

G 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	43	Halifax Running Club 1	Andrew Dacanay	00:50:29	00:06:07	00:03:48	00:50:29	00:06:07	00:03:48	00:00
2	35	Oxford @ 8, the Classic Rummies	Derek Estabrook	00:50:31	00:06:07	00:03:48	00:50:31	00:06:07	00:03:48	00:00
3	24	The Outliers	Shawn Deleu	00:51:16	00:06:12	00:03:51	00:51:16	00:06:12	00:03:51	00:00
4	26	Foggy Bottom Boys and Girls	John Moore	00:53:03	00:06:25	00:03:59	00:53:03	00:06:25	00:03:59	00:00
5	36	Runner's Attic	Shawn Muise	00:54:14	00:06:34	00:04:05	00:54:14	00:06:34	00:04:05	00:00
6	40	Team 1730	Rosie Mullins	00:56:01	00:06:47	00:04:13	00:56:01	00:06:47	00:04:13	00:00
7	2	Dislocated Hippies	Stephen Cameron	00:56:39	00:06:51	00:04:16	00:56:39	00:06:51	00:04:16	00:00
8	55	Fast Company #1	Ray Williams	00:57:00	00:06:54	00:04:17	00:57:00	00:06:54	00:04:17	00:00
9	32	Achilles Heel Runners	Mike McNally	00:57:12	00:06:55	00:04:18	00:57:12	00:06:55	00:04:18	00:00
10	22	Witness Protection Program	PeterMacgregor	00:57:28	00:06:57	00:04:19	00:57:28	00:06:57	00:04:19	00:10
11	12	Greyhounds	Mike "Downtown Brown" Grimbly	00:58:28	00:07:04	00:04:24	00:58:28	00:07:04	00:04:24	00:00
12	29	HRP Cops & Runners	Mile Fitzsimmons	00:59:18	00:07:11	00:04:28	00:59:18	00:07:11	00:04:28	00:00
13	42	GCHG - Tao of Pooh	Leo Kennedy	00:59:33	00:07:12	00:04:29	00:59:33	00:07:12	00:04:29	00:05
14	41	GCHG - Te of Piglet	Patrick Kelly	01:00:51	00:07:22	00:04:35	01:00:51	00:07:22	00:04:35	00:00
15	53	Oxford @ 8, the Classy Rummies	Gary Droham	01:01:43	00:07:28	00:04:38	01:01:43	00:07:28	00:04:38	00:00
16	33	A League of Their Own	Marie-Claude Gregoire	01:02:00	00:07:30	00:04:40	01:02:00	00:07:30	00:04:40	00:00
17	49	Halifax Bucket Brigade	Ryan McCracken	01:02:45	00:07:36	00:04:43	01:02:45	00:07:36	00:04:43	00:00
18	28	Upright & Mile-ing	Pat Kennedy	01:04:02	00:07:45	00:04:49	01:04:02	00:07:45	00:04:49	00:00
19	51	Sea Star	Fenton Cunningham	01:04:38	00:07:49	00:04:52	01:04:38	00:07:49	00:04:52	00:00
20	7	Oznog Srennur	Bridgette L'Heureux	01:05:16	00:07:54	00:04:54	01:05:16	00:07:54	00:04:54	00:00
21	20	Sally's Original Road Kill	Gerry MacDonald	01:06:03	00:08:00	00:04:58	01:06:03	00:08:00	00:04:58	00:15
22	59	Mixed Bag of Bluenosers	RJ Genge	01:06:07	00:08:00	00:04:58	01:06:07	00:08:00	00:04:58	00:00
23	25	What's the Rush?	Deby Johnston	01:07:52	00:08:13	00:05:06	01:07:52	00:08:13	00:05:06	00:00
24	19	Nova's Dysfunctionals	Jonathan Chiasson	01:08:05	00:08:14	00:05:07	01:08:05	00:08:14	00:05:07	00:00
25	52	Gym Bags	Jen Taylor	01:08:39	00:08:18	00:05:10	01:08:39	00:08:18	00:05:10	00:10
26	50	The Flock of Fantastic Failures	Chris Oickle	01:08:57	00:08:21	00:05:11	01:08:57	00:08:21	00:05:11	00:00
27	6	Martha's Vineyard	Stephen Dunn	01:09:28	00:08:24	00:05:13	01:09:28	00:08:24	00:05:13	00:00
28	45	Halifax Running Club 3	Tina White	01:09:30	00:08:25	00:05:14	01:09:30	00:08:25	00:05:14	00:00
29	4	Designated Drinkers		01:09:32	00:08:25	00:05:14	01:09:32	00:08:25	00:05:14	00:00
30	48	Fish & Ships	Alison Keen	01:09:33	00:08:25	00:05:14	01:09:33	00:08:25	00:05:14	00:00
31	46	Energizer Rummies	Alain Richard	01:09:39	00:08:26	00:05:14	01:09:39	00:08:26	00:05:14	00:00
32	60	Hot on the Trail	Mary Hall	01:09:43	00:08:26	00:05:15	01:09:43	00:08:26	00:05:15	00:00
33	54	Boondock Harriers	Alison Winsor	01:09:55	00:08:28	00:05:15	01:09:55	00:08:28	00:05:15	00:00
34	9	Spring Your Luff & Hold Your Spondalick	Bill Roblee	01:10:25	00:08:31	00:05:18	01:10:25	00:08:31	00:05:18	00:00
35	1	Mum Runners	Wendy Kinley	01:11:16	00:08:37	00:05:22	01:11:16	00:08:37	00:05:22	00:00
36	38	Yarmouth Leftovers	Dave Arthur	01:11:39	00:08:40	00:05:23	01:11:39	00:08:40	00:05:23	00:00
37	37	Yarmouth Fun Runners	Jacke Goodwin	01:11:40	00:08:40	00:05:23	01:11:40	00:08:40	00:05:23	00:00
38	44	Halifax Running Club 2	Betty Hutchings	01:12:09	00:08:44	00:05:25	01:12:09	00:08:44	00:05:25	00:10
39	23	Marsh Runners	Sean Loard	01:12:23	00:08:46	00:05:27	01:12:23	00:08:46	00:05:27	00:00
40	56	Fast Company #2	Catherine Fitzsimmons	01:12:32	00:08:47	00:05:27	01:12:32	00:08:47	00:05:27	00:00

41	58 Y-Town Runners	Melanie Mooney	01:14:45	00:09:03	00:05:37	01:14:45	00:09:03	00:05:37	00:00
42	21 Captain Highliner's Crew	Lisa McInnis	01:15:16	00:09:06	00:05:40	01:15:16	00:09:06	00:05:40	00:00
43	16 East Hants Penguin Pacers	Roy McNeill	01:15:43	00:09:10	00:05:42	01:15:43	00:09:10	00:05:42	00:00
44	27 Runningmania.com	Dennis Garrison	01:15:45	00:09:10	00:05:42	01:15:45	00:09:10	00:05:42	00:00
45	47 M&M Maniacs	Colleen MacIsaac	01:15:50	00:09:11	00:05:42	01:15:50	00:09:11	00:05:42	00:00
46	11 NSPI Short Circuits	Doug Briand	01:17:43	00:09:24	00:05:51	01:17:43	00:09:24	00:05:51	00:00
47	31 Beech Nuts	Nancy MacDonald	01:18:47	00:09:32	00:05:55	01:18:47	00:09:32	00:05:55	00:00
48	17 Truro Tidal Boars		01:19:34	00:09:38	00:05:59	01:19:34	00:09:38	00:05:59	00:00
49	10 The 10 Best Losers	Laura Roblee	01:20:27	00:09:44	00:06:03	01:20:27	00:09:44	00:06:03	00:00
50	34 The Tartan Tarts	SUSAN WARNER	01:20:59	00:09:48	00:06:05	01:20:59	00:09:48	00:06:05	00:00
51	14 Eight Friends & Ruth's Parents	Sandra Gabriel	01:23:38	00:10:07	00:06:17	01:23:38	00:10:07	00:06:17	00:00
52	15 Border Bounders	Craig Evans	01:23:38	00:10:07	00:06:17	01:23:38	00:10:07	00:06:17	00:00
53	13 Mr & Misses	Krista Beardy	01:27:21	00:10:34	00:06:34	01:27:21	00:10:34	00:06:34	00:00
54	18 Livemultisport	Tom Rogers	01:27:25	00:10:35	00:06:34	01:27:25	00:10:35	00:06:34	00:15
55	8 Sackville Striding Slugs	Mary Abriel-Sangster	01:32:25	00:11:11	00:06:57	01:32:25	00:11:11	00:06:57	00:00
56	39 NSPI Flashovers	Gary 'Dr. Piano' Trenholm	01:32:25	00:11:11	00:06:57	01:32:25	00:11:11	00:06:57	00:00
57	3 Lightning Legs		01:32:25	00:11:11	00:06:57	01:32:25	00:11:11	00:06:57	00:00
58	30 Team Bitter	Leslie MacPhee	01:32:25	00:11:11	00:06:57	01:32:25	00:11:11	00:06:57	00:00
59	57 (Withdrawn)		01:37:25	00:11:47	00:07:19	01:37:25	00:11:47	00:07:19	00:00
60	5 (Withdrawn)		01:37:25	00:11:47	00:07:19	01:37:25	00:11:47	00:07:19	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	26	Foggy Bottom Boys and Girls	Marco Albright	00:31:00	00:06:14	00:03:53	01:24:03	00:06:21	00:03:57	00:00
2	35	Oxford @ 8, the Classic Rummies	Chris Smith	00:31:49	00:06:24	00:03:59	01:22:20	00:06:13	00:03:52	00:00
3	43	Halifax Running Club 1	Louis Brill	00:31:52	00:06:25	00:03:59	01:22:21	00:06:13	00:03:52	00:00
4	29	HRP Cops & Runners		00:33:21	00:06:43	00:04:10	01:32:39	00:07:00	00:04:21	00:00
5	36	Runner's Attic	Gayland Goodwin	00:34:10	00:06:52	00:04:16	01:28:24	00:06:41	00:04:09	00:00
6	53	Oxford @ 8, the Classy Rummies	Simon Jackson	00:36:07	00:07:16	00:04:31	01:37:50	00:07:24	00:04:36	00:00
7	33	A League of Their Own	Krista Hanson	00:36:44	00:07:23	00:04:36	01:38:44	00:07:28	00:04:38	00:00
8	8	Sackville Striding Slugs	Colin Clark	00:36:49	00:07:24	00:04:36	02:09:14	00:09:46	00:06:04	00:00
9	24	The Outliers	JP Girard	00:37:04	00:07:27	00:04:38	01:28:20	00:06:40	00:04:09	00:00
10	40	Team 1730	Greg VanSlyke	00:37:23	00:07:31	00:04:40	01:33:24	00:07:03	00:04:23	00:00
11	45	Halifax Running Club 3	Yvette Scattalon	00:37:39	00:07:34	00:04:42	01:47:09	00:08:06	00:05:02	00:00
12	32	Achilles Heel Runners	Phil McDonald	00:37:43	00:07:35	00:04:43	01:34:55	00:07:10	00:04:27	00:00
13	47	M&M Maniacs	Tracey Burke	00:38:47	00:07:48	00:04:51	01:54:37	00:08:40	00:05:23	00:00
14	9	Spring Your Luff & Hold Your Spondalick	Doug Coulter	00:39:15	00:07:54	00:04:54	01:49:40	00:08:17	00:05:09	00:00
15	1	Mum Runners	Debbie Allen	00:39:25	00:07:56	00:04:56	01:50:41	00:08:22	00:05:12	00:00
16	44	Halifax Running Club 2	Heather Lee	00:39:32	00:07:57	00:04:57	01:51:41	00:08:26	00:05:15	00:10
17	49	Halifax Bucket Brigade	Sara Drysdale	00:39:55	00:08:02	00:04:59	01:42:40	00:07:45	00:04:49	00:00
18	19	Nova's Dysfunctionals	Jackie Lee Chisholm	00:41:06	00:08:16	00:05:08	01:49:11	00:08:15	00:05:08	00:00
19	16	East Hants Penguin Pacers	Beth McNeill	00:41:13	00:08:17	00:05:09	01:56:56	00:08:50	00:05:29	00:00
20	20	Sally's Original Road Kill	Paula Ross	00:41:25	00:08:20	00:05:11	01:47:28	00:08:07	00:05:03	00:15
21	10	The 10 Best Losers	Simone Kalau	00:41:36	00:08:22	00:05:12	02:02:03	00:09:13	00:05:44	00:00
22	4	Designated Drinkers		00:41:47	00:08:24	00:05:13	01:51:19	00:08:25	00:05:14	00:00
23	50	The Flock of Fantastic Failures	Dan Farrell	00:41:49	00:08:25	00:05:14	01:50:46	00:08:22	00:05:12	00:00
24	55	Fast Company #1	Maureen Cullen	00:42:10	00:08:29	00:05:16	01:39:10	00:07:30	00:04:39	00:00
25	56	Fast Company #2	Paulette Goulden	00:42:12	00:08:29	00:05:17	01:54:44	00:08:40	00:05:23	00:00
26	52	Gym Bags	Jane Jacobs	00:42:29	00:08:33	00:05:19	01:51:08	00:08:24	00:05:13	00:10
27	42	GCHG - Tao of Pooh	Dana Fox	00:42:35	00:08:34	00:05:19	01:42:08	00:07:43	00:04:48	00:05
28	15	Border Bounders	Larry Rhindress	00:43:44	00:08:48	00:05:28	02:07:22	00:09:37	00:05:59	00:00
29	54	Boondock Harriers	Cathy Tutton	00:43:49	00:08:49	00:05:29	01:53:44	00:08:36	00:05:20	00:00
30	59	Mixed Bag of Bluenosers	John Jenkins	00:44:14	00:08:54	00:05:32	01:50:21	00:08:20	00:05:11	00:00
31	23	Marsh Runners	Lori Ward	00:44:20	00:08:55	00:05:33	01:56:43	00:08:49	00:05:29	00:00
32	27	Runningmania.com	Brendan Reid	00:44:21	00:08:55	00:05:33	02:00:06	00:09:04	00:05:38	00:00
33	17	Truro Tidal Boars		00:44:37	00:08:59	00:05:35	02:04:11	00:09:23	00:05:50	00:00
34	13	Mr & Misses	Patricia MacGillivray	00:44:45	00:09:00	00:05:36	02:12:06	00:09:59	00:06:12	00:00
35	46	Energizer Rummies	Ellen Dunn	00:45:08	00:09:05	00:05:39	01:54:47	00:08:40	00:05:23	00:00
36	48	Fish & Ships	Joanne Oostveen	00:45:09	00:09:05	00:05:39	01:54:42	00:08:40	00:05:23	00:00
37	41	GCHG - Te of Piglet	Maria McGowan	00:45:11	00:09:05	00:05:39	01:46:02	00:08:01	00:04:59	00:00

LEG 2

38	7 Oznog Srennur	Clem Hennebury	00:45:55	00:09:14	00:05:44	01:51:11	00:08:24	00:05:13	00:00
39	2 Dislocated Hippies	Heather Fraser	00:45:56	00:09:14	00:05:45	01:42:35	00:07:45	00:04:49	00:00
40	22 Witness Protection Program	Rachel Baxter	00:46:19	00:09:19	00:05:47	01:43:47	00:07:50	00:04:52	00:10
41	51 Sea Star	Renee LeBlanc	00:46:27	00:09:21	00:05:48	01:51:05	00:08:24	00:05:13	00:00
42	21 Captain Highliner's Crew	Paul Olmstead	00:47:53	00:09:38	00:05:59	02:03:09	00:09:18	00:05:47	00:00
43	58 Y-Town Runners	Cheryl Grant	00:48:22	00:09:44	00:06:03	02:03:07	00:09:18	00:05:47	00:00
44	31 Beech Nuts	Jane Thorburn	00:48:33	00:09:46	00:06:04	02:07:20	00:09:37	00:05:59	00:00
45	6 Martha's Vineyard	Ann MacDonald	00:48:34	00:09:46	00:06:04	01:58:02	00:08:55	00:05:32	00:00
46	30 Team Bitter	Sandy McKenna	00:49:07	00:09:53	00:06:08	02:21:32	00:10:42	00:06:39	00:00
47	28 Upright & Mile-ing	Jonathan Woodbury	00:49:10	00:09:53	00:06:09	01:53:12	00:08:33	00:05:19	00:00
48	37 Yarmouth Fun Runners	Karen Bower	00:49:11	00:09:54	00:06:09	02:00:51	00:09:08	00:05:40	00:00
49	12 Greyhounds	Gordon "Gimp" Warnica	00:49:52	00:10:02	00:06:14	01:48:20	00:08:11	00:05:05	00:00
50	60 Hot on the Trail	heather Elms-Wood	00:56:31	00:11:22	00:07:04	02:06:14	00:09:32	00:05:56	00:00
51	11 NSPI Short Circuits	Alan Richardson	00:56:36	00:11:23	00:07:05	02:14:19	00:10:09	00:06:18	00:00
52	25 What's the Rush?	Daine Wallace	01:01:36	00:12:24	00:07:42	02:09:28	00:09:47	00:06:05	00:00
53	3 Lightning Legs		01:01:36	00:12:24	00:07:42	02:34:01	00:11:38	00:07:14	00:00
54	38 Yarmouth Leftovers	Sherryl Trask	01:01:36	00:12:24	00:07:42	02:13:15	00:10:04	00:06:15	00:00
55	14 Eight Friends & Ruth's Parents	Emily Gabriel	01:01:36	00:12:24	00:07:42	02:25:14	00:10:58	00:06:49	00:00
56	34 The Tartan Tarts	JOCELYNE POIRIER	01:01:36	00:12:24	00:07:42	02:22:35	00:10:46	00:06:42	00:00
57	18 Livemultisport	Jen Worden	01:01:36	00:12:24	00:07:42	02:29:01	00:11:16	00:07:00	00:15
58	39 NSPI Flashovers	Meaghan McNamara	01:01:36	00:12:24	00:07:42	02:34:01	00:11:38	00:07:14	00:00
59	57 (Withdrawn)		01:06:36	00:13:24	00:08:20	02:44:01	00:12:24	00:07:42	00:00
60	5 (Withdrawn)		01:06:36	00:13:24	00:08:20	02:44:01	00:12:24	00:07:42	00:00

INDIVIDUAL RESULTS

Leg 3				This Leg			Accumulated			Team
Pos	Bib #	Team Name	Runner Name	Time	Pace (7.08) /mi	(11.4) /km	Time	Pace (20.32) /mi	(32.7) /km	Penalties
1	56	Fast Company #2	Dave Holder	00:40:35	00:05:44	00:03:34	02:35:19	00:11:44	00:07:18	00:00
2	43	Halifax Running Club 1	Charles Mandel	00:41:38	00:05:53	00:03:39	02:03:59	00:09:22	00:05:49	00:00
3	35	Oxford @ 8, the Classic Rummies	Brian Lane	00:41:49	00:05:54	00:03:40	02:04:09	00:09:23	00:05:50	00:00
4	15	Border Bounders	Pat Bradley	00:44:44	00:06:19	00:03:55	02:52:06	00:13:00	00:08:05	00:00
5	29	HRP Cops & Runners	Steve Cooper	00:44:51	00:06:20	00:03:56	02:17:30	00:10:23	00:06:27	00:00
6	36	Runner's Attic	David Goodwin	00:45:10	00:06:23	00:03:58	02:13:34	00:10:06	00:06:16	00:00
7	53	Oxford @ 8, the Classy Rummies	David Mosher	00:47:19	00:06:41	00:04:09	02:25:09	00:10:58	00:06:49	00:00
8	9	Spring Your Luff & Hold Your Spondalick	Barry Fisher	00:48:06	00:06:47	00:04:13	02:37:46	00:11:55	00:07:24	00:00
9	32	Achilles Heel Runners	Alex Fraser	00:48:10	00:06:48	00:04:14	02:23:05	00:10:49	00:06:43	00:00
10	22	Witness Protection Program	Hazen Brien	00:49:49	00:07:02	00:04:22	02:33:36	00:11:36	00:07:13	00:10
11	45	Halifax Running Club 3	Erin McDonah	00:50:17	00:07:06	00:04:25	02:37:26	00:11:54	00:07:23	00:00
12	44	Halifax Running Club 2	Roy Hopkins	00:50:37	00:07:09	00:04:26	02:42:18	00:12:16	00:07:37	00:10
13	7	Oznog Srennur	JP Robichaud	00:50:45	00:07:10	00:04:27	02:41:56	00:12:14	00:07:36	00:00
14	39	NSPI Flashovers	Dave Stanford	00:51:41	00:07:18	00:04:32	03:25:42	00:15:33	00:09:39	00:00
15	24	The Outliers	Tony Jabbour	00:51:43	00:07:18	00:04:32	02:20:03	00:10:35	00:06:35	00:00
16	12	Greyhounds	James "Vexorg" Balcom	00:51:52	00:07:19	00:04:33	02:40:12	00:12:06	00:07:31	00:00
17	42	GCHG - Tao of Pooh	Dennis Allaby	00:52:08	00:07:22	00:04:34	02:34:16	00:11:39	00:07:15	00:05
18	54	Boondock Harriers	Pam Waterhouse	00:52:23	00:07:24	00:04:36	02:46:07	00:12:33	00:07:48	00:00
19	49	Halifax Bucket Brigade	Mary Leggett	00:52:32	00:07:25	00:04:36	02:35:12	00:11:44	00:07:17	00:00
20	8	Sackville Striding Slugs	Robert Pretty	00:52:48	00:07:27	00:04:38	03:02:02	00:13:45	00:08:33	00:00
21	33	A League of Their Own	Lisa Wilson	00:53:06	00:07:30	00:04:39	02:31:50	00:11:28	00:07:08	00:00
22	20	Sally's Original Road Kill	Matt Stocker	00:53:45	00:07:35	00:04:43	02:41:13	00:12:11	00:07:34	00:15
23	4	Designated Drinkers	Randy Mitchell	00:54:34	00:07:42	00:04:47	02:45:53	00:12:32	00:07:47	00:00
24	50	The Flock of Fantastic Failures	Colin Frame	00:54:47	00:07:44	00:04:48	02:45:33	00:12:30	00:07:46	00:00
25	16	East Hants Penguin Pacers	Elizabeth Hill	00:54:49	00:07:44	00:04:49	02:51:45	00:12:59	00:08:04	00:00
26	59	Mixed Bag of Bluenosers	Craig Fetguson	00:55:30	00:07:50	00:04:52	02:45:51	00:12:32	00:07:47	00:00
27	55	Fast Company #1	Trish Fogarty Pearce	00:55:35	00:07:51	00:04:53	02:34:45	00:11:42	00:07:16	00:00
28	1	Mum Runners	Barb Lane	00:56:12	00:07:56	00:04:56	02:46:53	00:12:37	00:07:50	00:00
29	31	Beech Nuts	Jan Leonard	00:56:26	00:07:58	00:04:57	03:03:46	00:13:53	00:08:38	00:00
30	52	Gym Bags	Tricia McNeil	00:56:46	00:08:01	00:04:59	02:47:54	00:12:41	00:07:53	00:10
31	14	Eight Friends & Ruth's Parents	Trish Carter	00:57:11	00:08:04	00:05:01	03:22:25	00:15:18	00:09:30	00:00
32	21	Captain Highliner's Crew	Iris Regimbal	00:57:13	00:08:05	00:05:01	03:00:22	00:13:38	00:08:28	00:00
33	10	The 10 Best Losers	Gail MacDougall	00:57:55	00:08:11	00:05:05	02:59:58	00:13:36	00:08:27	00:00
34	51	Sea Star	Denny Morrow	00:59:12	00:08:21	00:05:12	02:50:17	00:12:52	00:08:00	00:00
35	19	Nova's Dysfunctionals	Shane Eno	00:59:37	00:08:25	00:05:14	02:48:48	00:12:45	00:07:55	00:00
36	41	GCHG - Te of Piglet	Erin Schaus	00:59:56	00:08:28	00:05:15	02:45:58	00:12:32	00:07:48	00:00
37	11	NSPI Short Circuits	Mike Noddin	01:00:27	00:08:32	00:05:18	03:14:46	00:14:43	00:09:09	00:00

LEG 3

38	26 Foggy Bottom Boys and Girls	Laura Brennan	01:00:29	00:08:32	00:05:18	02:24:32	00:10:55	00:06:47	00:00
39	47 M&M Maniacs	Angie Gelineau	01:01:55	00:08:44	00:05:26	02:56:32	00:13:20	00:08:17	00:00
40	13 Mr & Misses	Juanita Pelly	01:02:08	00:08:46	00:05:27	03:14:14	00:14:41	00:09:07	00:00
41	30 Team Bitter	Geraldine Cooper	01:02:15	00:08:47	00:05:28	03:23:47	00:15:24	00:09:34	00:00
42	60 Hot on the Trail	Lori Collins	01:02:28	00:08:49	00:05:29	03:08:42	00:14:15	00:08:52	00:00
43	48 Fish & Ships		01:03:22	00:08:57	00:05:34	02:58:04	00:13:27	00:08:22	00:00
44	38 Yarmouth Leftovers	Maureen MacKenzie	01:03:38	00:08:59	00:05:35	03:16:53	00:14:53	00:09:15	00:00
45	25 What's the Rush?	Danita Whitty	01:03:53	00:09:01	00:05:36	03:13:21	00:14:37	00:09:05	00:00
46	58 Y-Town Runners	Lisa Anderson	01:03:55	00:09:01	00:05:36	03:07:02	00:14:08	00:08:47	00:00
47	40 Team 1730	Diane Cave	01:05:07	00:09:12	00:05:43	02:38:31	00:11:59	00:07:27	00:00
48	27 Runningmania.com	Lisa Smith	01:05:08	00:09:12	00:05:43	03:05:14	00:14:00	00:08:42	00:00
49	2 Dislocated Hippies	Dawn Estey	01:05:27	00:09:14	00:05:44	02:48:02	00:12:42	00:07:53	00:00
50	37 Yarmouth Fun Runners	Laurie D'Entremont	01:06:51	00:09:26	00:05:52	03:07:42	00:14:11	00:08:49	00:00
51	46 Energizer Rummies	Carole Chan	01:07:00	00:09:28	00:05:53	03:01:47	00:13:44	00:08:32	00:00
52	18 Livemultisport	Tom Rogers	01:07:02	00:09:28	00:05:53	03:36:03	00:16:19	00:10:09	00:15
53	28 Upright & Mile-ing	Donn King	01:08:16	00:09:38	00:05:59	03:01:28	00:13:43	00:08:31	00:00
54	17 Truro Tidal Boars	Trish Bailey	01:08:23	00:09:39	00:06:00	03:12:34	00:14:33	00:09:02	00:00
55	34 The Tartan Tarts	MJ THOMSON	01:15:04	00:10:36	00:06:35	03:37:39	00:16:27	00:10:13	00:00
56	6 Martha's Vineyard	darren Schives	01:20:04	00:11:18	00:07:01	03:18:06	00:14:58	00:09:18	00:00
57	3 Lightning Legs		01:20:04	00:11:18	00:07:01	03:54:05	00:17:41	00:10:59	00:00
58	23 Marsh Runners	Robin MacKinnon	01:20:04	00:11:18	00:07:01	03:16:47	00:14:52	00:09:14	00:00
59	57 (Withdrawn)		01:25:04	00:12:01	00:07:28	04:09:05	00:18:49	00:11:42	00:00
60	5 (Withdrawn)		01:25:04	00:12:01	00:07:28	04:09:05	00:18:49	00:11:42	00:00

INDIVIDUAL RESULTS

Leg		4		This Leg			Accumulated			Team
Pos	Bib #	Team Name	Runner Name	Time	Pace (10.50) /mi	(16.9) /km	Time	Pace (30.82) /mi	(49.6) /km	Penalties
1	43	Halifax Running Club 1	Rami Bardeesy	00:56:11	00:05:21	00:03:19	03:00:10	00:05:51	00:03:38	00:00
2	40	Team 1730	Brian Zurek	01:02:28	00:05:57	00:03:42	03:40:59	00:07:10	00:04:27	00:00
3	49	Halifax Bucket Brigade	Kevin Gallagher	01:03:02	00:06:00	00:03:44	03:38:14	00:07:05	00:04:24	00:00
4	35	Oxford @ 8, the Classic Rummies	Harry Neynens	01:03:29	00:06:03	00:03:45	03:07:38	00:06:05	00:03:47	00:00
5	28	Upright & Mile-ing	Matt Callaghan	01:05:09	00:06:12	00:03:51	04:06:37	00:08:00	00:04:58	00:00
6	20	Sally's Original Road Kill	Greg Wagner	01:05:17	00:06:13	00:03:52	03:46:30	00:07:21	00:04:34	00:15
7	16	East Hants Penguin Pacers	Ian Macintyre	01:08:09	00:06:29	00:04:02	03:59:54	00:07:47	00:04:50	00:00
8	32	Achilles Heel Runners	Steve Schumph	01:08:42	00:06:33	00:04:04	03:31:47	00:06:52	00:04:16	00:00
9	51	Sea Star	Kerry Cunningham	01:08:42	00:06:33	00:04:04	03:58:59	00:07:45	00:04:49	00:00
10	52	Gym Bags	Linda McDonald	01:09:10	00:06:35	00:04:06	03:57:04	00:07:42	00:04:47	00:10
11	47	M&M Maniacs	Liam Keast	01:10:04	00:06:40	00:04:09	04:06:36	00:08:00	00:04:58	00:00
12	59	Mixed Bag of Bluenosers	Felix Brengel	01:10:45	00:06:44	00:04:11	03:56:36	00:07:41	00:04:46	00:00
13	15	Border Bounders	Rob Summerby Murray	01:11:25	00:06:48	00:04:14	04:03:31	00:07:54	00:04:55	00:00
14	39	NSPI Flashovers	Brendan Chard	01:11:42	00:06:50	00:04:15	04:37:24	00:09:00	00:05:36	00:00
15	33	A League of Their Own	Laura Reardon-Keefe	01:11:42	00:06:50	00:04:15	03:43:32	00:07:15	00:04:30	00:00
16	29	HRP Cops & Runners	Jason Meisner	01:12:19	00:06:53	00:04:17	03:29:49	00:06:48	00:04:14	00:00
17	7	Oznog Srennur	Mike English	01:12:28	00:06:54	00:04:17	03:54:24	00:07:36	00:04:44	00:00
18	4	Designated Drinkers	Richard Bendor-Samuel	01:12:38	00:06:55	00:04:18	03:58:31	00:07:44	00:04:49	00:00
19	24	The Outliers	Anthony Wiseman	01:13:24	00:06:59	00:04:21	03:33:27	00:06:56	00:04:18	00:00
20	36	Runner's Attic	Garth Spinney	01:13:33	00:07:00	00:04:21	03:27:07	00:06:43	00:04:11	00:00
21	12	Greyhounds	Susan MacDonald	01:13:35	00:07:00	00:04:21	03:53:47	00:07:35	00:04:43	00:00
22	46	Energizer Rummies	Nicolas Lambert	01:14:08	00:07:04	00:04:23	04:15:55	00:08:18	00:05:10	00:00
23	50	The Flock of Fantastic Failures	Andrew Hanlon	01:14:16	00:07:04	00:04:24	03:59:49	00:07:47	00:04:50	00:00
24	27	Runningmania.com	Ian McGrath	01:14:32	00:07:06	00:04:25	04:19:46	00:08:26	00:05:14	00:00
25	54	Boondock Harriers	David Thompson	01:15:06	00:07:09	00:04:27	04:01:13	00:07:50	00:04:52	00:00
26	9	Spring Your Luff & Hold Your Spondalick	Jeffrey Cakes	01:16:04	00:07:15	00:04:30	03:53:50	00:07:35	00:04:43	00:00
27	42	GCHG - Tao of Pooh	Farley MacLeod	01:16:15	00:07:16	00:04:31	03:50:31	00:07:29	00:04:39	00:05
28	19	Nova's Dysfunctionals	Matt Keith	01:16:23	00:07:16	00:04:31	04:05:11	00:07:57	00:04:57	00:00
29	23	Marsh Runners	Sarah Quintin	01:16:42	00:07:18	00:04:32	04:33:29	00:08:52	00:05:31	00:00
30	26	Foggy Bottom Boys and Girls	Kevin Hachey	01:16:54	00:07:19	00:04:33	03:41:26	00:07:11	00:04:28	00:00
31	55	Fast Company #1	Cathy Carter	01:18:05	00:07:26	00:04:37	03:52:50	00:07:33	00:04:42	00:00
32	53	Oxford @ 8, the Classy Rummies	Tony Folkins	01:18:15	00:07:27	00:04:38	03:43:24	00:07:15	00:04:30	00:00
33	56	Fast Company #2	Karen Marlin	01:18:24	00:07:28	00:04:38	03:53:43	00:07:35	00:04:43	00:00
34	17	Truro Tidal Boars	Mike Hennessey	01:19:26	00:07:34	00:04:42	04:32:00	00:08:50	00:05:29	00:00
35	60	Hot on the Trail	Joanne Titus	01:19:53	00:07:36	00:04:44	04:28:35	00:08:43	00:05:25	00:00
36	8	Sackville Striding Slugs	Nick Slaunwhite	01:20:06	00:07:38	00:04:44	04:22:08	00:08:30	00:05:17	00:00
37	45	Halifax Running Club 3	Denise Mader	01:22:29	00:07:51	00:04:53	03:59:55	00:07:47	00:04:50	00:00

LEG 4

38	18 Livemultisport	Graham Muise	01:22:49	00:07:53	00:04:54	04:58:52	00:09:42	00:06:02	00:15
39	48 Fish & Ships	David Millar	01:23:27	00:07:57	00:04:56	04:21:31	00:08:29	00:05:16	00:00
40	44 Halifax Running Club 2	Robin Whyte	01:24:21	00:08:02	00:04:59	04:06:39	00:08:00	00:04:58	00:10
41	25 What's the Rush?	Renee MacDonald	01:25:00	00:08:06	00:05:02	04:38:21	00:09:02	00:05:37	00:00
42	22 Witness Protection Program	Lucia Cormier	01:25:15	00:08:07	00:05:03	03:58:51	00:07:45	00:04:49	00:10
43	14 Eight Friends & Ruth's Parents	Jenna Sullivan	01:25:52	00:08:11	00:05:05	04:48:17	00:09:21	00:05:49	00:00
44	41 GCHG - Te of Piglet	Mary Annette Gillis	01:27:15	00:08:19	00:05:10	04:13:13	00:08:13	00:05:06	00:00
45	30 Team Bitter	Janet Mills	01:28:16	00:08:24	00:05:13	04:52:03	00:09:29	00:05:53	00:00
46	21 Captain Highliner's Crew	Steve Saunders	01:28:16	00:08:24	00:05:13	04:28:38	00:08:43	00:05:25	00:00
47	11 NSPI Short Circuits	Paul Casey	01:29:13	00:08:30	00:05:17	04:43:59	00:09:13	00:05:44	00:00
48	2 Dislocated Hippies	Mary Chisholm	01:30:06	00:08:35	00:05:20	04:18:08	00:08:23	00:05:12	00:00
49	38 Yarmouth Leftovers	Gail d'Entremont	01:30:41	00:08:38	00:05:22	04:47:34	00:09:20	00:05:48	00:00
50	1 Mum Runners	Diane Nicoll	01:31:35	00:08:43	00:05:25	04:18:28	00:08:23	00:05:13	00:00
51	37 Yarmouth Fun Runners	Arnie Goodwin	01:32:15	00:08:47	00:05:28	04:39:57	00:09:05	00:05:39	00:00
52	58 Y-Town Runners	Lori LeBlanc	01:34:05	00:08:58	00:05:34	04:41:07	00:09:07	00:05:40	00:00
53	34 The Tartan Tarts	JACK MACKAY	01:34:15	00:08:59	00:05:35	05:11:54	00:10:07	00:06:17	00:00
54	13 Mr & Misses	Christine MacGillivray	01:35:42	00:09:07	00:05:40	04:49:56	00:09:24	00:05:51	00:00
55	10 The 10 Best Losers	Shirley Robichaud	01:36:37	00:09:12	00:05:43	04:36:35	00:08:58	00:05:35	00:00
56	31 Beech Nuts	Karen Boyd	01:41:37	00:09:41	00:06:01	04:45:23	00:09:16	00:05:45	00:00
57	6 Martha's Vineyard	Greg MacDonald	01:41:37	00:09:41	00:06:01	04:59:43	00:09:43	00:06:03	00:00
58	3 Lightning Legs		01:41:37	00:09:41	00:06:01	05:35:42	00:10:54	00:06:46	00:00
59	57 (Withdrawn)		01:46:37	00:10:09	00:06:19	05:55:42	00:11:32	00:07:10	00:00
60	5 (Withdrawn)		01:46:37	00:10:09	00:06:19	05:55:42	00:11:32	00:07:10	00:00

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	35	Oxford @ 8, the Classic Rummies	John Young	00:13:56	00:05:54	00:03:40	03:21:34	00:06:04	00:03:46	00:00
2	53	Oxford @ 8, the Classy Rummies	Gareth Luke	00:14:14	00:06:02	00:03:45	03:57:38	00:07:10	00:04:27	00:00
3	36	Runner's Attic	Steve Murray	00:14:25	00:06:06	00:03:48	03:41:32	00:06:41	00:04:09	00:00
4	43	Halifax Running Club 1	Minh Tan	00:14:29	00:06:08	00:03:49	03:14:39	00:05:52	00:03:39	00:00
5	47	M&M Maniacs	Liam Keast	00:14:57	00:06:20	00:03:56	04:21:33	00:07:53	00:04:54	00:00
6	52	Gym Bags	Lisa Wallace	00:15:10	00:06:25	00:03:59	04:12:14	00:07:36	00:04:43	00:10
7	33	A League of Their Own	Stacy	00:15:11	00:06:26	00:04:00	03:58:43	00:07:12	00:04:28	00:00
8	9	Spring Your Luff & Hold Your Spondalick	Dion McKay	00:15:14	00:06:27	00:04:01	04:09:04	00:07:30	00:04:40	00:00
9	40	Team 1730	Steve Locke	00:16:50	00:07:08	00:04:26	03:57:49	00:07:10	00:04:27	00:00
10	44	Halifax Running Club 2	Paul Calliaghan	00:17:03	00:07:13	00:04:29	04:23:42	00:07:57	00:04:56	00:10
11	41	GCHG - Te of Piglet	Kevin Reinhardt	00:17:19	00:07:20	00:04:33	04:30:32	00:08:09	00:05:04	00:00
12	24	The Outliers	Tyrone Cotie	00:17:33	00:07:26	00:04:37	03:51:00	00:06:58	00:04:20	00:00
13	29	HRP Cops & Runners	Kevin MacDonald	00:17:36	00:07:27	00:04:38	03:47:25	00:06:51	00:04:16	00:00
14	26	Foggy Bottom Boys and Girls	Kim Raynard	00:17:42	00:07:30	00:04:39	03:59:08	00:07:12	00:04:29	00:00
15	32	Achilles Heel Runners	Richard Jordan	00:17:44	00:07:31	00:04:40	03:49:31	00:06:55	00:04:18	00:00
16	18	Livemultisport	Nancy Petrie	00:17:48	00:07:32	00:04:41	05:16:40	00:09:33	00:05:56	00:15
17	25	What's the Rush?	Debbie Johnston	00:17:57	00:07:36	00:04:43	04:56:18	00:08:56	00:05:33	00:00
18	45	Halifax Running Club 3	Joanne Smith	00:18:37	00:07:53	00:04:54	04:18:32	00:07:47	00:04:50	00:00
19	21	Captain Highliner's Crew	Karen Mills	00:18:48	00:07:58	00:04:57	04:47:26	00:08:40	00:05:23	00:00
20	22	Witness Protection Program	Lisanne Maurice	00:18:52	00:07:59	00:04:58	04:17:43	00:07:46	00:04:50	00:10
21	4	Designated Drinkers	Jennie O'Malley	00:19:12	00:08:08	00:05:03	04:17:43	00:07:46	00:04:50	00:00
22	14	Eight Friends & Ruth's Parents	Nolan Boutilier	00:19:14	00:08:09	00:05:04	05:07:31	00:09:16	00:05:46	00:00
23	12	Greyhounds	O' Mitchell	00:19:16	00:08:10	00:05:04	04:13:03	00:07:38	00:04:44	00:00
24	1	Mum Runners	Jackie Kinley	00:19:19	00:08:11	00:05:05	04:37:47	00:08:22	00:05:12	00:00
25	48	Fish & Ships	Brian Davis	00:19:21	00:08:12	00:05:06	04:40:52	00:08:28	00:05:16	00:00
26	42	GCHG - Tao of Pooh	Kim Hollebhone	00:19:47	00:08:23	00:05:12	04:10:18	00:07:33	00:04:41	00:05
27	59	Mixed Bag of Bluenosers	Mary Knickle	00:19:51	00:08:24	00:05:13	04:16:27	00:07:44	00:04:48	00:00
28	49	Halifax Bucket Brigade	Barry Greer	00:20:00	00:08:28	00:05:16	03:58:14	00:07:11	00:04:28	00:00
29	16	East Hants Penguin Pacers	Sherry Archibald	00:20:04	00:08:30	00:05:17	04:19:58	00:07:50	00:04:52	00:00
30	7	Oznog Srennur	Terry McComick	00:20:09	00:08:32	00:05:18	04:14:33	00:07:40	00:04:46	00:00
31	54	Boondock Harriers	Barry Diggins	00:20:20	00:08:37	00:05:21	04:21:33	00:07:53	00:04:54	00:00
32	15	Border Bounders	Doug Bliss	00:20:22	00:08:38	00:05:22	04:23:53	00:07:57	00:04:56	00:00
33	17	Truro Tidal Boars	Mike Hennessey	00:20:31	00:08:41	00:05:24	04:52:31	00:08:49	00:05:29	00:00
34	20	Sally's Original Road Kill	Mike Harvey	00:20:38	00:08:44	00:05:26	04:07:08	00:07:27	00:04:38	00:15
35	30	Team Bitter	Ben Griffiths	00:20:51	00:08:50	00:05:29	05:12:54	00:09:26	00:05:52	00:00
36	38	Yarmouth Leftovers	Margo Corkum	00:20:59	00:08:53	00:05:31	05:08:33	00:09:18	00:05:47	00:00
37	50	The Flock of Fantastic Failures	Lorin Robar	00:21:07	00:08:57	00:05:33	04:20:56	00:07:52	00:04:53	00:00

LEGS

38	31 Beech Nuts	Asa Kachan	00:21:08	00:08:57	00:05:34	05:06:31	00:09:14	00:05:44	00:00
39	39 NSPI Flashovers	Rob O'Brien	00:21:15	00:09:00	00:05:36	04:58:39	00:09:00	00:05:36	00:00
40	11 NSPI Short Circuits	Sue Joudrey	00:21:20	00:09:02	00:05:37	05:05:19	00:09:12	00:05:43	00:00
41	37 Yarmouth Fun Runners	Bety Jean Goodwin	00:21:38	00:09:10	00:05:42	05:01:35	00:09:05	00:05:39	00:00
42	10 The 10 Best Losers	Judy Allen	00:21:51	00:09:15	00:05:45	04:58:26	00:09:00	00:05:35	00:00
43	56 Fast Company #2	Dianne Baker	00:22:09	00:09:23	00:05:50	04:15:52	00:07:43	00:04:47	00:00
44	23 Marsh Runners	Kelly Cheverie	00:22:20	00:09:28	00:05:53	04:55:49	00:08:55	00:05:32	00:00
45	19 Nova's Dysfunctionals	Norah Knickle	00:22:43	00:09:37	00:05:59	04:27:54	00:08:04	00:05:01	00:00
46	55 Fast Company #1	Kathleen Miles	00:22:45	00:09:38	00:05:59	04:15:35	00:07:42	00:04:47	00:00
47	51 Sea Star	Connie Flemming	00:22:45	00:09:38	00:05:59	04:21:44	00:07:53	00:04:54	00:00
48	13 Mr & Misses	Dan Girrior	00:22:51	00:09:41	00:06:01	05:12:47	00:09:26	00:05:51	00:00
49	8 Sackville Striding Slugs	Keith Abriel	00:23:07	00:09:47	00:06:05	04:45:15	00:08:36	00:05:21	00:00
50	34 The Tartan Tarts	BERNADETTE KENNEDY	00:23:19	00:09:52	00:06:08	05:35:13	00:10:06	00:06:17	00:00
51	60 Hot on the Trail	Dawn Stegan	00:23:36	00:10:00	00:06:13	04:52:11	00:08:48	00:05:28	00:00
52	2 Dislocated Hippies	Cindy Wark	00:23:36	00:10:00	00:06:13	04:41:44	00:08:29	00:05:17	00:00
53	6 Martha's Vineyard	Greg MacDonald	00:24:47	00:10:30	00:06:31	05:24:30	00:09:47	00:06:05	00:00
54	28 Upright & Mile-ing	Davit Fitzgerald	00:25:53	00:10:58	00:06:49	04:32:30	00:08:13	00:05:06	00:00
55	46 Energizer Rummies	Marlene Loomis	00:26:12	00:11:06	00:06:54	04:42:07	00:08:30	00:05:17	00:00
56	58 Y-Town Runners	Shawnda d'Arcy	00:26:25	00:11:11	00:06:57	05:07:32	00:09:16	00:05:46	00:00
57	27 Runningmania.com	Peggy Hoar	00:31:35	00:13:23	00:08:19	04:51:21	00:08:47	00:05:27	00:00
58	3 Lightning Legs		00:36:35	00:15:30	00:09:38	06:12:17	00:11:13	00:06:58	00:00
59	5 (Withdrawn)		00:41:35	00:17:37	00:10:57	06:37:17	00:11:58	00:07:26	00:00
60	57 (Withdrawn)		00:41:35	00:17:37	00:10:57	06:37:17	00:11:58	00:07:26	00:00

INDIVIDUAL RESULTS

Leg		6		This Leg			Accumulated			Team
Pos	Bib #	Team Name	Runner Name	Time	Pace (6.65) /mi	(10.7) /km	Time	Pace (39.83) /mi	(64.1) /km	Penalties
1	24	The Outliers	Doug Vincent	00:38:33	00:05:48	00:03:36	04:29:33	00:06:46	00:04:12	00:00
2	43	Halifax Running Club 1	Jeff Courish	00:42:01	00:06:19	00:03:56	03:56:40	00:05:57	00:03:42	00:00
3	36	Runner's Attic	Ian White	00:44:11	00:06:39	00:04:08	04:25:43	00:06:40	00:04:09	00:00
4	52	Gym Bags	Mandea Watt	00:44:28	00:06:41	00:04:09	04:56:42	00:07:27	00:04:38	00:10
5	33	A League of Their Own	Stach Chesnutt	00:44:53	00:06:45	00:04:12	04:43:36	00:07:07	00:04:25	00:00
6	15	Border Bounders	Blaine MacIsaac	00:46:01	00:06:55	00:04:18	05:09:54	00:07:47	00:04:50	00:00
7	59	Mixed Bag of Bluenosers	Randy Colwell	00:46:18	00:06:58	00:04:20	05:02:45	00:07:36	00:04:43	00:00
8	9	Spring Your Luff & Hold Your Spondalick	John Anderson	00:46:21	00:06:58	00:04:20	04:55:25	00:07:25	00:04:37	00:00
9	53	Oxford @ 8, the Classy Rummies	Tony Case	00:46:56	00:07:04	00:04:23	04:44:34	00:07:09	00:04:26	00:00
10	60	Hot on the Trail	Sam Hall	00:48:47	00:07:20	00:04:34	05:40:58	00:08:34	00:05:19	00:00
11	20	Sally's Original Road Kill	Greg Young	00:48:51	00:07:21	00:04:34	04:55:59	00:07:26	00:04:37	00:15
12	44	Halifax Running Club 2	David Kachan	00:48:58	00:07:22	00:04:35	05:12:40	00:07:51	00:04:53	00:10
13	50	The Flock of Fantastic Failures		00:49:06	00:07:23	00:04:35	05:10:02	00:07:47	00:04:50	00:00
14	27	Runningmania.com	Mike Milloy	00:49:50	00:07:30	00:04:39	05:41:11	00:08:34	00:05:19	00:00
15	47	M&M Maniacs	Nathan Green	00:49:58	00:07:31	00:04:40	05:11:31	00:07:49	00:04:52	00:00
16	29	HRP Cops & Runners	Brent Fiander	00:50:19	00:07:34	00:04:42	04:37:44	00:06:58	00:04:20	00:00
17	42	GCHG - Tao of Pooh	Alison Spurr	00:50:22	00:07:35	00:04:42	05:00:40	00:07:33	00:04:41	00:05
18	45	Halifax Running Club 3	Dianne Chassion	00:50:27	00:07:35	00:04:43	05:08:59	00:07:45	00:04:49	00:00
19	28	Upright & Mile-ing	Katherine King	00:51:07	00:07:41	00:04:47	05:23:37	00:08:07	00:05:03	00:00
20	26	Foggy Bottom Boys and Girls	Karen Miner	00:51:16	00:07:43	00:04:47	04:50:24	00:07:17	00:04:32	00:00
21	16	East Hants Penguin Pacers	Doug Archibald	00:51:42	00:07:47	00:04:50	05:11:40	00:07:49	00:04:52	00:00
22	32	Achilles Heel Runners	Jeff Prevost	00:52:23	00:07:53	00:04:54	04:41:54	00:07:05	00:04:24	00:00
23	41	GCHG - Te of Piglet	Andrew Leverman	00:53:17	00:08:01	00:04:59	05:23:49	00:08:08	00:05:03	00:00
24	54	Boondock Harriers	Francine Comeau	00:53:23	00:08:02	00:04:59	05:14:56	00:07:54	00:04:55	00:00
25	30	Team Bitter	Katie McKenna	00:53:24	00:08:02	00:04:59	06:06:18	00:09:12	00:05:43	00:00
26	7	Oznog Srennur	Michelle Anderson	00:53:51	00:08:06	00:05:02	05:08:24	00:07:45	00:04:49	00:00
27	38	Yarmouth Leftovers	Peter Graves	00:54:10	00:08:09	00:05:04	06:02:43	00:09:06	00:05:40	00:00
28	18	Livemultisport	Tammy Slauenwhite	00:54:38	00:08:13	00:05:06	06:11:18	00:09:19	00:05:48	00:15
29	31	Beech Nuts	Carole MacArthur	00:54:49	00:08:15	00:05:07	06:01:20	00:09:04	00:05:38	00:00
30	37	Yarmouth Fun Runners	Renee LeBlanc	00:55:17	00:08:19	00:05:10	05:56:52	00:08:58	00:05:34	00:00
31	1	Mum Runners	Louise Campbell	00:55:49	00:08:24	00:05:13	05:33:36	00:08:23	00:05:12	00:00
32	19	Nova's Dysfunctionals	Deanna Rawding	00:55:57	00:08:25	00:05:14	05:23:51	00:08:08	00:05:03	00:00
33	13	Mr & Misses	Mary Girrior	00:57:09	00:08:36	00:05:20	06:09:56	00:09:17	00:05:46	00:00
34	48	Fish & Ships	Sue Randles	00:57:12	00:08:36	00:05:21	05:38:04	00:08:29	00:05:16	00:00
35	40	Team 1730	Dee Montie	00:58:27	00:08:47	00:05:28	04:56:16	00:07:26	00:04:37	00:00
36	11	NSPI Short Circuits	Steve Chaisson	00:58:49	00:08:51	00:05:30	06:04:08	00:09:09	00:05:41	00:00
37	12	Greyhounds	Nancy Holland	00:58:56	00:08:52	00:05:30	05:11:59	00:07:50	00:04:52	00:00

LEG 6

38	14 Eight Friends & Ruth's Parents	ruth Gabriel	00:59:53	00:09:00	00:05:36	06:07:24	00:09:13	00:05:44	00:00
39	55 Fast Company #1	Patsy Eddy	01:00:33	00:09:06	00:05:40	05:16:08	00:07:56	00:04:56	00:00
40	22 Witness Protection Program	Jason Dempsey	01:00:46	00:09:08	00:05:41	05:18:29	00:08:00	00:04:58	00:10
41	4 Designated Drinkers	Phil Jenkins	01:00:53	00:09:09	00:05:41	05:18:36	00:08:00	00:04:58	00:00
42	39 NSPI Flashovers	Erin MacDougall	01:01:03	00:09:11	00:05:42	05:59:42	00:09:02	00:05:37	00:00
43	34 The Tartan Tarts	NORMA DOCTOR	01:01:04	00:09:11	00:05:42	06:36:17	00:09:57	00:06:11	00:00
44	49 Halifax Bucket Brigade	Darrent Dehl	01:01:25	00:09:14	00:05:44	04:59:39	00:07:31	00:04:40	00:00
45	25 What's the Rush?	Jenny Costello	01:01:25	00:09:14	00:05:44	05:57:43	00:08:59	00:05:35	00:00
46	6 Martha's Vineyard	Ian Terfry	01:02:40	00:09:26	00:05:51	06:27:10	00:09:43	00:06:02	00:00
47	56 Fast Company #2	Marg Kinsman	01:02:59	00:09:28	00:05:53	05:18:51	00:08:00	00:04:58	00:00
48	10 The 10 Best Losers	April Delossio	01:03:25	00:09:32	00:05:56	06:01:51	00:09:05	00:05:39	00:00
49	51 Sea Star	Troy Flemming	01:03:25	00:09:32	00:05:56	05:25:09	00:08:10	00:05:04	00:00
50	2 Dislocated Hippies	Sandra Labor	01:04:32	00:09:42	00:06:02	05:46:16	00:08:42	00:05:24	00:00
51	46 Energizer Rummies	Christine Loewen	01:04:50	00:09:45	00:06:04	05:46:57	00:08:43	00:05:25	00:00
52	21 Captain Highliner's Crew	Beverley Richardson	01:05:32	00:09:51	00:06:07	05:52:58	00:08:52	00:05:30	00:00
53	23 Marsh Runners	Patti Bennett	01:06:27	00:10:00	00:06:13	06:02:16	00:09:06	00:05:39	00:00
54	17 Truro Tidal Boars	Norris Wihiston	01:07:31	00:10:09	00:06:19	06:00:02	00:09:02	00:05:37	00:00
55	58 Y-Town Runners	Trilby Watson	01:08:19	00:10:17	00:06:23	06:15:51	00:09:26	00:05:52	00:00
56	8 Sackville Striding Slugs	Andrea Abriel	01:09:14	00:10:25	00:06:28	05:54:29	00:08:54	00:05:32	00:00
57	3 Lightning Legs		01:14:14	00:11:10	00:06:56	07:26:31	00:11:13	00:06:58	00:00
58	35 Oxford @ 8, the Classic Rummies	Kirby Putnam	01:19:14	00:11:55	00:07:24	04:40:48	00:07:03	00:04:23	00:00
59	57 (Withdrawn)		01:19:14	00:11:55	00:07:24	07:56:31	00:11:58	00:07:26	00:00
60	5 (Withdrawn)		01:19:14	00:11:55	00:07:24	07:56:31	00:11:58	00:07:26	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	40	Team 1730	Doug Hayami	00:33:13	00:05:45	00:03:34	05:29:29	00:07:13	00:04:29	00:00
2	43	Halifax Running Club 1	Ray Moorehead	00:33:35	00:05:49	00:03:37	04:30:15	00:05:56	00:03:41	00:00
3	35	Oxford @ 8, the Classic Rummies	Luc Erjavec	00:36:00	00:06:14	00:03:52	05:16:48	00:06:57	00:04:19	00:00
4	24	The Outliers	Leah Jabbour	00:37:36	00:06:30	00:04:03	05:07:09	00:06:44	00:04:11	00:00
5	32	Achilles Heel Runners	Darren Wadden	00:37:54	00:06:34	00:04:05	05:19:48	00:07:01	00:04:21	00:00
6	9	Spring Your Luff & Hold Your Spondalick	Robin Meister	00:38:36	00:06:41	00:04:09	05:34:01	00:07:19	00:04:33	00:00
7	16	East Hants Penguin Pacers	Scott MacIntyre	00:40:19	00:06:59	00:04:20	05:51:59	00:07:43	00:04:48	00:00
8	53	Oxford @ 8, the Classy Rummies	Kevin Nettel	00:40:52	00:07:04	00:04:24	05:25:26	00:07:08	00:04:26	00:00
9	11	NSPI Short Circuits	Brent Dreger	00:41:31	00:07:11	00:04:28	06:45:39	00:08:54	00:05:32	00:00
10	33	A League of Their Own	Lesley Wilson	00:41:45	00:07:13	00:04:29	05:25:21	00:07:08	00:04:26	00:00
11	42	GCHG - Tao of Pooh	Bruce Middleton	00:41:53	00:07:15	00:04:30	05:42:33	00:07:31	00:04:40	00:05
12	28	Upright & Mile-ing	Don Rushton	00:42:08	00:07:17	00:04:32	06:05:45	00:08:01	00:04:59	00:00
13	54	Boondock Harriers	Suzanne Ferrier	00:42:13	00:07:18	00:04:32	05:57:09	00:07:50	00:04:52	00:00
14	12	Greyhounds	Phil Reid	00:42:18	00:07:19	00:04:33	05:54:17	00:07:46	00:04:50	00:00
15	37	Yarmouth Fun Runners	Justin Spinney	00:42:24	00:07:20	00:04:34	06:39:16	00:08:45	00:05:26	00:00
16	14	Eight Friends & Ruth's Parents	Ali McKinnon	00:42:35	00:07:22	00:04:35	06:49:59	00:08:59	00:05:35	00:00
17	4	Designated Drinkers	Gus Richardson	00:42:46	00:07:24	00:04:36	06:01:22	00:07:55	00:04:55	00:00
18	41	GCHG - Te of Piglet	John Huxtable	00:42:54	00:07:25	00:04:37	06:06:43	00:08:02	00:05:00	00:00
19	20	Sally's Original Road Kill	Craig O'Donnell	00:43:02	00:07:27	00:04:38	05:39:01	00:07:26	00:04:37	00:15
20	52	Gym Bags	Darrell Munro	00:43:03	00:07:27	00:04:38	05:39:45	00:07:27	00:04:38	00:10
21	36	Runner's Attic	Curt Goodwin	00:43:40	00:07:33	00:04:42	05:09:23	00:06:47	00:04:13	00:00
22	13	Mr & Misses	Bruce Mansour	00:44:31	00:07:42	00:04:47	06:54:27	00:09:05	00:05:39	00:00
23	47	M&M Maniacs	Sonny Wilson	00:44:56	00:07:47	00:04:50	05:56:27	00:07:49	00:04:51	00:00
24	44	Halifax Running Club 2	Mark Viterwall	00:44:58	00:07:47	00:04:50	05:57:38	00:07:50	00:04:52	00:10
25	7	Oznog Srennur	Laurie Anne Rankin	00:45:14	00:07:50	00:04:52	05:53:38	00:07:45	00:04:49	00:00
26	21	Captain Highliner's Crew	Peggy Falkenham	00:45:30	00:07:52	00:04:54	06:38:28	00:08:44	00:05:26	00:00
27	60	Hot on the Trail	Lynn Meridith	00:45:52	00:07:56	00:04:56	06:26:50	00:08:29	00:05:16	00:00
28	45	Halifax Running Club 3	Lisa Cicchelli	00:46:21	00:08:01	00:04:59	05:55:20	00:07:47	00:04:50	00:00
29	15	Border Bounders	Peter Manchester	00:46:33	00:08:03	00:05:00	05:56:27	00:07:49	00:04:51	00:00
30	29	HRP Cops & Runners	Randy Misener	00:46:51	00:08:06	00:05:02	05:24:35	00:07:07	00:04:25	00:00
31	55	Fast Company #1	Etienne Robichaud	00:47:18	00:08:11	00:05:05	06:03:26	00:07:58	00:04:57	00:00
32	46	Energizer Rummies	Lyn Young	00:47:20	00:08:11	00:05:05	06:34:17	00:08:39	00:05:22	00:00
33	17	Truro Tidal Boars	Jeff Allen	00:47:42	00:08:15	00:05:08	06:47:44	00:08:56	00:05:33	00:00
34	48	Fish & Ships	Evan Hahn	00:48:02	00:08:19	00:05:10	06:26:06	00:08:28	00:05:16	00:00
35	23	Marsh Runners	Jennifer Flynn	00:48:12	00:08:20	00:05:11	06:50:28	00:09:00	00:05:36	00:00
36	8	Sackville Striding Slugs	Eileen O'Brien	00:48:17	00:08:21	00:05:12	06:42:46	00:08:50	00:05:29	00:00
37	6	Martha's Vineyard	Dave Hopkins	00:48:25	00:08:23	00:05:12	07:15:35	00:09:33	00:05:56	00:00

LEG 7

38	59 Mixed Bag of Bluenosers		00:48:35	00:08:24	00:05:13	05:51:20	00:07:42	00:04:47	00:00
39	49 Halifax Bucket Brigade	Debra Archibald	00:49:32	00:08:34	00:05:20	05:49:11	00:07:39	00:04:45	00:00
40	26 Foggy Bottom Boys and Girls	Erryl Hines	00:49:34	00:08:35	00:05:20	05:39:58	00:07:27	00:04:38	00:00
41	50 The Flock of Fantastic Failures	Richard Vanhorne	00:49:49	00:08:37	00:05:21	05:59:51	00:07:53	00:04:54	00:00
42	27 Runningmania.com	Nicolle Cruickshanks	00:50:09	00:08:41	00:05:24	06:31:20	00:08:35	00:05:20	00:00
43	58 Y-Town Runners	John d'Arcy	00:50:38	00:08:46	00:05:27	07:06:29	00:09:21	00:05:49	00:00
44	2 Dislocated Hippies	Paul Collins	00:50:56	00:08:49	00:05:29	06:37:12	00:08:43	00:05:25	00:00
45	1 Mum Runners	Therese Heelan	00:51:12	00:08:52	00:05:30	06:24:48	00:08:26	00:05:15	00:00
46	18 Livemultisport	Tammy Slauenwight	00:51:57	00:08:59	00:05:35	07:03:15	00:09:17	00:05:46	00:15
47	10 The 10 Best Losers	Ron Allen	00:53:16	00:09:13	00:05:44	06:55:07	00:09:06	00:05:39	00:00
48	22 Witness Protection Program	Brian Munro	00:54:04	00:09:21	00:05:49	06:12:33	00:08:10	00:05:05	00:10
49	51 Sea Star	Leslie Cunningham	00:54:43	00:09:28	00:05:53	06:19:52	00:08:20	00:05:11	00:00
50	39 NSPI Flashovers	Rebecca Gasek	00:55:04	00:09:32	00:05:55	06:54:46	00:09:06	00:05:39	00:00
51	19 Nova's Dysfunctionals	Selena Davidson	00:55:23	00:09:35	00:05:57	06:19:14	00:08:19	00:05:10	00:00
52	56 Fast Company #2	Maureen Stiner	00:56:26	00:09:46	00:06:04	06:15:17	00:08:14	00:05:07	00:00
53	34 The Tartan Tarts	CHANTAL COOLEN	00:57:41	00:09:59	00:06:12	07:33:58	00:09:57	00:06:11	00:00
54	38 Yarmouth Leftovers	Ken Smith	00:58:14	00:10:05	00:06:16	07:00:57	00:09:14	00:05:44	00:00
55	31 Beech Nuts	Mary-Kathryn Stewart	00:58:52	00:10:11	00:06:20	07:00:12	00:09:13	00:05:43	00:00
56	30 Team Bitter	Sara King	00:59:21	00:10:16	00:06:23	07:05:39	00:09:20	00:05:48	00:00
57	25 What's the Rush?	Margaret Gahlinger	01:01:25	00:10:38	00:06:36	06:59:08	00:09:11	00:05:43	00:00
58	3 Lightning Legs		01:06:25	00:11:30	00:07:08	08:32:56	00:11:15	00:06:59	00:00
59	5 (Withdrawn)		01:11:25	00:12:22	00:07:41	09:07:56	00:12:01	00:07:28	00:00
60	57 (Withdrawn)		01:11:25	00:12:22	00:07:41	09:07:56	00:12:01	00:07:28	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	43	Halifax Running Club 1	Randall Hipson	00:48:28	00:06:06	00:03:47	05:18:43	00:05:57	00:03:42	00:00
2	6	Martha's Vineyard	Jeremy Law	00:49:30	00:06:13	00:03:52	08:05:05	00:09:03	00:05:38	00:00
3	35	Oxford @ 8, the Classic Rummies	Graham Gagnon	00:51:08	00:06:26	00:04:00	06:07:56	00:06:52	00:04:16	00:00
4	29	HRP Cops & Runners	Gavin Timberlake	00:53:42	00:06:45	00:04:12	06:18:17	00:07:04	00:04:23	00:00
5	56	Fast Company #2	Eric Shantz	00:54:08	00:06:48	00:04:14	07:09:25	00:08:01	00:04:59	00:00
6	32	Achilles Heel Runners	Frank MacGillivray	00:54:33	00:06:52	00:04:16	06:14:21	00:06:59	00:04:21	00:00
7	47	M&M Maniacs	Andrew MacIsaac	00:56:13	00:07:04	00:04:24	06:52:40	00:07:42	00:04:47	00:00
8	37	Yarmouth Fun Runners	Mark Cosman	00:56:45	00:07:08	00:04:26	07:36:01	00:08:31	00:05:17	00:00
9	15	Border Bounders	Sebastian Manchester	00:57:04	00:07:10	00:04:28	06:53:31	00:07:43	00:04:48	00:00
10	53	Oxford @ 8, the Classy Rummies	Rob MacDonald	00:57:13	00:07:12	00:04:28	06:22:39	00:07:09	00:04:26	00:00
11	39	NSPI Flashovers	Dan Thompson	00:57:58	00:07:17	00:04:32	07:52:44	00:08:50	00:05:29	00:00
12	28	Upright & Mile-ing	Andrew MacNeil	00:59:03	00:07:25	00:04:37	07:04:48	00:07:56	00:04:56	00:00
13	36	Runner's Attic	John Bower	00:59:44	00:07:31	00:04:40	06:09:07	00:06:53	00:04:17	00:00
14	9	Spring Your Luff & Hold Your Spondalick	Chris Anderson	01:00:42	00:07:38	00:04:45	06:34:43	00:07:22	00:04:35	00:00
15	54	Boondock Harriers	Mike Tutton	01:01:02	00:07:40	00:04:46	06:58:11	00:07:48	00:04:51	00:00
16	52	Gym Bags	Darrell Munro	01:01:06	00:07:41	00:04:46	06:40:51	00:07:29	00:04:39	00:10
17	23	Marsh Runners	Rob Caron	01:01:36	00:07:45	00:04:49	07:52:04	00:08:49	00:05:29	00:00
18	45	Halifax Running Club 3	Geri Wallace	01:02:23	00:07:51	00:04:52	06:57:43	00:07:48	00:04:51	00:00
19	24	The Outliers	John Miller	01:03:10	00:07:57	00:04:56	06:10:19	00:06:55	00:04:18	00:00
20	41	GCHG - Te of Piglet	Alex Godbold	01:03:27	00:07:59	00:04:57	07:10:10	00:08:02	00:04:59	00:00
21	49	Halifax Bucket Brigade	Lawrence Fillmore	01:04:08	00:08:04	00:05:01	06:53:19	00:07:43	00:04:48	00:00
22	50	The Flock of Fantastic Failures	Paul Arsenault	01:04:25	00:08:06	00:05:02	07:04:16	00:07:55	00:04:55	00:00
23	60	Hot on the Trail	Poet McLean	01:04:33	00:08:07	00:05:03	07:31:23	00:08:26	00:05:14	00:00
24	40	Team 1730	Helen Curran	01:05:15	00:08:12	00:05:06	06:34:44	00:07:22	00:04:35	00:00
25	44	Halifax Running Club 2	Mel Gilbert	01:05:48	00:08:16	00:05:08	07:03:26	00:07:54	00:04:55	00:10
26	4	Designated Drinkers	Bethany Myers	01:07:03	00:08:26	00:05:14	07:08:25	00:08:00	00:04:58	00:00
27	33	A League of Their Own	Brenda MacDonald	01:07:11	00:08:27	00:05:15	06:32:32	00:07:20	00:04:33	00:00
28	1	Mum Runners	Anne Wagner	01:07:55	00:08:32	00:05:18	07:32:43	00:08:27	00:05:15	00:00
29	25	What's the Rush?	Shari Thurston	01:07:59	00:08:33	00:05:19	08:07:07	00:09:06	00:05:39	00:00
30	14	Eight Friends & Ruth's Parents	Daniel Holla nd	01:08:09	00:08:34	00:05:19	07:58:08	00:08:56	00:05:33	00:00
31	26	Foggy Bottom Boys and Girls	Mark Muise	01:09:07	00:08:41	00:05:24	06:49:05	00:07:38	00:04:45	00:00
32	38	Yarmouth Leftovers	Dick Davis	01:09:33	00:08:45	00:05:26	08:10:30	00:09:09	00:05:41	00:00
33	18	Livemultisport	Janelle Knickle	01:09:34	00:08:45	00:05:26	08:12:49	00:09:12	00:05:43	00:15
34	20	Sally's Original Road Kill	Nelson Porteous	01:10:06	00:08:49	00:05:29	06:49:07	00:07:38	00:04:45	00:15
35	8	Sackville Striding Slugs	Tanya McGuiness	01:10:44	00:08:54	00:05:32	07:53:30	00:08:50	00:05:30	00:00
36	17	Truro Tidal Boars	Gerry Kerr	01:10:46	00:08:54	00:05:32	07:58:30	00:08:56	00:05:33	00:00
37	12	Greyhounds	Jacques Thibeau	01:11:36	00:09:00	00:05:36	07:05:53	00:07:57	00:04:56	00:00

LEG 8

38	51 Sea Star	Trevor Cunningham	01:11:41	00:09:01	00:05:36	07:31:33	00:08:26	00:05:14	00:00
39	48 Fish & Ships	Chris Jauer	01:12:39	00:09:08	00:05:41	07:38:45	00:08:34	00:05:19	00:00
40	16 East Hants Penguin Pacers	Norma MacIntyre	01:12:56	00:09:10	00:05:42	07:04:55	00:07:56	00:04:56	00:00
41	59 Mixed Bag of Bluenosers	Blane Beaton	01:13:02	00:09:11	00:05:42	07:04:22	00:07:55	00:04:55	00:00
42	31 Beech Nuts	Lyndan Warner	01:13:17	00:09:13	00:05:44	08:13:29	00:09:13	00:05:43	00:00
43	55 Fast Company #1	Brad Bishop	01:13:25	00:09:14	00:05:44	07:16:51	00:08:09	00:05:04	00:00
44	19 Nova's Dysfunctionals	Genny Kirk-Baker	01:13:42	00:09:16	00:05:45	07:32:56	00:08:27	00:05:15	00:00
45	10 The 10 Best Losers	Linda Hall	01:14:19	00:09:21	00:05:48	08:09:26	00:09:08	00:05:41	00:00
46	2 Dislocated Hippies	Pauline Sheeman	01:15:52	00:09:32	00:05:56	07:53:04	00:08:50	00:05:29	00:00
47	21 Captain Highliner's Crew	Kris Jewer	01:15:55	00:09:33	00:05:56	07:54:23	00:08:51	00:05:30	00:00
48	7 Oznog Srennur	Sandrine Mainard	01:16:00	00:09:33	00:05:56	07:09:38	00:08:01	00:04:59	00:00
49	30 Team Bitter	Sharon Griffiths	01:16:43	00:09:39	00:06:00	08:22:22	00:09:23	00:05:50	00:00
50	58 Y-Town Runners	Ann Woodworth	01:16:47	00:09:39	00:06:00	08:23:16	00:09:24	00:05:50	00:00
51	22 Witness Protection Program	Pierrette Nola n	01:18:25	00:09:52	00:06:08	07:30:58	00:08:25	00:05:14	00:10
52	27 Runningmania.com	Ryan Burkitt	01:18:41	00:09:54	00:06:09	07:50:01	00:08:47	00:05:27	00:00
53	34 The Tartan Tarts	BILL LOBBAN	01:19:38	00:10:01	00:06:13	08:53:36	00:09:58	00:06:11	00:00
54	13 Mr & Misses	Maureen Coady	01:20:51	00:10:10	00:06:19	08:15:18	00:09:15	00:05:45	00:00
55	11 NSPI Short Circuits	Nichole Cadek	01:20:58	00:10:11	00:06:20	08:06:37	00:09:05	00:05:39	00:00
56	46 Energizer Rummies	Christine Loewen	01:25:02	00:10:41	00:06:39	07:59:19	00:08:57	00:05:34	00:00
57	42 GCHG - Tao of Pooh	Rod Rawding	01:30:02	00:11:19	00:07:02	07:12:35	00:08:05	00:05:01	00:05
58	3 Lightning Legs		01:30:02	00:11:19	00:07:02	10:02:58	00:11:15	00:07:00	00:00
59	57 (Withdrawn)		01:35:02	00:11:57	00:07:25	10:42:58	00:12:00	00:07:28	00:00
60	5 (Withdrawn)		01:35:02	00:11:57	00:07:25	10:42:58	00:12:00	00:07:28	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	43	Halifax Running Club 1	Denise Robson	00:44:56	00:05:44	00:03:34	06:03:39	00:05:55	00:03:41	00:00
2	26	Foggy Bottom Boys and Girls	Marco Albright	00:48:41	00:06:13	00:03:52	07:37:46	00:07:27	00:04:38	00:00
3	17	Truro Tidal Boars	Lavinia Carreau	00:48:47	00:06:14	00:03:52	08:47:17	00:08:35	00:05:20	00:00
4	16	East Hants Penguin Pacers	Mike Juurlink	00:51:16	00:06:33	00:04:04	07:56:11	00:07:45	00:04:49	00:00
5	35	Oxford @ 8, the Classic Rummies	Dave Wilson	00:51:21	00:06:34	00:04:05	06:59:17	00:06:50	00:04:15	00:00
6	50	The Flock of Fantastic Failures	Jonathan Crossland	00:51:26	00:06:34	00:04:05	07:55:42	00:07:45	00:04:49	00:00
7	36	Runner's Attic	Sean Merret	00:51:26	00:06:34	00:04:05	07:00:33	00:06:51	00:04:15	00:00
8	9	Spring Your Luff & Hold Your Spondalick	Victor Nickerson	00:52:11	00:06:40	00:04:08	07:26:54	00:07:17	00:04:31	00:00
9	11	NSPI Short Circuits	Ron MacDougall	00:53:11	00:06:48	00:04:13	08:59:48	00:08:48	00:05:28	00:00
10	37	Yarmouth Fun Runners	Taylor Doucette	00:53:17	00:06:48	00:04:14	08:29:18	00:08:18	00:05:09	00:00
11	42	GCHG - Tao of Pooh	Gilles Couture	00:53:23	00:06:49	00:04:14	08:05:58	00:07:55	00:04:55	00:05
12	40	Team 1730	Caryn Small Legs-Nagge	00:53:33	00:06:50	00:04:15	07:28:17	00:07:18	00:04:32	00:00
13	33	A League of Their Own	Tammy Mercer	00:54:11	00:06:55	00:04:18	07:26:43	00:07:17	00:04:31	00:00
14	49	Halifax Bucket Brigade	Brian Dogers	00:54:12	00:06:55	00:04:18	07:47:31	00:07:37	00:04:44	00:00
15	53	Oxford @ 8, the Classy Rummies	Garry Stewart	00:54:39	00:06:59	00:04:20	07:17:18	00:07:07	00:04:26	00:00
16	47	M&M Maniacs	Andrew MacIsaac	00:55:06	00:07:02	00:04:22	07:47:46	00:07:37	00:04:44	00:00
17	59	Mixed Bag of Bluenosers	David Patrick	00:57:10	00:07:18	00:04:32	08:01:32	00:07:51	00:04:52	00:00
18	32	Achilles Heel Runners	Marty Stevens	00:57:35	00:07:21	00:04:34	07:11:56	00:07:02	00:04:22	00:00
19	29	HRP Cops & Runners	Mike Barkhouse	00:58:03	00:07:25	00:04:36	07:16:20	00:07:06	00:04:25	00:00
20	51	Sea Star	Laurie Sigfridson	00:58:19	00:07:27	00:04:38	08:29:52	00:08:18	00:05:10	00:00
21	4	Designated Drinkers	Louis Boileu	00:58:42	00:07:30	00:04:40	08:07:07	00:07:56	00:04:56	00:00
22	38	Yarmouth Leftovers	Bobby Lou Reardon	00:58:51	00:07:31	00:04:40	09:09:21	00:08:57	00:05:34	00:00
23	15	Border Bounders	Keith Wellband	00:59:02	00:07:32	00:04:41	07:52:33	00:07:42	00:04:47	00:00
24	55	Fast Company #1	Reanne Comeau-Shantz	00:59:10	00:07:33	00:04:42	08:16:01	00:08:05	00:05:01	00:00
25	30	Team Bitter	Sally Blenkhorn	00:59:30	00:07:36	00:04:43	09:21:52	00:09:09	00:05:41	00:00
26	24	The Outliers	Emerson Fiske	00:59:40	00:07:37	00:04:44	07:09:59	00:07:00	00:04:21	00:00
27	48	Fish & Ships	Janice Fiander	00:59:48	00:07:38	00:04:45	08:38:33	00:08:27	00:05:15	00:00
28	54	Boondock Harriers	Bill Slattery	01:00:03	00:07:40	00:04:46	07:58:14	00:07:47	00:04:50	00:00
29	28	Upright & Mile-ing	Pat Kennedy	01:00:47	00:07:46	00:04:49	08:05:35	00:07:55	00:04:55	00:00
30	12	Greyhounds	Caroline Whitby	01:01:57	00:07:55	00:04:55	08:07:50	00:07:57	00:04:56	00:00
31	8	Sackville Striding Slugs	Gerry Hanrahan	01:02:06	00:07:56	00:04:56	08:55:36	00:08:43	00:05:25	00:00
32	22	Witness Protection Program	Brian Lowe	01:02:58	00:08:03	00:05:00	08:33:56	00:08:22	00:05:12	00:10
33	21	Captain Highliner's Crew	Liane Clarkson	01:03:20	00:08:05	00:05:02	08:57:43	00:08:46	00:05:27	00:00
34	34	The Tartan Tarts	SHEILA DOOLEY	01:03:27	00:08:06	00:05:02	09:57:03	00:09:44	00:06:03	00:00
35	6	Martha's Vineyard		01:03:30	00:08:07	00:05:02	09:08:35	00:08:56	00:05:33	00:00
36	7	Oznog Srennur	Richard Dooley	01:03:39	00:08:08	00:05:03	08:13:17	00:08:02	00:05:00	00:00
37	20	Sally's Original Road Kill	Tom Ross	01:03:48	00:08:09	00:05:04	07:52:55	00:07:42	00:04:47	00:15

LEG 9

38	14 Eight Friends & Ruth's Parents	David Gabriel	01:03:48	00:08:09	00:05:04	09:01:56	00:08:50	00:05:29	00:00
39	18 Livemultisport	Neil Clarkson	01:03:55	00:08:10	00:05:04	09:16:44	00:09:04	00:05:38	00:15
40	19 Nova's Dysfunctionals	Kelly Cook	01:04:51	00:08:17	00:05:09	08:37:47	00:08:26	00:05:14	00:00
41	56 Fast Company #2	Alex MacPherson	01:05:06	00:08:19	00:05:10	08:14:31	00:08:03	00:05:00	00:00
42	41 GCHG - Te of Piglet	Chris Hollebone	01:05:13	00:08:20	00:05:11	08:15:23	00:08:04	00:05:01	00:00
43	10 The 10 Best Losers	Connie Meister	01:05:16	00:08:20	00:05:11	09:14:42	00:09:02	00:05:37	00:00
44	60 Hot on the Trail	Wendy Foote	01:05:16	00:08:20	00:05:11	08:36:39	00:08:25	00:05:14	00:00
45	45 Halifax Running Club 3	Lynn Vernon	01:05:47	00:08:24	00:05:13	08:03:30	00:07:53	00:04:54	00:00
46	1 Mum Runners	Margot Cameron	01:06:23	00:08:29	00:05:16	08:39:06	00:08:27	00:05:15	00:00
47	31 Beech Nuts	Michelle Allison	01:10:11	00:08:58	00:05:34	09:23:40	00:09:11	00:05:42	00:00
48	58 Y-Town Runners	Jackie Comeau	01:10:12	00:08:58	00:05:34	09:33:28	00:09:20	00:05:48	00:00
49	44 Halifax Running Club 2	Michael Harrigan	01:10:57	00:09:04	00:05:38	08:14:23	00:08:03	00:05:00	00:10
50	27 Runningmania.com	Carolyn Thompson	01:11:34	00:09:08	00:05:41	09:01:35	00:08:49	00:05:29	00:00
51	46 Energizer Rummies	Keith MacDonald	01:12:01	00:09:12	00:05:43	09:11:20	00:08:59	00:05:35	00:00
52	2 Dislocated Hippies	Prisca Wälti	01:12:20	00:09:14	00:05:44	09:05:24	00:08:53	00:05:31	00:00
53	23 Marsh Runners	Colleen Dowe	01:12:21	00:09:14	00:05:45	09:04:25	00:08:52	00:05:31	00:00
54	52 Gym Bags	Christine Sommerville	01:12:32	00:09:16	00:05:45	07:53:23	00:07:43	00:04:47	00:10
55	13 Mr & Misses	Jane Foley	01:14:03	00:09:27	00:05:53	09:29:21	00:09:16	00:05:46	00:00
56	25 What's the Rush?	Paulette Bldge	01:19:03	00:10:06	00:06:16	09:26:10	00:09:13	00:05:44	00:00
57	39 NSPI Flashovers	Nicole Hennebury	01:19:03	00:10:06	00:06:16	09:11:47	00:08:59	00:05:35	00:00
58	3 Lightning Legs		01:19:03	00:10:06	00:06:16	11:22:01	00:11:07	00:06:54	00:00
59	57 (Withdrawn)		01:24:03	00:10:44	00:06:40	12:07:01	00:11:51	00:07:22	00:00
60	5 (Withdrawn)		01:24:03	00:10:44	00:06:40	12:07:01	00:11:51	00:07:22	00:00

INDIVIDUAL RESULTS

Leg 10

Pos	Bib #	Team Name	Runner Name	This Leg			Accumulated			Team Penalties
				Time	Pace (6.59) /mi	(13.3) /km	Time	Pace (67.98) /mi	(109.4) /km	
1	43	Halifax Running Club 1	Nick McBride	00:38:16	00:05:49	00:03:37	06:41:55	00:05:55	00:03:40	00:00
2	7	Oznog Srennur	Andy Canning	00:40:32	00:06:09	00:03:49	08:53:49	00:07:51	00:04:53	00:00
3	42	GCHG - Tao of Pooh	Frank Reinhardt	00:40:36	00:06:10	00:03:50	08:46:34	00:07:45	00:04:49	00:05
4	35	Oxford @ 8, the Classic Rummies	Kevin Waller	00:41:50	00:06:21	00:03:57	07:41:07	00:06:47	00:04:13	00:00
5	9	Spring Your Luff & Hold Your Spondalick	Terry Melloy	00:42:39	00:06:29	00:04:01	08:09:33	00:07:12	00:04:28	00:00
6	55	Fast Company #1	Dave Nevitt	00:43:10	00:06:33	00:04:04	08:59:11	00:07:56	00:04:56	00:00
7	32	Achilles Heel Runners	Rob Stevens	00:43:15	00:06:34	00:04:05	07:55:11	00:06:59	00:04:21	00:00
8	40	Team 1730	Rob Goddard	00:44:09	00:06:42	00:04:10	08:12:26	00:07:15	00:04:30	00:00
9	38	Yarmouth Leftovers	Sheri Goodwin	00:44:15	00:06:43	00:04:10	09:53:36	00:08:44	00:05:26	00:00
10	47	M&M Maniacs	Dave Liem	00:45:08	00:06:51	00:04:15	08:32:54	00:07:33	00:04:41	00:00
11	53	Oxford @ 8, the Classy Rummies	Simon Walling	00:45:12	00:06:52	00:04:16	08:02:30	00:07:06	00:04:25	00:00
12	29	HRP Cops & Runners	John Blake	00:45:21	00:06:53	00:04:17	08:01:41	00:07:05	00:04:24	00:00
13	49	Halifax Bucket Brigade	John MacNeill	00:45:22	00:06:53	00:04:17	08:32:53	00:07:33	00:04:41	00:00
14	59	Mixed Bag of Bluenosers	Al Heubach	00:45:47	00:06:57	00:04:19	08:47:19	00:07:45	00:04:49	00:00
15	16	East Hants Penguin Pacers	Lexi Juurlink	00:45:53	00:06:58	00:04:20	08:42:04	00:07:41	00:04:46	00:00
16	51	Sea Star	Adlai Cunningham	00:46:30	00:07:04	00:04:23	09:16:22	00:08:11	00:05:05	00:00
17	24	The Outliers	Kyle Carpenter	00:47:10	00:07:10	00:04:27	07:57:09	00:07:01	00:04:22	00:00
18	45	Halifax Running Club 3	Darlene Chapman	00:47:40	00:07:14	00:04:30	08:51:10	00:07:49	00:04:51	00:00
19	56	Fast Company #2	Paul Coffin	00:48:01	00:07:17	00:04:32	09:02:32	00:07:59	00:04:58	00:00
20	54	Boondock Harriers	Tracy Crowell	00:48:35	00:07:23	00:04:35	08:46:49	00:07:45	00:04:49	00:00
21	36	Runner's Attic	Phil Chetwynd	00:48:57	00:07:26	00:04:37	07:49:30	00:06:54	00:04:17	00:00
22	41	GCHG - Te of Piglet	Greg Murphy	00:49:00	00:07:26	00:04:37	09:04:23	00:08:00	00:04:59	00:00
23	20	Sally's Original Road Kill	Mike Keen	00:49:02	00:07:27	00:04:38	08:41:57	00:07:41	00:04:46	00:15
24	48	Fish & Ships	Micheline McWhirter	00:49:06	00:07:27	00:04:38	09:27:39	00:08:21	00:05:11	00:00
25	50	The Flock of Fantastic Failures	Joseph Crossland	00:49:31	00:07:31	00:04:40	08:45:13	00:07:44	00:04:48	00:00
26	19	Nova's Dysfunctionals	Kevin Chisholm	00:49:44	00:07:33	00:04:42	09:27:31	00:08:21	00:05:11	00:00
27	11	NSPI Short Circuits	Sean Borden	00:50:11	00:07:37	00:04:44	09:49:59	00:08:41	00:05:24	00:00
28	10	The 10 Best Losers	Steve Johnson	00:50:15	00:07:38	00:04:44	10:04:57	00:08:54	00:05:32	00:00
29	6	Martha's Vineyard	Ian Burns	00:51:15	00:07:47	00:04:50	09:59:50	00:08:49	00:05:29	00:00
30	15	Border Bounders	Caroline Evans	00:51:42	00:07:51	00:04:53	08:44:15	00:07:43	00:04:48	00:00
31	14	Eight Friends & Ruth's Parents	Marcel Ritter	00:51:56	00:07:53	00:04:54	09:53:52	00:08:44	00:05:26	00:00
32	12	Greyhounds	Shannon Read	00:52:49	00:08:01	00:04:59	09:00:39	00:07:57	00:04:57	00:00
33	46	Energizer Rummies	Jean Barry	00:53:20	00:08:06	00:05:02	10:04:40	00:08:54	00:05:32	00:00
34	30	Team Bitter	Tim Clarke	00:53:38	00:08:09	00:05:04	10:15:30	00:09:03	00:05:38	00:00
35	39	NSPI Flashovers	Nick Peters	00:54:32	00:08:17	00:05:09	10:06:19	00:08:55	00:05:33	00:00
36	22	Witness Protection Program	Lucia Cormier	00:54:49	00:08:19	00:05:10	09:28:45	00:08:22	00:05:12	00:10
37	1	Mum Runners	Roseanne Chisholm	00:55:01	00:08:21	00:05:11	09:34:07	00:08:27	00:05:15	00:00

LEG 10

38	27 Runningmania.com	Stephan Rabouin	00:56:11	00:08:32	00:05:18	09:57:46	00:08:48	00:05:28	00:00
39	21 Captain Highliner's Crew	Henry Demone	00:56:27	00:08:34	00:05:20	09:54:10	00:08:44	00:05:26	00:00
40	4 Designated Drinkers	Greg O'Malley	00:56:41	00:08:36	00:05:21	09:03:48	00:08:00	00:04:58	00:00
41	13 Mr & Misses	Sherlynn Aker	00:57:05	00:08:40	00:05:23	10:26:26	00:09:13	00:05:44	00:00
42	44 Halifax Running Club 2	Al Pottier	00:57:19	00:08:42	00:05:24	09:11:42	00:08:07	00:05:03	00:10
43	58 Y-Town Runners	Jennifer Hood	00:58:19	00:08:51	00:05:30	10:31:47	00:09:18	00:05:46	00:00
44	8 Sackville Striding Slugs	Robert Cawthra	00:58:30	00:08:53	00:05:31	09:54:06	00:08:44	00:05:26	00:00
45	18 Livemultisport	Shelagh Keddy-Veinotte	00:58:46	00:08:55	00:05:33	10:15:30	00:09:03	00:05:38	00:15
46	26 Foggy Bottom Boys and Girls	Barry Wiser	00:59:10	00:08:59	00:05:35	08:36:56	00:07:36	00:04:44	00:00
47	25 What's the Rush?	Tania Davigon	00:59:34	00:09:03	00:05:37	10:25:44	00:09:12	00:05:43	00:00
48	31 Beech Nuts	Meghan Neiman	00:59:40	00:09:04	00:05:38	10:23:20	00:09:10	00:05:42	00:00
49	60 Hot on the Trail	Barbara Lounder	01:01:00	00:09:16	00:05:45	09:37:39	00:08:30	00:05:17	00:00
50	34 The Tartan Tarts	BARBARA STARY-BROWN	01:01:13	00:09:18	00:05:47	10:58:16	00:09:41	00:06:01	00:00
51	52 Gym Bags	Rachel Gordon	01:02:02	00:09:25	00:05:51	08:55:25	00:07:53	00:04:54	00:10
52	2 Dislocated Hippies	Cara MacLean	01:02:11	00:09:26	00:05:52	10:07:35	00:08:56	00:05:33	00:00
53	37 Yarmouth Fun Runners	Tina D'Entremont	01:02:35	00:09:30	00:05:54	09:31:53	00:08:25	00:05:14	00:00
54	17 Truro Tidal Boars	Richard Chipman	01:03:56	00:09:42	00:06:02	09:51:13	00:08:42	00:05:24	00:00
55	33 A League of Their Own	Christy MacDonald	01:04:13	00:09:45	00:06:03	08:30:56	00:07:31	00:04:40	00:00
56	23 Marsh Runners	Darla MacPherson	01:05:03	00:09:53	00:06:08	10:09:28	00:08:58	00:05:34	00:00
57	28 Upright & Mile-ing	Frank Woodbury	01:06:24	00:10:05	00:06:16	09:11:59	00:08:07	00:05:03	00:00
58	3 Lightning Legs		01:11:24	00:10:50	00:06:44	12:33:25	00:11:05	00:06:53	00:00
59	57 (Withdrawn)		01:16:24	00:11:36	00:07:12	13:23:25	00:11:49	00:07:21	00:00
60	5 (Withdrawn)		01:16:24	00:11:36	00:07:12	13:23:25	00:11:49	00:07:21	00:00