:05:54
48	42 Wine Runners	Tammy Gaudet	01:18:32	00:09:30	00:05:54	01:18:32	00:09:30	00:05:54
49	36 Mister & Misses	Patricia MacGillivray	01:18:47	00:09:32	00:05:55	01:18:47	00:09:32	00:05:55
50	47 Ultraletes	Donna Baker	01:19:51	00:09:40	00:06:00	01:19:51	00:09:40	00:06:00
51	10 Sackville Striding Slugs	Virginia Joudrey	01:20:37	00:09:45	00:06:04	01:20:37	00:09:45	00:06:04
52	7 Greyhounds	Jacques Thibault	01:23:47	00:10:08	00:06:18	01:23:47	00:10:08	00:06:18
53	2 Y Trotters	Bette Watson-Borg	01:24:04	00:10:10	00:06:19	01:24:04	00:10:10	00:06:19
54	29 Salt Marsh Trail Running Club	Cindra Muzzerall	01:25:13	00:10:19	00:06:24	01:25:13	00:10:19	00:06:24
55	60 Team Bitter	David Farrell	01:26:43	00:10:30	00:06:31	01:26:43	00:10:30	00:06:31
56	46 Great Canadian Honking Goose	Kim Marshal	01:30:13	00:10:55	00:06:47	01:30:13	00:10:55	00:06:47
57	56 Beech Nuts	Karen Boyd	01:30:13	00:10:55	00:06:47	01:30:13	00:10:55	00:06:47
58	59 HRC Java Blenders	Andrea Power	01:30:13	00:10:55	00:06:47	01:30:13	00:10:55	00:06:47
59	37 The Tartan Tarts	MJ Thompson	01:30:13	00:10:55	00:06:47	01:30:13	00:10:55	00:06:47
60	5 Team TAO		01:35:13	00:11:31	00:07:10	01:35:13	00:11:31	00:07:10

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	19	Penguin Pacers 2	Ian MacIntrye	00:30:20	00:06:06	00:03:48	01:30:19	00:06:49	00:04:14	00:10
2	57	HRC Java Blend Espresso's	Louis Brill	00:32:39	00:06:34	00:04:05	01:27:11	00:06:35	00:04:06	
3	25	Oxford @ 8 Classic Rummies	John Young	00:33:08	00:06:40	00:04:09	01:27:21	00:06:36	00:04:06	
4	26	Oxford @ 8 #2	Gareth Luke	00:33:20	00:06:42	00:04:10	01:49:47	00:08:18	00:05:09	
5	17	Cape Breton Barbarians	Vincent Nicholson	00:33:32	00:06:45	00:04:12	01:38:40	00:07:27	00:04:38	
6	55	Runners' Attic	Ian White	00:34:32	00:06:57	00:04:19	01:37:19	00:07:21	00:04:34	
7	34	Sea Star	Leslie Cunningham	00:35:42	00:07:11	00:04:28	01:45:53	00:08:00	00:04:58	
8	4	HRP Cops & Runners	Peter Nixon	00:37:45	00:07:36	00:04:43	01:31:45	00:06:56	00:04:18	
9	32	Boondock Harriers	Cathy Tutton	00:37:47	00:07:36	00:04:43	01:40:32	00:07:36	00:04:43	
10	24	Achilles Heel Runners	Jason Penney	00:38:32	00:07:45	00:04:49	01:38:47	00:07:28	00:04:38	
11	31	Oar the Mountain	Jeff Brennan	00:38:38	00:07:46	00:04:50	01:44:28	00:07:54	00:04:54	
12	11	Mocky Paws, Larrigan Socks, and Mowe	Ted Veinot	00:38:47	00:07:48	00:04:51	01:46:56	00:08:05	00:05:01	
13	59	HRC Java Blenders	Leo Kennedy	00:39:09	00:07:53	00:04:54	02:09:22	00:09:46	00:06:04	
14	16	Harold's Hooligans	Danny Foote	00:39:16	00:07:54	00:04:55	01:46:18	00:08:02	00:04:59	
15	44	Privateers	Lesley Borden	00:39:59	00:08:03	00:05:00	01:41:55	00:07:42	00:04:47	
16	60	Team Bitter	Sheila Blair-Reid	00:40:21	00:08:07	00:05:03	02:07:04	00:09:36	00:05:58	
17	51	M&M Maniacs	Tracey Burke	00:40:43	00:08:11	00:05:05	01:45:43	00:07:59	00:04:58	
18	43	A League of Their Own	Lisa Wilson	00:40:55	00:08:14	00:05:07	01:49:29	00:08:16	00:05:08	
19	58	HRC women	Denise Mader	00:41:58	00:08:27	00:05:15	01:51:51	00:08:27	00:05:15	00:10
20	20	Mixed Bag of Bluenosers	Wanda Baxter	00:42:09	00:08:29	00:05:16	01:43:01	00:07:47	00:04:50	
21	49	Captain Highliner's Crew	Sean Clarkson	00:42:17	00:08:30	00:05:17	01:56:54	00:08:50	00:05:29	
22	40	Fast Company #2	Maureen Cullen	00:42:22	00:08:31	00:05:18	01:41:14	00:07:39	00:04:45	
23	3	Team 1730	Sara Gardiner	00:42:49	00:08:37	00:05:21	01:43:05	00:07:47	00:04:50	
24	22	Halifax Bucket Brigade	Sara Drysdale	00:42:52	00:08:37	00:05:22	01:54:55	00:08:41	00:05:24	
25	21	Sally's Original Road Kill	Paula Ross	00:43:20	00:08:43	00:05:25	02:00:26	00:09:06	00:05:39	
26	41	Nova's Dysfunctionals	Dave Chiasson	00:43:41	00:08:47	00:05:28	01:53:09	00:08:33	00:05:19	
27	35	The Outliers	TYRONE COTIE	00:43:57	00:08:50	00:05:30	01:41:43	00:07:41	00:04:47	
28	50	Witness Protection Program	Brian Monroe	00:44:15	00:08:54	00:05:32	01:53:54	00:08:36	00:05:21	
29	1	Designated Drinkers	Robert Grant	00:44:20	00:08:55	00:05:33	01:56:29	00:08:48	00:05:28	
30	45	Run Goose Run	Erin Schaus	00:44:23	00:08:56	00:05:33	02:00:57	00:09:08	00:05:41	
31	46	Great Canadian Honking Goose	Kim Reinhardt	00:45:00	00:09:03	00:05:38	02:15:13	00:10:13	00:06:21	
32	27	Border Bounders	Larry Rhindress	00:46:15	00:09:18	00:05:47	01:47:31	00:08:07	00:05:03	
33	47	Ultraletes		00:46:36	00:09:22	00:05:50	02:06:27	00:09:33	00:05:56	
34	52	Scallywags & Scurvy Dogs	Chris Woodman	00:46:49	00:09:25	00:05:51	02:01:31	00:09:11	00:05:42	
35	9	Martha's Vineyard	Ann MacDonald	00:47:04	00:09:28	00:05:53	01:44:47	00:07:55	00:04:55	

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36	56 Beech Nuts	Shirley Tanner	00:47:24	00:09:32	00:05:56	02:17:37	00:10:24	00:06:28	
37	53 Leftover Rum Runners	KAREN BOWER	00:47:26	00:09:33	00:05:56	02:01:02	00:09:09	00:05:41	
38	38 What's the Rush?		00:48:08	00:09:41	00:06:01	01:53:42	00:08:35	00:05:20	
39	18 Penguin Pacers Chicks	Sherry Archibald	00:48:38	00:09:47	00:06:05	02:07:05	00:09:36	00:05:58	
40	7 Greyhounds	Nancy Holland	00:48:56	00:09:51	00:06:07	02:12:43	00:10:02	00:06:14	
41	33 Runningmania.com	Carolyn Thompson	00:49:11	00:09:54	00:06:09	01:48:39	00:08:13	00:05:06	
42	39 Fast Company #1	Susan Whynot	00:49:12	00:09:54	00:06:09	02:06:58	00:09:36	00:05:58	
43	30 We Tri	CHERYL LORETTE	00:49:36	00:09:59	00:06:12	01:58:03	00:08:55	00:05:33	
44	48 Ragged Runners	Mike Noddin	00:50:01	00:10:04	00:06:15	01:58:13	00:08:56	00:05:33	
45	29 Salt Marsh Trail Running Club	Cheryl Tannahill	00:50:30	00:10:10	00:06:19	02:15:43	00:10:15	00:06:22	
46	8 Oznog Srennur	Terry McCormack	00:51:42	00:10:24	00:06:28	01:45:50	00:08:00	00:04:58	
47	42 Wine Runners	Liz Corkum	00:51:43	00:10:24	00:06:28	02:10:15	00:09:50	00:06:07	
48	36 Mister & Misses	Juanita Pelly	00:52:44	00:10:36	00:06:36	02:11:31	00:09:56	00:06:10	
49	54 Yarmouth Leftovers	Yvonne Goodwin	00:53:23	00:10:44	00:06:40	02:11:18	00:09:55	00:06:10	
50	12 Slow But Sure	Judy Allen	00:53:36	00:10:47	00:06:42	01:57:22	00:08:52	00:05:31	
51	15 Hot Tamales	Shawnda D'Arcy	00:54:19	00:10:56	00:06:47	02:06:28	00:09:33	00:05:56	
52	14 The Short Circuits	Meaghan McNamara	00:54:44	00:11:01	00:06:51	02:09:32	00:09:47	00:06:05	
53	23 Hot on the Trail	Heather Elms-Wod	00:54:52	00:11:02	00:06:52	02:08:53	00:09:44	00:06:03	
54	13 The Power Surge	JK Keeping	00:54:54	00:11:03	00:06:52	02:10:06	00:09:50	00:06:06	
55	37 The Tartan Tarts	Sue Henneberry	00:55:51	00:11:14	00:06:59	02:26:04	00:11:02	00:06:51	
56	10 Sackville Striding Slugs	Heather Shaw	01:00:51	00:12:14	00:07:36	02:21:28	00:10:41	00:06:38	
57	28 Upright & Mileing	Chris Woodbury	01:00:51	00:12:14	00:07:36	01:54:55	00:08:41	00:05:24	00:10
58	2 Y Trotters	Leslie Tinkham	01:00:51	00:12:14	00:07:36	02:24:55	00:10:57	00:06:48	
59	6 Kilometers & Cocktails.	Anne Gosney	01:00:51	00:12:14	00:07:36	02:19:05	00:10:31	00:06:32	
60	5 Team TAO		01:05:51	00:13:15	00:08:14	02:41:04	00:12:10	00:07:34	

INDIVIDUAL RESULTS

Leg 3			This Leg			Accumulated			Team Penalties	
Pos	Bib #	Team Name	Runner Name	Time	Pace (7.08) /mi (11.4) /km	Time	Pace (20.32) /mi (32.7) /km			
1	25	Oxford @ 8 Classic Rummies	Brian Lane	00:43:25	00:06:08	00:03:49	02:10:46	00:09:53	00:06:08	
2	24	Achilles Heel Runners	Rob Stevens	00:44:14	00:06:15	00:03:53	02:23:01	00:10:48	00:06:43	
3	27	Border Bounders	Pat Bradley	00:44:39	00:06:18	00:03:55	02:32:10	00:11:30	00:07:09	
4	57	HRC Java Blend Espresso's	Jeff Courish	00:44:46	00:06:19	00:03:56	02:11:57	00:09:58	00:06:12	
5	55	Runners' Attic	Shawn Muise	00:45:17	00:06:24	00:03:58	02:22:36	00:10:46	00:06:42	
6	35	The Outliers	ANTHONY WISEMAN	00:45:57	00:06:29	00:04:02	02:27:40	00:11:09	00:06:56	
7	9	Martha's Vineyard	Cameron Deacoff	00:46:56	00:06:38	00:04:07	02:31:43	00:11:28	00:07:07	
8	18	Penguin Pacers Chicks	Lexi Juurlink	00:46:58	00:06:38	00:04:07	02:54:03	00:13:09	00:08:10	
9	44	Privateers	Tamara Fraser	00:47:04	00:06:39	00:04:08	02:28:59	00:11:15	00:07:00	
10	51	M&M Maniacs	Philip Burke	00:47:31	00:06:42	00:04:10	02:33:14	00:11:35	00:07:12	
11	4	HRP Cops & Runners	Steve Cooper	00:47:46	00:06:45	00:04:11	02:19:31	00:10:32	00:06:33	
12	17	Cape Breton Barbarians	Dave Dalgliesh	00:47:56	00:06:46	00:04:12	02:26:36	00:11:05	00:06:53	
13	59	HRC Java Blenders	Mike Kennedy	00:48:06	00:06:47	00:04:13	02:57:28	00:13:25	00:08:20	
14	45	Run Goose Run	Gregor Thomson	00:48:10	00:06:48	00:04:14	02:49:07	00:12:47	00:07:56	
15	43	A League of Their Own	Jill MacDonald	00:48:27	00:06:50	00:04:15	02:37:56	00:11:56	00:07:25	
16	11	Mocky Paws, Larrigan Socks, and Mowe	Nancy Petrie	00:49:48	00:07:02	00:04:22	02:36:44	00:11:51	00:07:22	
17	26	Oxford @ 8 #2	Tony Folkins	00:49:56	00:07:03	00:04:23	02:39:43	00:12:04	00:07:30	
18	7	Greyhounds	Christine Macaulay	00:50:04	00:07:04	00:04:24	03:02:47	00:13:49	00:08:35	
19	58	HRC women	Yvette Scattalon	00:50:21	00:07:06	00:04:25	02:42:12	00:12:15	00:07:37	00:10
20	39	Fast Company #1	Clarence Whynot	00:52:25	00:07:24	00:04:36	02:59:23	00:13:33	00:08:25	
21	19	Penguin Pacers 2	Andrew Boone	00:52:59	00:07:29	00:04:39	02:23:18	00:10:50	00:06:44	00:10
22	48	Ragged Runners	David Stanford	00:53:41	00:07:35	00:04:43	02:51:54	00:12:59	00:08:04	
23	10	Sackville Striding Slugs	Robert Pretty	00:53:56	00:07:37	00:04:44	03:15:24	00:14:46	00:09:10	
24	21	Sally's Original Road Kill	Matt Stocker	00:54:04	00:07:38	00:04:45	02:54:30	00:13:11	00:08:12	
25	1	Designated Drinkers	Louis Boileau	00:54:13	00:07:39	00:04:45	02:50:42	00:12:54	00:08:01	
26	13	The Power Surge	Robbie Foster	00:54:16	00:07:40	00:04:46	03:04:22	00:13:56	00:08:39	
27	15	Hot Tamales	John Darcy	00:55:13	00:07:48	00:04:51	03:01:41	00:13:44	00:08:32	
28	42	Wine Runners	Jenn Spencer-Weare	00:55:20	00:07:49	00:04:51	03:05:35	00:14:01	00:08:43	
29	29	Salt Marsh Trail Running Club	Pat Mullins	00:55:41	00:07:52	00:04:53	03:11:24	00:14:28	00:08:59	
30	41	Nova's Dysfunctionals	Kevin Chisholm	00:55:55	00:07:54	00:04:54	02:49:04	00:12:46	00:07:56	
31	46	Great Canadian Honking Goose	Kristen Shea	00:55:59	00:07:54	00:04:55	03:11:12	00:14:27	00:08:59	
32	8	Oznog Srennur	Richard Dooley	00:56:00	00:07:54	00:04:55	02:41:50	00:12:14	00:07:36	
33	50	Witness Protection Program	Lisanne Maurice	00:56:40	00:08:00	00:04:58	02:50:34	00:12:53	00:08:00	
34	32	Boondock Harriers	Pam Waterhouse	00:56:57	00:08:02	00:05:00	02:37:29	00:11:54	00:07:24	
35	22	Halifax Bucket Brigade	Lawrence Fillmore	00:57:15	00:08:05	00:05:01	02:52:10	00:13:00	00:08:05	

LEG 3 II

36	30 We Tri	Greg Miller	00:57:19	00:08:05	00:05:02	02:55:22	00:13:15	00:08:14	
37	40 Fast Company #2	Paulette Goulden	00:58:30	00:08:16	00:05:08	02:39:44	00:12:04	00:07:30	
38	31 Oar the Mountain	Bill Murphy	00:58:31	00:08:16	00:05:08	02:42:59	00:12:19	00:07:39	
39	60 Team Bitter	Janet Mills	00:58:31	00:08:16	00:05:08	03:05:35	00:14:01	00:08:43	
40	54 Yarmouth Leftovers	Marsha Deveau	00:59:16	00:08:22	00:05:12	03:10:34	00:14:24	00:08:57	
41	14 The Short Circuits	Lisa Allison	00:59:41	00:08:26	00:05:14	03:09:13	00:14:18	00:08:53	
42	47 Ultraletes	Scott Chouinard	01:00:32	00:08:33	00:05:19	03:06:59	00:14:08	00:08:47	
43	33 Runningmania.com	Dennis Garrison	01:02:00	00:08:45	00:05:26	02:50:39	00:12:54	00:08:01	
44	34 Sea Star	Rick Crowel	01:02:26	00:08:49	00:05:29	02:48:19	00:12:43	00:07:54	
45	20 Mixed Bag of Bluenosers	Katrina Johnston	01:02:34	00:08:50	00:05:29	02:45:35	00:12:31	00:07:46	
46	56 Beech Nuts	Christine Wilson	01:03:12	00:08:55	00:05:33	03:20:49	00:15:10	00:09:26	
47	37 The Tartan Tarts	Susan Warner	01:03:28	00:08:58	00:05:34	03:29:32	00:15:50	00:09:50	
48	36 Mister & Misses	Maureen Coady	01:04:14	00:09:04	00:05:38	03:15:45	00:14:47	00:09:11	
49	53 Leftover Rum Runners	LAURIE DENTREMONT	01:04:27	00:09:06	00:05:39	03:05:29	00:14:01	00:08:42	
50	52 Scallywags & Scurvy Dogs	Glynis Woodman	01:04:47	00:09:09	00:05:41	03:06:18	00:14:05	00:08:45	
51	38 What's the Rush?	Jenny Costello	01:06:03	00:09:19	00:05:48	02:59:45	00:13:35	00:08:26	
52	12 Slow But Sure	Shane Patilakis	01:06:22	00:09:22	00:05:49	03:03:44	00:13:53	00:08:38	
53	23 Hot on the Trail	Julia Inglis	01:07:25	00:09:31	00:05:55	03:16:18	00:14:50	00:09:13	
54	3 Team 1730	Diane Cave	01:10:52	00:10:00	00:06:13	02:53:57	00:13:09	00:08:10	
55	16 Harold's Hooligans	Howard Peterson	01:12:15	00:10:12	00:06:20	02:58:33	00:13:29	00:08:23	
56	6 Kilometers & Cocktails.	Joanne Mills	01:12:41	00:10:16	00:06:23	03:31:46	00:16:00	00:09:57	
57	2 Y Trotters	Amy Hunt	01:17:41	00:10:58	00:06:49	03:42:36	00:16:49	00:10:27	
58	28 Upright & Mileing	Frank Woodbury	01:17:41	00:10:58	00:06:49	03:12:36	00:14:33	00:09:03	00:10
59	49 Captain Highliner's Crew	Beverley Richardson	01:17:41	00:10:58	00:06:49	03:14:35	00:14:42	00:09:08	
60	5 Team TAO		01:22:41	00:11:40	00:07:15	04:03:45	00:18:25	00:11:27	

INDIVIDUAL RESULTS

Leg 4			This Leg			Accumulated			Team Penalties	
Pos	Bib #	Team Name	Runner Name	Time	Pace (10.50) /mi (16.9) /km	Time	Pace (30.82) /mi (49.6) /km			
1	57	HRC Java Blend Espresso's	Ray Moorehead	01:02:00	00:05:54	00:03:40	03:13:57	00:06:18	00:03:55	
2	35	The Outliers	DOUG VINCENT	01:02:01	00:05:54	00:03:40	03:29:41	00:06:48	00:04:14	
3	17	Cape Breton Barbarians	Chris Milburn	01:03:32	00:06:03	00:03:46	03:30:08	00:06:49	00:04:14	
4	25	Oxford @ 8 Classic Rummies	Derek Estabrook	01:03:34	00:06:03	00:03:46	03:14:20	00:06:18	00:03:55	
5	28	Upright & Mileing	Matt Callaghan	01:04:51	00:06:11	00:03:50	04:17:27	00:08:21	00:05:11	00:10
6	8	Oznog Srennur	Andy Canning	01:07:19	00:06:25	00:03:59	03:49:09	00:07:26	00:04:37	
7	21	Sally's Original Road Kill	Greg Wagner	01:08:03	00:06:29	00:04:02	04:02:33	00:07:52	00:04:53	
8	55	Runners' Attic	Chris MacKenize	01:08:04	00:06:29	00:04:02	03:30:40	00:06:50	00:04:15	
9	41	Nova's Dysfunctionals	Tim Keith	01:08:30	00:06:31	00:04:03	03:57:34	00:07:42	00:04:47	
10	3	Team 1730	Mike Chaulk	01:09:28	00:06:37	00:04:07	04:03:25	00:07:54	00:04:54	
11	46	Great Canadian Honking Goose	Mitchell Shea	01:10:17	00:06:42	00:04:10	04:21:29	00:08:29	00:05:16	
12	47	Ultraletes	Andrew Hanlon	01:11:14	00:06:47	00:04:13	04:18:13	00:08:23	00:05:12	
13	60	Team Bitter	Bruce Bowen	01:13:10	00:06:58	00:04:20	04:18:45	00:08:24	00:05:13	
14	20	Mixed Bag of Bluenosers	Bryan Green	01:13:51	00:07:02	00:04:22	03:59:26	00:07:46	00:04:50	
15	26	Oxford @ 8 #2	Kevin Nettle	01:14:59	00:07:08	00:04:26	03:54:42	00:07:37	00:04:44	
16	11	Mocky Paws, Larrigan Socks, and Mowe	Jeff Oakes	01:15:15	00:07:10	00:04:27	03:51:59	00:07:32	00:04:41	
17	51	M&M Maniacs	Andrew MacIsaac	01:16:07	00:07:15	00:04:30	03:49:21	00:07:26	00:04:37	
18	44	Privateers	Ryan Neilson	01:16:20	00:07:16	00:04:31	03:45:19	00:07:19	00:04:33	
19	22	Halifax Bucket Brigade	Jamie Langille	01:16:36	00:07:18	00:04:32	04:08:46	00:08:04	00:05:01	
20	31	Oar the Mountain	Tonya Toole	01:16:46	00:07:19	00:04:33	03:59:45	00:07:47	00:04:50	
21	19	Penguin Pacers 2	Ryan Powe	01:16:53	00:07:19	00:04:33	03:40:11	00:07:09	00:04:26	00:10
22	34	Sea Star	Ian Cunningham	01:17:46	00:07:24	00:04:36	04:06:05	00:07:59	00:04:58	
23	4	HRP Cops & Runners	Mike Fitzimmons	01:18:00	00:07:26	00:04:37	03:37:31	00:07:03	00:04:23	
24	24	Achilles Heel Runners	Marty Stevens	01:18:02	00:07:26	00:04:37	03:41:03	00:07:10	00:04:27	
25	27	Border Bounders	Byron Richards	01:18:35	00:07:29	00:04:39	03:50:45	00:07:29	00:04:39	
26	43	A League of Their Own	Tammy Mercier	01:19:00	00:07:31	00:04:40	03:56:56	00:07:41	00:04:47	
27	33	Runningmania.com	Thomas Steinhaeuser	01:19:26	00:07:34	00:04:42	04:10:05	00:08:07	00:05:03	
28	16	Harold's Hooligans	Kurt Heckel	01:20:30	00:07:40	00:04:46	04:19:03	00:08:24	00:05:13	
29	32	Boondock Harriers	Tracy Crowell	01:22:02	00:07:49	00:04:51	03:59:31	00:07:46	00:04:50	
30	7	Greyhounds	Phil Reid	01:22:14	00:07:50	00:04:52	04:25:01	00:08:36	00:05:21	
31	54	Yarmouth Leftovers	Natasha Hiltz	01:22:24	00:07:51	00:04:53	04:32:58	00:08:51	00:05:30	
32	38	What's the Rush?	Steve Waters	01:22:25	00:07:51	00:04:53	04:22:10	00:08:30	00:05:17	
33	59	HRC Java Blenders	Robyn Whyte	01:24:20	00:08:02	00:04:59	04:21:48	00:08:30	00:05:17	
34	49	Captain Highliner's Crew	Peggy Falkenham Boutilier	01:24:37	00:08:03	00:05:00	04:39:12	00:09:04	00:05:38	
35	15	Hot Tamales	Derek Fitzgerald	01:24:44	00:08:04	00:05:01	04:26:25	00:08:39	00:05:22	

LEG 4 II

36	9 Martha's Vineyard	Darren Shives	01:24:51	00:08:05	00:05:01	03:56:34	00:07:41	00:04:46	
37	10 Sackville Striding Slugs	Nick Slaunwhite	01:24:52	00:08:05	00:05:01	04:40:16	00:09:06	00:05:39	
38	12 Slow But Sure	Steve Johnson	01:25:19	00:08:07	00:05:03	04:29:03	00:08:44	00:05:25	
39	30 We Tri	Frances Oliver	01:25:45	00:08:10	00:05:04	04:21:07	00:08:28	00:05:16	
40	39 Fast Company #1	Karen Marlin	01:26:59	00:08:17	00:05:09	04:26:22	00:08:39	00:05:22	
41	50 Witness Protection Program	Lucia Cormier	01:27:24	00:08:19	00:05:10	04:17:58	00:08:22	00:05:12	
42	42 Wine Runners	Erika Muir	01:27:25	00:08:19	00:05:10	04:33:00	00:08:51	00:05:30	
43	18 Penguin Pacers Chicks	Erin Mackay	01:28:09	00:08:24	00:05:13	04:22:12	00:08:30	00:05:17	
44	58 HRC women	Tina White	01:28:21	00:08:25	00:05:14	04:10:33	00:08:08	00:05:03	00:10
45	53 Leftover Rum Runners	ARNIE GOODWIN	01:28:22	00:08:25	00:05:14	04:33:51	00:08:53	00:05:31	
46	14 The Short Circuits	Shawn Neily	01:30:40	00:08:38	00:05:22	04:39:53	00:09:05	00:05:39	
47	6 Kilometers & Cocktails.	Jon Hopkins	01:31:49	00:08:45	00:05:26	05:03:35	00:09:51	00:06:07	
48	29 Salt Marsh Trail Running Club	Brian Baillie	01:33:10	00:08:52	00:05:31	04:44:34	00:09:14	00:05:44	
49	36 Mister & Misses	Mary Girrior	01:33:59	00:08:57	00:05:34	04:49:44	00:09:24	00:05:50	
50	52 Scallywags & Scurvy Dogs	Suzanne Allen	01:34:01	00:08:57	00:05:34	04:40:19	00:09:06	00:05:39	
51	45 Run Goose Run	Mary Annette Gillis	01:35:52	00:09:08	00:05:40	04:24:59	00:08:36	00:05:21	
52	1 Designated Drinkers	Tom Michael	01:37:45	00:09:19	00:05:47	04:28:27	00:08:43	00:05:25	
53	2 Y Trotters	Brian Church	01:37:46	00:09:19	00:05:47	05:20:22	00:10:24	00:06:28	
54	13 The Power Surge	Sue Joudrey	01:37:55	00:09:19	00:05:48	04:42:17	00:09:10	00:05:41	
55	37 The Tartan Tarts	Jack Mackay	01:39:13	00:09:27	00:05:52	05:08:45	00:10:01	00:06:13	
56	23 Hot on the Trail	Susan Collins	01:39:46	00:09:30	00:05:54	04:56:04	00:09:36	00:05:58	
57	48 Ragged Runners	Emily Burrige	01:41:25	00:09:39	00:06:00	04:33:19	00:08:52	00:05:31	
58	40 Fast Company #2	Ronnie Macintyre	01:49:10	00:10:24	00:06:28	04:28:54	00:08:43	00:05:25	
59	56 Beech Nuts	Jane Thorburn	01:54:10	00:10:52	00:06:45	05:14:59	00:10:13	00:06:21	
60	5 Team TAO		01:59:10	00:11:21	00:07:03	06:02:55	00:11:47	00:07:19	

INDIVIDUAL RESULTS

Leg 5			This Leg			Accumulated			Team Penalties	
Pos	Bib #	Team Name	Runner Name	Time	Pace (2.36) /mi	(3.8) /km	Time	Pace (33.18) /mi	(53.4) /km	
1	44	Privateers	Hayden McNamara	00:14:30	00:06:08	00:03:49	03:59:49	00:07:14	00:04:29	
2	24	Achilles Heel Runners	Jonathan Wadden	00:14:34	00:06:10	00:03:50	03:55:37	00:07:06	00:04:25	
3	25	Oxford @ 8 Classic Rummies	Kirby Putnam	00:14:43	00:06:14	00:03:52	03:29:03	00:06:18	00:03:55	
4	57	HRC Java Blend Espresso's	Brendan Ryan	00:15:10	00:06:25	00:03:59	03:29:07	00:06:18	00:03:55	
5	55	Runners' Attic	Dave Goodwin	00:15:27	00:06:33	00:04:04	03:46:07	00:06:49	00:04:14	
6	33	Runningmania.com	Ian McGrath	00:15:48	00:06:41	00:04:09	04:25:53	00:08:01	00:04:59	
7	22	Halifax Bucket Brigade	Ryan MacCracken	00:15:57	00:06:45	00:04:12	04:24:43	00:07:59	00:04:57	
8	35	The Outliers	MEGHAN MCBRIDE	00:15:58	00:06:46	00:04:12	03:45:39	00:06:48	00:04:14	
9	4	HRC Cops & Runners	Jason Mood	00:16:18	00:06:54	00:04:17	03:53:49	00:07:03	00:04:23	
10	1	Designated Drinkers	Andrew Knight	00:16:22	00:06:56	00:04:18	04:44:49	00:08:35	00:05:20	
11	45	Run Goose Run	Greg Murphy	00:16:34	00:07:01	00:04:22	04:41:33	00:08:29	00:05:16	
12	3	Team 1730	Steve Locke	00:16:48	00:07:07	00:04:25	04:20:13	00:07:51	00:04:52	
13	51	M&M Maniacs	Brett Liem	00:16:49	00:07:07	00:04:26	04:06:10	00:07:25	00:04:37	
14	43	A League of Their Own	Krista Hanson	00:17:23	00:07:22	00:04:34	04:14:19	00:07:40	00:04:46	
15	26	Oxford @ 8 #2	Stu Richardson	00:17:37	00:07:28	00:04:38	04:12:19	00:07:36	00:04:44	
16	11	Mocky Paws, Larrigan Socks, and Mowe	Shelagh Keddy-Veinot	00:17:41	00:07:29	00:04:39	04:09:40	00:07:31	00:04:41	
17	30	We Tri	Emma Mooy	00:17:43	00:07:30	00:04:40	04:38:50	00:08:24	00:05:13	
18	31	Oar the Mountain	Tash Hull	00:17:44	00:07:31	00:04:40	04:17:29	00:07:46	00:04:49	
19	9	Martha's Vineyard	Chuck Taylor	00:17:59	00:07:37	00:04:44	04:14:33	00:07:40	00:04:46	
20	60	Team Bitter	Riley Clarke	00:18:04	00:07:39	00:04:45	04:36:49	00:08:21	00:05:11	
21	49	Captain Highliner's Crew	Karen Mills	00:18:10	00:07:42	00:04:47	04:57:22	00:08:58	00:05:34	
22	52	Scallywags & Scurvy Dogs	Brian Moriaty	00:18:17	00:07:45	00:04:49	04:58:36	00:09:00	00:05:36	
23	47	Ultraletes	Chris Oickle	00:18:21	00:07:46	00:04:50	04:36:34	00:08:20	00:05:11	
24	27	Border Bounders		00:18:27	00:07:49	00:04:51	04:09:12	00:07:31	00:04:40	
25	28	Upright & Mileing	Nicole Beaton	00:18:34	00:07:52	00:04:53	04:36:01	00:08:19	00:05:10	00:10
26	46	Great Canadian Honking Goose	Waytt Reinhardt	00:18:44	00:07:56	00:04:56	04:40:13	00:08:27	00:05:15	
27	42	Wine Runners	Julia Craft	00:18:44	00:07:56	00:04:56	04:51:44	00:08:48	00:05:28	
28	2	Y Trotters	Brian Davis	00:18:50	00:07:59	00:04:57	05:39:12	00:10:13	00:06:21	
29	58	HRC women	Tracy Beaton	00:18:54	00:08:00	00:04:58	04:29:27	00:08:07	00:05:03	00:10
30	48	Ragged Runners	Kim Jodrey	00:18:58	00:08:02	00:04:59	04:52:17	00:08:49	00:05:28	
31	18	Penguin Pacers Chicks	Erin Mackay	00:19:19	00:08:11	00:05:05	04:41:31	00:08:29	00:05:16	
32	8	Oznog Srennur	Bill Loban	00:19:41	00:08:20	00:05:11	04:08:50	00:07:30	00:04:40	
33	15	Hot Tamales	Lori LeBlanc	00:19:42	00:08:21	00:05:11	04:46:07	00:08:37	00:05:21	
34	20	Mixed Bag of Bluenosers	Alisa Johnson	00:19:43	00:08:21	00:05:11	04:19:09	00:07:49	00:04:51	
35	41	Nova's Dysfunctionals	Sabrina Hall	00:20:17	00:08:35	00:05:20	04:17:51	00:07:46	00:04:50	

LEG 5 II

36	14 The Short Circuits	Collene Smith	00:20:27	00:08:40	00:05:23	05:00:20	00:09:03	00:05:37	
37	39 Fast Company #1	Etienne Robicheaud	00:20:32	00:08:42	00:05:24	04:46:54	00:08:39	00:05:22	
38	54 Yarmouth Leftovers	Margo Corkum	00:21:02	00:08:54	00:05:32	04:54:00	00:08:52	00:05:30	
39	10 Sackville Striding Slugs	Ron Kaszor	00:21:26	00:09:05	00:05:38	05:01:42	00:09:06	00:05:39	
40	56 Beech Nuts	Jackie Kinley	00:21:39	00:09:10	00:05:42	05:36:38	00:10:09	00:06:18	
41	23 Hot on the Trail	Lori Collins	00:21:57	00:09:18	00:05:47	05:18:01	00:09:35	00:05:57	
42	34 Sea Star	Renee LeBlanc	00:22:21	00:09:28	00:05:53	04:28:26	00:08:05	00:05:02	
43	7 Greyhounds	Ross Mitchell	00:22:43	00:09:37	00:05:59	04:47:44	00:08:40	00:05:23	
44	21 Sally's Original Road Kill	Mike Harvey	00:22:51	00:09:41	00:06:01	04:25:24	00:08:00	00:04:58	
45	13 The Power Surge	Tracy Brown	00:22:58	00:09:44	00:06:03	05:05:15	00:09:12	00:05:43	
46	16 Harold's Hooligans	Andrea Thorburn	00:23:02	00:09:45	00:06:04	04:42:05	00:08:30	00:05:17	
47	32 Boondock Harriers	Barry Flash Diggins	00:23:05	00:09:47	00:06:04	04:22:36	00:07:55	00:04:55	
48	29 Salt Marsh Trail Running Club	Tina Thistle	00:23:07	00:09:47	00:06:05	05:07:41	00:09:16	00:05:46	
49	38 What's the Rush?	Margaret Gahlinger	00:23:33	00:09:58	00:06:12	04:45:43	00:08:37	00:05:21	
50	19 Penguin Pacers 2	Michelle Allen	00:23:38	00:10:01	00:06:13	04:03:49	00:07:21	00:04:34	00:10
51	59 HRC Java Blenders	Terrilyn Chiasson	00:23:44	00:10:03	00:06:15	04:45:32	00:08:36	00:05:21	
52	6 Kilometers & Cocktails.	Shelly Whitman	00:24:22	00:10:19	00:06:25	05:27:57	00:09:53	00:06:08	
53	40 Fast Company #2	Judy McPhee	00:24:33	00:10:24	00:06:28	04:53:27	00:08:51	00:05:30	
54	37 The Tartan Tarts	Susan Rickard	00:24:34	00:10:24	00:06:28	05:33:19	00:10:03	00:06:15	
55	12 Slow But Sure	Edie Veinot	00:24:40	00:10:27	00:06:29	04:53:43	00:08:51	00:05:30	
56	17 Cape Breton Barbarians	Lisa MacKenzie	00:26:03	00:11:02	00:06:51	03:56:11	00:07:07	00:04:25	
57	50 Witness Protection Program	Lee McKeigan-Dempsy	00:28:11	00:11:56	00:07:25	04:46:09	00:08:37	00:05:22	
58	36 Mister & Misses	Dan Girrior	00:29:06	00:12:19	00:07:39	05:18:50	00:09:37	00:05:58	
59	53 Leftover Rum Runners	SHERRYL TRASK	00:31:15	00:13:14	00:08:13	05:05:06	00:09:12	00:05:43	
60	5 Team TAO		00:41:15	00:17:28	00:10:51	06:44:10	00:12:11	00:07:34	

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	25	Oxford @ 8 Classic Rummies	Dave Keefe	00:42:30	00:06:24	00:03:58	04:11:33	00:06:19	00:03:55	
2	7	Greyhounds	Bryan Hipson	00:42:37	00:06:25	00:03:59	05:30:21	00:08:18	00:05:09	
3	35	The Outliers	MAURA WIECZOREK	00:43:01	00:06:28	00:04:01	04:28:40	00:06:45	00:04:11	
4	24	Achilles Heel Runners	Bob McCord	00:43:03	00:06:28	00:04:01	04:38:40	00:07:00	00:04:21	
5	57	HRC Java Blend Espresso's	Randell Hipson	00:43:08	00:06:29	00:04:02	04:12:15	00:06:20	00:03:56	
6	51	M&M Maniacs	Dave Liem	00:44:07	00:06:38	00:04:07	04:50:17	00:07:17	00:04:32	
7	9	Martha's Vineyard	Clint Cumings	00:45:26	00:06:50	00:04:15	04:59:59	00:07:32	00:04:41	
8	60	Team Bitter	Petra Spires	00:46:43	00:07:02	00:04:22	05:23:32	00:08:07	00:05:03	
9	31	Oar the Mountain	Jim Leith	00:46:51	00:07:03	00:04:23	05:04:20	00:07:38	00:04:45	
10	11	Mocky Paws, Larrigan Socks, and Mowe	John Anderson	00:47:44	00:07:11	00:04:28	04:57:24	00:07:28	00:04:38	
11	26	Oxford @ 8 #2	Tony Case	00:48:19	00:07:16	00:04:31	05:00:38	00:07:33	00:04:41	
12	19	Penguin Pacers 2	Ryan Adams	00:49:21	00:07:25	00:04:37	04:53:10	00:07:22	00:04:34	00:10
13	28	Upright & Mileing	Katherine King	00:49:28	00:07:26	00:04:37	05:25:29	00:08:10	00:05:05	00:10
14	22	Halifax Bucket Brigade	Jeff Clarke	00:49:30	00:07:27	00:04:38	05:14:13	00:07:53	00:04:54	
15	50	Witness Protection Program	John Bird	00:50:13	00:07:33	00:04:42	05:36:22	00:08:27	00:05:15	
16	27	Border Bounders	Blaise Dobbin	00:50:29	00:07:36	00:04:43	04:59:41	00:07:31	00:04:41	
17	32	Boondock Harriers	Bill Slattery	00:50:48	00:07:38	00:04:45	05:13:24	00:07:52	00:04:53	
18	41	Nova's Dysfunctionals	Matt Keith	00:50:52	00:07:39	00:04:45	05:08:43	00:07:45	00:04:49	
19	44	Privateers	Cory Francis	00:51:07	00:07:41	00:04:47	04:50:56	00:07:18	00:04:32	
20	46	Great Canadian Honking Goose	Dana Fox	00:51:51	00:07:48	00:04:51	05:32:04	00:08:20	00:05:11	
21	55	Runners' Attic	Curt Goodwin	00:52:06	00:07:50	00:04:52	04:38:13	00:06:59	00:04:20	
22	4	HRP Cops & Runners	Brent Fiander	00:52:08	00:07:50	00:04:52	04:45:57	00:07:11	00:04:28	
23	43	A League of Their Own	Joan Irvine	00:52:17	00:07:52	00:04:53	05:06:36	00:07:42	00:04:47	
24	33	Runningmania.com	Marcel Ritter	00:52:46	00:07:56	00:04:56	05:18:39	00:08:00	00:04:58	
25	18	Penguin Pacers Chicks	Elizabeth Hill	00:52:47	00:07:56	00:04:56	05:34:18	00:08:24	00:05:13	
26	39	Fast Company #1	Cathy Carter	00:53:05	00:07:59	00:04:58	05:39:59	00:08:32	00:05:18	
27	38	What's the Rush?	Lorri Giffin	00:53:09	00:08:00	00:04:58	05:38:52	00:08:30	00:05:17	
28	1	Designated Drinkers	Randy Mitchell	00:53:47	00:08:05	00:05:02	05:38:36	00:08:30	00:05:17	
29	17	Cape Breton Barbarians	Karen Campbell	00:54:20	00:08:10	00:05:05	04:50:31	00:07:18	00:04:32	
30	30	We Tri	SESALY DAVIDSON	00:54:49	00:08:15	00:05:07	05:33:39	00:08:23	00:05:12	
31	59	HRC Java Blenders	Barb Fox	00:54:50	00:08:15	00:05:07	05:40:22	00:08:33	00:05:19	
32	2	Y Trotters	Norman Burke	00:54:51	00:08:15	00:05:08	06:34:03	00:09:54	00:06:09	
33	14	The Short Circuits	Blaise McNeil	00:54:52	00:08:15	00:05:08	05:55:12	00:08:55	00:05:32	
34	49	Captain Highliner's Crew	Steve Saunders	00:55:00	00:08:16	00:05:08	05:52:22	00:08:51	00:05:30	
35	48	Ragged Runners	Craig Tomchuck	00:55:01	00:08:16	00:05:09	05:47:18	00:08:43	00:05:25	

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36	3 Team 1730	Brigit Albiston	00:56:44	00:08:32	00:05:18	05:16:57	00:07:57	00:04:57	
37	47 Ultraletes		00:56:48	00:08:33	00:05:19	05:33:22	00:08:22	00:05:12	
38	13 The Power Surge	Bruce Murray	00:56:50	00:08:33	00:05:19	06:02:05	00:09:05	00:05:39	
39	20 Mixed Bag of Bluenosers	Craig Ferguson	00:57:00	00:08:34	00:05:20	05:16:09	00:07:56	00:04:56	
40	45 Run Goose Run	Andy Leverman	00:57:21	00:08:38	00:05:22	05:38:54	00:08:31	00:05:17	
41	52 Scallywags & Scurvy Dogs	Wendy Leiper	00:57:35	00:08:40	00:05:23	05:56:11	00:08:57	00:05:33	
42	54 Yarmouth Leftovers	Maureen MacKenzie	00:57:37	00:08:40	00:05:23	05:51:37	00:08:50	00:05:29	
43	21 Sally's Original Road Kill	Chris Hollebhone	00:57:43	00:08:41	00:05:24	05:23:07	00:08:07	00:05:02	
44	56 Beech Nuts	Lyndan Warner	00:58:17	00:08:46	00:05:27	06:34:55	00:09:55	00:06:10	
45	58 HRC women	Lynn Vernon	00:59:07	00:08:53	00:05:31	05:28:34	00:08:15	00:05:08	00:10
46	8 Oznog Srennur	Michelle Anderson	00:59:30	00:08:57	00:05:34	05:08:20	00:07:44	00:04:49	
47	40 Fast Company #2	Patsy Eddy	00:59:44	00:08:59	00:05:35	05:53:11	00:08:52	00:05:31	
48	23 Hot on the Trail	Nancy Allen	00:59:54	00:09:01	00:05:36	06:17:55	00:09:29	00:05:54	
49	42 Wine Runners	Diane Barry	01:00:45	00:09:08	00:05:41	05:52:29	00:08:51	00:05:30	
50	12 Slow But Sure	Gail MacDougall	01:01:11	00:09:12	00:05:43	05:54:54	00:08:55	00:05:32	
51	6 Kilometers & Cocktails.	Christina Coish	01:01:14	00:09:13	00:05:43	06:29:11	00:09:46	00:06:04	
52	53 Leftover Rum Runners	JACK E GOODWIN	01:01:34	00:09:16	00:05:45	06:06:40	00:09:12	00:05:43	
53	15 Hot Tamales	Lisa Anderson	01:01:43	00:09:17	00:05:46	05:47:50	00:08:44	00:05:26	
54	37 The Tartan Tarts	Norma Doctor	01:01:43	00:09:17	00:05:46	06:35:02	00:09:55	00:06:10	
55	29 Salt Marsh Trail Running Club	Joanne Oostven	01:02:58	00:09:28	00:05:53	06:10:39	00:09:18	00:05:47	
56	34 Sea Star	Allison Munro	01:03:26	00:09:32	00:05:56	05:31:52	00:08:20	00:05:11	
57	10 Sackville Striding Slugs	Kyla McInnis-Smith	01:03:31	00:09:33	00:05:56	06:05:13	00:09:10	00:05:42	
58	16 Harold's Hooligans	Dale Smith	01:06:54	00:10:04	00:06:15	05:48:59	00:08:46	00:05:27	
59	36 Mister & Misses	Juanita Pelly	01:11:54	00:10:49	00:06:43	06:30:44	00:09:49	00:06:06	
60	5 Team TAO		01:16:54	00:11:34	00:07:11	08:01:04	00:12:05	00:07:30	

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	22	Halifax Bucket Brigade	Kevin Gallagher	00:35:27	00:06:08	00:03:49	05:49:40	00:07:40	00:04:46	
2	57	HRC Java Blend Espresso's	Nick McBride	00:36:54	00:06:23	00:03:58	04:49:09	00:06:20	00:03:56	
3	25	Oxford @ 8 Classic Rummies	Luc Erjavec	00:37:27	00:06:29	00:04:02	04:49:00	00:06:20	00:03:56	
4	11	Mocky Paws, Larrigan Socks, and Mowe	Victor Nickerson	00:37:37	00:06:31	00:04:03	05:35:01	00:07:21	00:04:34	
5	1	Designated Drinkers	Minh Tan	00:37:58	00:06:34	00:04:05	06:16:34	00:08:15	00:05:08	
6	24	Achilles Heel Runners	Darren Wadden	00:38:55	00:06:44	00:04:11	05:17:35	00:06:58	00:04:20	
7	17	Cape Breton Barbarians	Julie Curwin	00:40:10	00:06:57	00:04:19	05:30:41	00:07:15	00:04:30	
8	55	Runners' Attic	Gayland Goodwin	00:40:37	00:07:02	00:04:22	05:18:50	00:06:59	00:04:21	
9	9	Martha's Vineyard	Peter Dunbrack	00:40:50	00:07:04	00:04:23	05:40:49	00:07:28	00:04:39	
10	16	Harold's Hooligans	Avery Card	00:41:01	00:07:06	00:04:25	06:30:00	00:08:33	00:05:19	
11	3	Team 1730	Rosie Mullins	00:41:41	00:07:13	00:04:29	05:58:38	00:07:52	00:04:53	
12	27	Border Bounders	Blaine MacIsaac	00:41:51	00:07:15	00:04:30	05:41:32	00:07:29	00:04:39	
13	20	Mixed Bag of Bluenosers	R J Genge	00:42:00	00:07:16	00:04:31	05:58:09	00:07:51	00:04:53	
14	28	Upright & Mileing	Chris MacDonald	00:42:35	00:07:22	00:04:35	06:08:04	00:08:04	00:05:01	00:10
15	60	Team Bitter	Adam Spires	00:42:39	00:07:23	00:04:35	06:06:11	00:08:02	00:04:59	
16	30	We Tri	John Mooy	00:42:47	00:07:24	00:04:36	06:16:26	00:08:15	00:05:08	
17	26	Oxford @ 8 #2	Simon Walling	00:42:57	00:07:26	00:04:37	05:43:35	00:07:32	00:04:41	
18	44	Privateers	Jonathan Wagner	00:42:57	00:07:26	00:04:37	05:33:53	00:07:19	00:04:33	
19	47	Ultraletes	Ray Sampson	00:43:11	00:07:28	00:04:39	06:16:33	00:08:15	00:05:08	
20	18	Penguin Pacers Chicks	Jacqueline Lavangie	00:43:21	00:07:30	00:04:40	06:17:39	00:08:17	00:05:09	
21	43	A League of Their Own	Bridgett Sabourn	00:43:27	00:07:31	00:04:40	05:50:03	00:07:41	00:04:46	
22	4	HRP Cops & Runners	Andy McCrum	00:44:05	00:07:38	00:04:44	05:30:02	00:07:14	00:04:30	
23	21	Sally's Original Road Kill	Scott Mason	00:44:05	00:07:38	00:04:44	06:07:12	00:08:03	00:05:00	
24	32	Boondock Harriers	Mike Tutton	00:44:32	00:07:42	00:04:47	05:57:56	00:07:51	00:04:53	
25	35	The Outliers	TONY JABBOUR	00:44:46	00:07:45	00:04:49	05:13:26	00:06:52	00:04:16	
26	51	M&M Maniacs	Erin Poirier	00:44:51	00:07:46	00:04:49	05:35:08	00:07:21	00:04:34	
27	59	HRC Java Blenders	Nancy Neatt	00:45:04	00:07:48	00:04:51	06:25:26	00:08:27	00:05:15	
28	23	Hot on the Trail	Joanne Titus	00:45:09	00:07:49	00:04:51	07:03:04	00:09:17	00:05:46	
29	2	Y Trotters	Paul Arbuckle	00:45:17	00:07:50	00:04:52	07:19:20	00:09:38	00:05:59	
30	48	Ragged Runners	Peter Huyhn	00:45:18	00:07:50	00:04:52	06:32:36	00:08:36	00:05:21	
31	58	HRC women	Erin McDonah	00:45:42	00:07:54	00:04:55	06:14:16	00:08:12	00:05:06	00:10
32	49	Captain Highliner's Crew	Scott Brown	00:46:49	00:08:06	00:05:02	06:39:11	00:08:45	00:05:26	
33	45	Run Goose Run	Farley McLeod	00:47:03	00:08:09	00:05:04	06:25:57	00:08:28	00:05:15	
34	50	Witness Protection Program	Brian Loew	00:48:28	00:08:23	00:05:13	06:24:50	00:08:26	00:05:15	
35	31	Oar the Mountain	Liz Rigney	00:48:32	00:08:24	00:05:13	05:52:52	00:07:44	00:04:48	

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36	36 Mister & Misses	Debbie Supple	00:48:34	00:08:24	00:05:13	07:19:18	00:09:38	00:05:59	
37	6 Kilometers & Cocktails.	Ben Jon	00:49:13	00:08:31	00:05:18	07:18:24	00:09:37	00:05:58	
38	56 Beech Nuts	Jan Leonard	00:50:24	00:08:43	00:05:25	07:25:19	00:09:46	00:06:04	
39	42 Wine Runners	Kelly Cook	00:50:33	00:08:45	00:05:26	06:43:02	00:08:50	00:05:29	
40	38 What's the Rush?	Debby Johnston	00:50:36	00:08:45	00:05:26	06:29:28	00:08:32	00:05:18	
41	54 Yarmouth Leftovers	Peter Graves	00:50:38	00:08:46	00:05:27	06:42:15	00:08:49	00:05:29	
42	34 Sea Star	Leslie Cunningham	00:50:47	00:08:47	00:05:28	06:22:39	00:08:23	00:05:13	
43	33 Runningmania.com	Jenn Casey	00:51:22	00:08:53	00:05:31	06:10:01	00:08:07	00:05:02	
44	19 Penguin Pacers 2	Roy McNeil	00:51:22	00:08:53	00:05:31	05:44:32	00:07:33	00:04:42	00:10
45	37 The Tartan Tarts	Connie McComber	00:51:33	00:08:55	00:05:33	07:26:35	00:09:47	00:06:05	
46	29 Salt Marsh Trail Running Club	Rufus Sweet	00:51:47	00:08:58	00:05:34	07:02:26	00:09:16	00:05:45	
47	46 Great Canadian Honking Goose	Caroline "C-Lo" Lodge	00:51:57	00:08:59	00:05:35	06:24:01	00:08:25	00:05:14	
48	41 Nova's Dysfunctionals	Genny Kirk-Baker	00:52:33	00:09:06	00:05:39	06:01:16	00:07:55	00:04:55	
49	39 Fast Company #1	Brad Bishop	00:52:39	00:09:07	00:05:40	06:32:38	00:08:37	00:05:21	
50	15 Hot Tamales	Heather Stayko	00:53:17	00:09:13	00:05:44	06:41:07	00:08:48	00:05:28	
51	52 Scallywags & Scurvy Dogs	Erin Smeltzer	00:53:40	00:09:17	00:05:46	06:49:51	00:08:59	00:05:35	
52	12 Slow But Sure	Freda Cormier	00:53:52	00:09:19	00:05:48	06:48:46	00:08:58	00:05:34	
53	8 Oznog Srennur	George Clarke	00:53:55	00:09:20	00:05:48	06:02:15	00:07:57	00:04:56	
54	53 Leftover Rum Runners	CHRIS SURETTE	00:54:44	00:09:28	00:05:53	07:01:24	00:09:14	00:05:44	
55	14 The Short Circuits	Paul Dandurand	00:55:38	00:09:38	00:05:59	06:50:50	00:09:00	00:05:36	
56	40 Fast Company #2	Maureen Stiner	00:57:08	00:09:53	00:06:09	06:50:19	00:09:00	00:05:35	
57	7 Greyhounds	Gordon Warnica	01:00:28	00:10:28	00:06:30	06:30:49	00:08:34	00:05:19	
58	10 Sackville Striding Slugs	Rob Brinston	01:00:41	00:10:30	00:06:32	07:05:54	00:09:20	00:05:48	
59	13 The Power Surge	Jennifer Cyr	01:05:00	00:11:15	00:06:59	07:07:05	00:09:22	00:05:49	
60	5 Team TAO		01:10:00	00:12:07	00:07:32	09:11:04	00:12:05	00:07:30	

INDIVIDUAL RESULTS

Leg 8			This Leg			Accumulated			Team Penalties	
Pos	Bib #	Team Name	Runner Name	Time	Pace (7.95) /mi (12.8) /km	Time	Pace (53.56) /mi (86.2) /km			
1	57	HRC Java Blend Espresso's	Greg Wieczorek	00:43:25	00:05:28	00:03:24	05:32:34	00:06:13	00:03:51	
2	35	The Outliers	DAVE HOLDER	00:47:50	00:06:01	00:03:44	06:01:16	00:06:45	00:04:11	
3	17	Cape Breton Barbarians	Allan MacKenzie	00:48:48	00:06:08	00:03:49	06:19:29	00:07:05	00:04:24	
4	25	Oxford @ 8 Classic Rummies	Harry Neynens	00:50:28	00:06:21	00:03:57	05:39:28	00:06:20	00:03:56	
5	46	Great Canadian Honking Goose	Frank Reinhardt	00:50:36	00:06:22	00:03:57	07:14:37	00:08:07	00:05:03	
6	11	Mocky Paws, Larrigan Socks, and Mowe	Terry Melloy	00:52:19	00:06:35	00:04:05	06:27:20	00:07:14	00:04:30	
7	55	Runners' Attic	Sean Merrett	00:52:52	00:06:39	00:04:08	06:11:42	00:06:56	00:04:19	
8	22	Halifax Bucket Brigade	Justin Inglis	00:54:33	00:06:52	00:04:16	06:44:13	00:07:33	00:04:41	
9	24	Achilles Heel Runners	Frank MacGillivray	00:55:09	00:06:56	00:04:19	06:12:44	00:06:58	00:04:19	
10	50	Witness Protection Program	Peter McGregor	00:55:14	00:06:57	00:04:19	07:20:04	00:08:13	00:05:06	
11	43	A League of Their Own	Gabrielle Galligher	00:55:15	00:06:57	00:04:19	06:45:18	00:07:34	00:04:42	
12	13	The Power Surge	Dan Thompson	00:55:16	00:06:57	00:04:19	08:02:21	00:09:00	00:05:36	
13	58	HRC women	Morag McDonah	00:57:58	00:07:17	00:04:32	07:12:14	00:08:04	00:05:01	00:10
14	30	We Tri	ART MELANSON	00:58:32	00:07:22	00:04:34	07:14:58	00:08:07	00:05:03	
15	26	Oxford @ 8 #2	Rob MacDonald	00:58:40	00:07:23	00:04:35	06:42:15	00:07:31	00:04:40	
16	1	Designated Drinkers	Gus Richardson	00:58:41	00:07:23	00:04:35	07:15:15	00:08:08	00:05:03	
17	28	Upright & Mileing	Heather Callaghan	00:59:22	00:07:28	00:04:38	07:07:26	00:07:59	00:04:58	00:10
18	44	Privateers	Neil Menzies	01:00:01	00:07:33	00:04:41	06:33:54	00:07:21	00:04:34	
19	51	M&M Maniacs	Phillip Caulier	01:00:45	00:07:38	00:04:45	06:35:53	00:07:23	00:04:36	
20	45	Run Goose Run	Alex Godbold	01:02:19	00:07:50	00:04:52	07:28:16	00:08:22	00:05:12	
21	16	Harold's Hooligans	Dave Beaton	01:02:22	00:07:50	00:04:52	07:32:22	00:08:27	00:05:15	
22	47	Ultraletes	Matt Swinkels	01:02:50	00:07:54	00:04:55	07:19:23	00:08:12	00:05:06	
23	27	Border Bounders	Gerard MacDonald	01:04:11	00:08:04	00:05:01	06:45:43	00:07:34	00:04:42	
24	19	Penguin Pacers 2	Anne Adams	01:04:46	00:08:09	00:05:04	06:49:18	00:07:38	00:04:45	00:10
25	59	HRC Java Blenders	Paul Callaghan	01:05:12	00:08:12	00:05:06	07:30:38	00:08:25	00:05:14	
26	42	Wine Runners	Donna Coleman	01:05:14	00:08:12	00:05:06	07:48:16	00:08:45	00:05:26	
27	4	HRP Cops & Runners	Peter Waldorf	01:05:46	00:08:16	00:05:08	06:35:48	00:07:23	00:04:35	
28	39	Fast Company #1		01:05:56	00:08:17	00:05:09	07:38:34	00:08:34	00:05:19	
29	49	Captain Highliner's Crew	Liane Clarkson	01:05:57	00:08:18	00:05:09	07:45:08	00:08:41	00:05:24	
30	20	Mixed Bag of Bluenosers	Glen Durnford	01:06:04	00:08:18	00:05:10	07:04:13	00:07:55	00:04:55	
31	53	Leftover Rum Runners	Bobby-Lou Readon	01:06:25	00:08:21	00:05:11	08:07:49	00:09:06	00:05:40	
32	33	Runningmania.com	Mike Milloy	01:06:42	00:08:23	00:05:13	07:16:43	00:08:09	00:05:04	
33	48	Ragged Runners	Jim Harvey	01:08:16	00:08:35	00:05:20	07:40:52	00:08:36	00:05:21	
34	15	Hot Tamales	Jason Stayko	01:08:40	00:08:38	00:05:22	07:49:47	00:08:46	00:05:27	
35	18	Penguin Pacers Chicks	Colleen Neynens	01:09:20	00:08:43	00:05:25	07:26:59	00:08:21	00:05:11	

LEG 8 II

36	9 Martha's Vineyard	Dave Hopkins	01:09:47	00:08:46	00:05:27	06:50:36	00:07:40	00:04:46
37	21 Sally's Original Road Kill	Nelson Porteous	01:09:48	00:08:47	00:05:27	07:17:00	00:08:10	00:05:04
38	54 Yarmouth Leftovers	Dick Davis	01:10:21	00:08:51	00:05:30	07:52:36	00:08:49	00:05:29
39	56 Beech Nuts	Cindy Wheeler	01:10:34	00:08:52	00:05:31	08:35:53	00:09:38	00:05:59
40	8 Oznog Srennur	Sheila Dooley	01:10:48	00:08:54	00:05:32	07:13:03	00:08:05	00:05:01
41	34 Sea Star	Trevor Cunningham	01:10:59	00:08:55	00:05:33	07:33:38	00:08:28	00:05:16
42	41 Nova's Dysfunctionals	Deanna Rawding	01:11:11	00:08:57	00:05:34	07:12:27	00:08:04	00:05:01
43	37 The Tartan Tarts	Annette Scott	01:11:15	00:08:57	00:05:34	08:37:50	00:09:40	00:06:00
44	14 The Short Circuits	Kyle Smith	01:12:08	00:09:04	00:05:38	08:02:58	00:09:01	00:05:36
45	6 Kilometers & Cocktails.	Ian Coise	01:12:57	00:09:10	00:05:42	08:31:21	00:09:33	00:05:56
46	7 Greyhounds	Yigit Aydede	01:13:40	00:09:16	00:05:45	07:44:29	00:08:40	00:05:23
47	32 Boondock Harriers	Harry Lamont	01:13:40	00:09:16	00:05:45	07:11:36	00:08:03	00:05:00
48	31 Oar the Mountain	Louise Murphy	01:15:12	00:09:27	00:05:53	07:08:04	00:08:00	00:04:58
49	3 Team 1730	Stephanie Gora	01:15:14	00:09:28	00:05:53	07:13:52	00:08:06	00:05:02
50	2 Y Trotters	Lcicille Carson	01:17:19	00:09:43	00:06:02	08:36:39	00:09:39	00:06:00
51	23 Hot on the Trail	Roberta Jones	01:18:16	00:09:50	00:06:07	08:21:20	00:09:22	00:05:49
52	60 Team Bitter		01:18:18	00:09:51	00:06:07	07:24:29	00:08:18	00:05:09
53	12 Slow But Sure	Caitlin Cormier	01:20:25	00:10:07	00:06:17	08:09:11	00:09:08	00:05:40
54	40 Fast Company #2	Kathleen Muiles	01:20:27	00:10:07	00:06:17	08:10:46	00:09:10	00:05:42
55	38 What's the Rush?	Cameron Lawrence	01:20:58	00:10:11	00:06:20	07:50:26	00:08:47	00:05:27
56	52 Scallywags & Scurvy Dogs	Andrea Power	01:21:14	00:10:13	00:06:21	08:11:05	00:09:10	00:05:42
57	29 Salt Marsh Trail Running Club	Suzanne Young	01:21:14	00:10:13	00:06:21	08:23:40	00:09:24	00:05:51
58	10 Sackville Striding Slugs	Arlene Brinston	01:26:14	00:10:51	00:06:44	08:32:08	00:09:34	00:05:56
59	36 Mister & Misses	Krista Beardy	01:26:14	00:10:51	00:06:44	08:45:32	00:09:49	00:06:06
60	5 Team TAO		01:31:14	00:11:28	00:07:08	10:42:18	00:11:59	00:07:27

INDIVIDUAL RESULTS

Leg 9			This Leg			Accumulated			Team Penalties	
Pos	Bib #	Team Name	Runner Name	Time	Pace (7.83) /mi (12.6) /km	Time	Pace (61.39) /mi (98.8) /km			
1	57	HRC Java Blend Espresso's	Rami Bardeesy	00:44:09	00:05:38	00:03:30	06:16:43	00:06:08	00:03:49	
2	55	Runners' Attic	Steve Murray	00:47:45	00:06:06	00:03:47	06:59:27	00:06:50	00:04:15	
3	3	Team 1730	Matt Allain	00:48:16	00:06:10	00:03:50	08:02:08	00:07:51	00:04:53	
4	17	Cape Breton Barbarians	Andreas Burger	00:48:35	00:06:12	00:03:51	07:08:04	00:06:58	00:04:20	
5	33	Runningmania.com	Ian Loughead	00:52:39	00:06:43	00:04:11	08:09:22	00:07:58	00:04:57	
6	25	Oxford @ 8 Classic Rummies	Chris Smith	00:52:45	00:06:44	00:04:11	06:32:13	00:06:23	00:03:58	
7	45	Run Goose Run	Bruce Middleton	00:54:02	00:06:54	00:04:17	08:22:18	00:08:11	00:05:05	
8	43	A League of Their Own	Linda MacDonald	00:55:03	00:07:02	00:04:22	07:40:21	00:07:30	00:04:40	
9	14	The Short Circuits	Janna Morrison	00:55:09	00:07:03	00:04:23	08:58:07	00:08:46	00:05:27	
10	32	Boondock Harriers	Ian MacCallum	00:55:28	00:07:05	00:04:24	08:07:04	00:07:56	00:04:56	
11	8	Oznog Srennur	Gary Dunbrack	00:55:33	00:07:06	00:04:25	08:08:36	00:07:58	00:04:57	
12	11	Mocky Paws, Larrigan Socks, and Mowe	Dion MacKay	00:55:37	00:07:06	00:04:25	07:22:57	00:07:13	00:04:29	
13	24	Achilles Heel Runners	Karla Widmeyer	00:55:49	00:07:08	00:04:26	07:08:33	00:06:59	00:04:20	
14	26	Oxford @ 8 #2	Garry Stewart	00:55:57	00:07:09	00:04:26	07:38:12	00:07:28	00:04:38	
15	22	Halifax Bucket Brigade	Richard Sullivan	00:56:00	00:07:09	00:04:27	07:40:13	00:07:30	00:04:39	
16	34	Sea Star	Lori Sigfriedson	00:56:21	00:07:12	00:04:28	08:29:59	00:08:18	00:05:10	
17	28	Upright & Mileing	Don Rushton	00:56:35	00:07:14	00:04:29	08:04:01	00:07:53	00:04:54	00:10
18	19	Penguin Pacers 2	Ryan McKim	00:56:41	00:07:14	00:04:30	07:45:59	00:07:35	00:04:43	00:10
19	27	Border Bounders	Paul Berry	00:56:46	00:07:15	00:04:30	07:42:29	00:07:32	00:04:41	
20	44	Privateers	Karen Weagle	00:57:24	00:07:20	00:04:33	07:31:18	00:07:21	00:04:34	
21	58	HRC women	Micheline McWhirter	00:57:45	00:07:23	00:04:35	08:09:59	00:07:59	00:04:58	00:10
22	50	Witness Protection Program	Jean-Guy Babineau	00:59:13	00:07:34	00:04:42	08:19:17	00:08:08	00:05:03	
23	1	Designated Drinkers	Roland Cusack	00:59:32	00:07:36	00:04:43	08:14:47	00:08:04	00:05:00	
24	29	Salt Marsh Trail Running Club	Gregg Cunningham	00:59:45	00:07:38	00:04:45	09:23:25	00:09:11	00:05:42	
25	46	Great Canadian Honking Goose	John Huxtable	00:59:50	00:07:39	00:04:45	08:14:27	00:08:03	00:05:00	
26	4	HRP Cops & Runners	Mike Barkhouse	01:00:08	00:07:41	00:04:46	07:35:56	00:07:26	00:04:37	
27	49	Captain Highliner's Crew	Jamie Veinotte	01:00:26	00:07:43	00:04:48	08:45:34	00:08:34	00:05:19	
28	9	Martha's Vineyard	Peter Dunbrack	01:00:30	00:07:44	00:04:48	07:51:06	00:07:40	00:04:46	
29	10	Sackville Striding Slugs	Bill Doubleday	01:01:57	00:07:55	00:04:55	09:34:05	00:09:21	00:05:49	
30	51	M&M Maniacs	Luke Craggs	01:03:15	00:08:05	00:05:01	07:39:08	00:07:29	00:04:39	
31	20	Mixed Bag of Bluenosers	Roger Heisler	01:03:31	00:08:07	00:05:02	08:07:44	00:07:57	00:04:56	
32	35	The Outliers	JOHN MILLER	01:03:32	00:08:07	00:05:03	07:04:48	00:06:55	00:04:18	
33	12	Slow But Sure	Ron Tibert	01:03:32	00:08:07	00:05:03	09:12:43	00:09:00	00:05:36	
34	37	The Tartan Tarts	David Huelin	01:03:33	00:08:07	00:05:03	09:41:23	00:09:28	00:05:53	
35	23	Hot on the Trail	Sara Strickland	01:04:02	00:08:11	00:05:05	09:25:22	00:09:13	00:05:43	

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36	59 HRC Java Blenders	Neil Gilbert	01:04:11	00:08:12	00:05:06	08:34:49	00:08:23	00:05:13
37	7 Greyhounds	David Christie	01:05:11	00:08:20	00:05:10	08:49:40	00:08:38	00:05:22
38	18 Penguin Pacers Chicks	Beth McNeil	01:05:40	00:08:23	00:05:13	08:32:39	00:08:21	00:05:11
39	36 Mister & Misses	Sherlyn Aker	01:05:48	00:08:24	00:05:13	09:51:20	00:09:38	00:05:59
40	2 Y Trotters	Jeannine MacArthur	01:05:51	00:08:25	00:05:14	09:42:30	00:09:29	00:05:54
41	53 Leftover Rum Runners	CRAIG MINARD	01:06:49	00:08:32	00:05:18	09:14:38	00:09:02	00:05:37
42	30 We Tri	SHELLEY MACDOUGALL	01:07:08	00:08:34	00:05:20	08:22:06	00:08:11	00:05:05
43	41 Nova's Dysfunctionals	Selena Davidson-Eno	01:07:14	00:08:35	00:05:20	08:19:41	00:08:08	00:05:03
44	16 Harold's Hooligans	Kevin Dallien	01:07:22	00:08:36	00:05:21	08:39:44	00:08:28	00:05:16
45	38 What's the Rush?	Angie Runnalls	01:09:39	00:08:54	00:05:32	09:00:05	00:08:48	00:05:28
46	54 Yarmouth Leftovers	Nancy Hepinstall	01:09:40	00:08:54	00:05:32	09:02:16	00:08:50	00:05:29
47	47 Ultraletes	Paul Dickson	01:10:15	00:08:58	00:05:35	08:29:38	00:08:18	00:05:09
48	15 Hot Tamales	Michele LeBlanc	01:10:26	00:09:00	00:05:35	09:00:13	00:08:48	00:05:28
49	31 Oar the Mountain	Karyn Brennan	01:10:27	00:09:00	00:05:35	08:18:31	00:08:07	00:05:03
50	13 The Power Surge	Kaylyn Monk	01:11:12	00:09:06	00:05:39	09:13:33	00:09:01	00:05:36
51	21 Sally's Original Road Kill	Tom Ross	01:12:42	00:09:17	00:05:46	08:29:42	00:08:18	00:05:10
52	6 Kilometers & Cocktails.	LeeAnne Webber	01:14:29	00:09:31	00:05:55	09:45:50	00:09:33	00:05:56
53	60 Team Bitter	Peter McVey	01:14:35	00:09:32	00:05:55	08:39:04	00:08:27	00:05:15
54	52 Scallywags & Scurvy Dogs	Kim Thomson	01:14:46	00:09:33	00:05:56	09:25:51	00:09:13	00:05:44
55	48 Ragged Runners	John Charlton	01:14:49	00:09:33	00:05:56	08:55:41	00:08:44	00:05:25
56	42 Wine Runners	Nicolle Vuotto	01:15:47	00:09:41	00:06:01	09:04:03	00:08:52	00:05:30
57	40 Fast Company #2	Pam Johnson	01:20:11	00:10:14	00:06:22	09:30:57	00:09:18	00:05:47
58	39 Fast Company #1	Michelle Kempton	01:20:58	00:10:20	00:06:26	08:59:32	00:08:47	00:05:28
59	56 Beech Nuts	Teresa Orser	01:25:58	00:10:59	00:06:49	10:01:51	00:09:48	00:06:05
60	5 Team TAO		01:30:58	00:11:37	00:07:13	12:13:16	00:11:57	00:07:25

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	44	Privateers	Simeon Fancy	00:40:57	00:06:13	00:03:52	08:12:15	00:07:14	00:04:30	
2	35	The Outliers	LEAH JABBOUR	00:41:26	00:06:17	00:03:55	07:46:14	00:06:52	00:04:16	
3	57	HRC Java Blend Espresso's	Mike French	00:41:27	00:06:18	00:03:55	06:58:10	00:06:09	00:03:49	
4	25	Oxford @ 8 Classic Rummies	Graham Gagnon	00:41:54	00:06:22	00:03:57	07:14:07	00:06:23	00:03:58	
5	45	Run Goose Run	Vance Kruszewski	00:42:34	00:06:28	00:04:01	09:04:52	00:08:01	00:04:59	
6	17	Cape Breton Barbarians	Joey Tetford	00:42:44	00:06:29	00:04:02	07:50:48	00:06:56	00:04:18	
7	4	HRP Cops & Runners	Jason Meisner	00:43:03	00:06:32	00:04:04	08:18:59	00:07:20	00:04:34	
8	11	Mocky Paws, Larrigan Socks, and Mowe	Ossie Damiani	00:43:18	00:06:34	00:04:05	08:06:15	00:07:09	00:04:27	
9	24	Achilles Heel Runners	Steve Schumph	00:43:22	00:06:35	00:04:05	07:51:55	00:06:57	00:04:19	
10	51	M&M Maniacs	Liam Keast	00:44:39	00:06:47	00:04:13	08:23:47	00:07:25	00:04:36	
11	26	Oxford @ 8 #2	David Kachan	00:44:55	00:06:49	00:04:14	08:23:07	00:07:24	00:04:36	
12	53	Leftover Rum Runners	SHERRI GOODWIN	00:45:09	00:06:51	00:04:16	09:59:47	00:08:49	00:05:29	
13	55	Runners' Attic	Garth Spinney	00:45:25	00:06:54	00:04:17	07:44:52	00:06:50	00:04:15	
14	14	The Short Circuits	Ron MacDougall	00:46:08	00:07:00	00:04:21	09:44:15	00:08:36	00:05:20	
15	22	Halifax Bucket Brigade	Brian Rogers	00:47:31	00:07:13	00:04:29	08:27:44	00:07:28	00:04:38	
16	15	Hot Tamales	Craig LeBlanc	00:48:03	00:07:18	00:04:32	09:48:16	00:08:39	00:05:23	
17	3	Team 1730	Greg VanSlyke	00:48:25	00:07:21	00:04:34	08:50:33	00:07:48	00:04:51	
18	39	Fast Company #1	Eric Shantz	00:48:58	00:07:26	00:04:37	09:48:30	00:08:39	00:05:23	
19	20	Mixed Bag of Bluenosers	Al Heubach	00:49:22	00:07:30	00:04:39	08:57:06	00:07:54	00:04:55	
20	32	Boondock Harriers	Doug Stephens	00:49:33	00:07:31	00:04:40	08:56:37	00:07:54	00:04:54	
21	60	Team Bitter	Sally Blenkhorn	00:49:45	00:07:33	00:04:42	09:28:49	00:08:22	00:05:12	
22	58	HRC women	Dianne Chiasson	00:49:56	00:07:35	00:04:43	08:59:55	00:07:57	00:04:56	00:10
23	31	Oar the Mountain	Pat Kennedy	00:50:16	00:07:38	00:04:45	09:08:47	00:08:04	00:05:01	
24	28	Upright & Mileing	Andrew MacNeill	00:50:21	00:07:39	00:04:45	08:54:22	00:07:52	00:04:53	00:10
25	8	Oznog Srennur	Tara MacDonald	00:50:30	00:07:40	00:04:46	08:59:06	00:07:56	00:04:56	
26	10	Sackville Striding Slugs	Mark Tinney	00:50:48	00:07:43	00:04:48	10:24:53	00:09:12	00:05:43	
27	29	Salt Marsh Trail Running Club	Celine Hecomovich	00:50:51	00:07:43	00:04:48	10:14:16	00:09:02	00:05:37	
28	19	Penguin Pacers 2	Doug Archibald	00:51:01	00:07:45	00:04:49	08:37:00	00:07:36	00:04:44	00:10
29	21	Sally's Original Road Kill	Mike Keen	00:51:12	00:07:46	00:04:50	09:20:54	00:08:15	00:05:08	
30	30	We Tri	Alison Fredericks	00:51:17	00:07:47	00:04:50	09:13:23	00:08:08	00:05:04	
31	23	Hot on the Trail	Sammy Hall	00:51:38	00:07:50	00:04:52	10:17:00	00:09:05	00:05:38	
32	33	Runningmania.com	Jenna Sullivan	00:51:52	00:07:52	00:04:54	09:01:14	00:07:58	00:04:57	
33	38	What's the Rush?	Renee MacDonald	00:53:01	00:08:03	00:05:00	09:53:06	00:08:43	00:05:25	
34	2	Y Trotters	Dave Roberts	00:53:27	00:08:07	00:05:03	10:35:57	00:09:21	00:05:49	
35	50	Witness Protection Program	Francois Robitaille	00:53:43	00:08:09	00:05:04	09:13:00	00:08:08	00:05:03	

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36	40 Fast Company #2	Greg Coffin	00:53:46	00:08:10	00:05:04	10:24:43	00:09:11	00:05:43
37	1 Designated Drinkers	Bruce Strum	00:55:01	00:08:21	00:05:11	09:09:48	00:08:05	00:05:02
38	27 Border Bounders	Sean Ward	00:55:07	00:08:22	00:05:12	08:37:36	00:07:37	00:04:44
39	43 A League of Their Own	Brenda MacDonald	00:55:22	00:08:24	00:05:13	08:35:43	00:07:35	00:04:43
40	47 Ultraletes	Paul Aresenault	00:56:02	00:08:30	00:05:17	09:25:40	00:08:19	00:05:10
41	59 HRC Java Blenders	LeRoy Fancy	00:56:25	00:08:34	00:05:19	09:31:14	00:08:24	00:05:13
42	9 Martha's Vineyard	Ian Burns	00:56:40	00:08:36	00:05:21	08:47:46	00:07:46	00:04:49
43	49 Captain Highliner's Crew	Henry Demone	00:56:42	00:08:37	00:05:21	09:42:16	00:08:34	00:05:19
44	54 Yarmouth Leftovers	Nancy Goodwin	00:56:52	00:08:38	00:05:22	09:59:08	00:08:49	00:05:29
45	18 Penguin Pacers Chicks	Sandra Sullivan	00:57:00	00:08:39	00:05:23	09:29:39	00:08:23	00:05:12
46	36 Mister & Misses	Elizabeth Macdougall	00:57:18	00:08:42	00:05:24	10:48:38	00:09:33	00:05:56
47	16 Harold's Hooligans	Tom Russell	00:57:36	00:08:45	00:05:26	09:37:20	00:08:30	00:05:17
48	13 The Power Surge	Sarah Bourque	00:58:40	00:08:54	00:05:32	10:12:13	00:09:00	00:05:36
49	42 Wine Runners	Paige Ferguson	01:00:18	00:09:09	00:05:41	10:04:21	00:08:53	00:05:31
50	48 Ragged Runners	Paul Casey	01:00:55	00:09:15	00:05:45	09:56:36	00:08:47	00:05:27
51	52 Scallywags & Scurvy Dogs	Steve Smith	01:01:24	00:09:19	00:05:48	10:27:15	00:09:14	00:05:44
52	7 Greyhounds	Bernie Levy	01:02:21	00:09:28	00:05:53	09:52:01	00:08:43	00:05:25
53	46 Great Canadian Honking Goose	Jean Flynn	01:02:22	00:09:28	00:05:53	09:16:49	00:08:11	00:05:05
54	56 Beech Nuts	Lindsay Wilson	01:02:49	00:09:32	00:05:56	11:04:40	00:09:47	00:06:05
55	34 Sea Star	Troy Flemming	01:03:31	00:09:39	00:06:00	09:33:30	00:08:26	00:05:15
56	12 Slow But Sure	Nancy Knickle	01:06:42	00:10:08	00:06:18	10:19:25	00:09:07	00:05:40
57	41 Nova's Dysfunctionals	Krista Drysdale	01:06:59	00:10:10	00:06:19	09:26:40	00:08:20	00:05:11
58	6 Kilometers & Cocktails.	LeeAnne Webber	01:07:02	00:10:11	00:06:19	10:52:52	00:09:36	00:05:58
59	37 The Tartan Tarts	Chantal Coolen	01:07:28	00:10:15	00:06:22	10:48:51	00:09:33	00:05:56
60	5 Team TAO		01:17:28	00:11:46	00:07:18	13:30:44	00:11:56	00:07:25