

# LEG 1 INDIVIDUAL RESULTS

LegResults

Leg 1

Pos Bib # Team Name

1 51 HRC 1

Runner Name

Greg Wieczorek

This Leg

Time

00:45:36

(8.26) /mi

00:05:31

(13.3) /km

00:03:26

Accumulated

Time

00:45:36

(8.26) /mi

00:05:31

(13.3) /km

00:03:26

Team Penalties

00:00

			LegResults							
2	33 Oxford @ 8 #1 - Classic Rummies	Derek Estabrook	00:51:32	00:06:14	00:03:52	00:51:32	00:06:14	00:03:52	00:10	
3	44 The Replacements	Jamie Haynes	00:51:33	00:06:14	00:03:53	00:51:33	00:06:14	00:03:53	00:00	
4	25 ZX Cycle 'n' Run Club	Tyrone Grande	00:54:12	00:06:34	00:04:05	00:54:12	00:06:34	00:04:05	00:00	
5	4 Oznog Srennur	Trevor MacLean	00:55:39	00:06:44	00:04:11	00:55:39	00:06:44	00:04:11	00:00	
6	17 The Outliers	Leah Jabbour	00:56:51	00:06:53	00:04:16	00:56:51	00:06:53	00:04:16	00:00	
7	28 Penguin Pacers – Mars Brigade	Mike "Jet" Juurlink	00:57:01	00:06:54	00:04:17	00:57:01	00:06:54	00:04:17	00:10	
8	40 Sea Star	Adlai Cunningham	00:58:04	00:07:02	00:04:22	00:58:04	00:07:02	00:04:22	00:00	
9	34 Oxford @ 8 #2 - Killer B's	Doran Donovan	00:58:50	00:07:07	00:04:25	00:58:50	00:07:07	00:04:25	00:00	
10	10 St-Pierre Boys	Philippe Venot	01:00:46	00:07:21	00:04:34	01:00:46	00:07:21	00:04:34	00:10	
11	35 Oxford @ 8 #3	Richard Leckey	01:01:00	00:07:23	00:04:35	01:01:00	00:07:23	00:04:35	00:00	
12	31 Runner's Attic	Gayland Goodwin	01:01:02	00:07:23	00:04:35	01:01:02	00:07:23	00:04:35	00:00	
13	23 Border Bounders	Rob Summerby-Murray	01:02:36	00:07:34	00:04:42	01:02:36	00:07:34	00:04:42	00:00	
14	12 NavCanada Control Freaks	Pat Somers	01:02:48	00:07:36	00:04:43	01:02:48	00:07:36	00:04:43	00:00	
15	47 Great Canadian Honking Goose	Gilles Couture	01:03:01	00:07:38	00:04:44	01:03:01	00:07:38	00:04:44	00:00	

			LegResults							
16	5 Martha's Vineyard	Greg Jones	01:03:13	00:07:39	00:04:45	01:03:13	00:07:39	00:04:45	00:00	
17	29 Penguin Pacers – Venus Brigade	Lexi "Hawkeye" Juurlink	01:04:02	00:07:45	00:04:49	01:04:02	00:07:45	00:04:49	00:00	
18	24 Halifax Bucket Brigade	Ryan McCracken	01:06:24	00:08:02	00:05:00	01:06:24	00:08:02	00:05:00	00:00	
19	56 Boondock Harriers	Tracy Crowell	01:06:38	00:08:04	00:05:01	01:06:38	00:08:04	00:05:01	00:00	
20	43 A League of Their Own	Tracy MacNeil	01:07:25	00:08:09	00:05:04	01:07:25	00:08:09	00:05:04	00:10	
21	6 Sackville Striding Slugs	Jack Kelly	01:07:28	00:08:10	00:05:04	01:07:28	00:08:10	00:05:04	00:00	
22	7 Baggywrinkles & Dead Heads	Bill Roblee	01:08:30	00:08:17	00:05:09	01:08:30	00:08:17	00:05:09	00:10	
23	60 Y-Town Runners	John d'Arcy	01:08:34	00:08:18	00:05:09	01:08:34	00:08:18	00:05:09	00:00	
24	48 Run, Goose, Run	Ruth Gribbin	01:08:39	00:08:18	00:05:10	01:08:39	00:08:18	00:05:10	00:10	
25	3 Greyhounds	Tim Margolian	01:08:57	00:08:21	00:05:11	01:08:57	00:08:21	00:05:11	00:00	
26	52 HRC Women	Tina White	01:09:18	00:08:23	00:05:13	01:09:18	00:08:23	00:05:13	00:00	
27	26 Witness Protection Program	Hazen Brien	01:10:29	00:08:32	00:05:18	01:10:29	00:08:32	00:05:18	00:10	
28	53 HRC Mixed Messengers	Robin Whyte	01:10:34	00:08:32	00:05:18	01:10:34	00:08:32	00:05:18	00:00	
29	2 Team TAO	Kelly Cormier	01:10:39	00:08:33	00:05:19	01:10:39	00:08:33	00:05:19	00:00	

			LegResults							
30	13 Sally's Original Road Kill	Gerry MacDonald	01:10:42	00:08:33	00:05:19	01:10:42	00:08:33	00:05:19	00:10	
31	14 Nova's Disfunctionals	Denna Rawding	01:10:59	00:08:35	00:05:20	01:10:59	00:08:35	00:05:20	00:00	
32	18 AFFRW – The Force	Liz Rigney	01:11:34	00:08:40	00:05:23	01:11:34	00:08:40	00:05:23	00:00	
33	39 Eight Friends & Ruth's Parents	Jenna Sullivan	01:11:41	00:08:40	00:05:23	01:11:41	00:08:40	00:05:23	00:00	
34	57 Fast Company #1	Catherine Fitzsimmons	01:11:49	00:08:41	00:05:24	01:11:49	00:08:41	00:05:24	00:00	
35	11 La Foulee Des Iles	Marielle Boissel	01:12:37	00:08:47	00:05:28	01:12:37	00:08:47	00:05:28	00:20	
36	37 Mixed Bag of Bluenosers	Wanda Baxter	01:12:43	00:08:48	00:05:28	01:12:43	00:08:48	00:05:28	00:00	
37	30 Yarmouth Leftovers	Dave Arthur	01:12:48	00:08:49	00:05:28	01:12:48	00:08:49	00:05:28	00:00	
38	58 Fast Company #2	Alex McEachearn	01:12:55	00:08:49	00:05:29	01:12:55	00:08:49	00:05:29	00:00	
39	15 BIO Fish & Ships	Evan Hahn	01:13:54	00:08:57	00:05:33	01:13:54	00:08:57	00:05:33	00:00	
40	42 Crichton Park @ 10	Don Shay	01:14:37	00:09:02	00:05:37	01:14:37	00:09:02	00:05:37	00:00	
41	19 Hot on the Trail	Mary Hall	01:15:09	00:09:06	00:05:39	01:15:09	00:09:06	00:05:39	00:00	
42	50 M&M Maniacs	Jamie Lipsit	01:15:37	00:09:09	00:05:41	01:15:37	00:09:09	00:05:41	00:00	
43	21 Yarmouth Fun Runners	Jack-e Goodwin	01:15:39	00:09:09	00:05:41	01:15:39	00:09:09	00:05:41	00:10	

			LegResults							
44	41 The Power Surge	Gary Trenholm	01:15:41	00:09:09	00:05:41	01:15:41	00:09:09	00:05:41	00:00	
45	9 NSPI Short Circuits	Doug Briand	01:15:41	00:09:09	00:05:41	01:15:41	00:09:09	00:05:41	00:00	
46	45 Achilles Heel Runners	Stephen Doody	01:16:03	00:09:12	00:05:43	01:16:03	00:09:12	00:05:43	00:10	
47	27 Truro Tidal Boars	Steve Smith	01:16:50	00:09:18	00:05:47	01:16:50	00:09:18	00:05:47	00:00	
48	22 Marsh Runners	Lori Ward	01:17:59	00:09:26	00:05:52	01:17:59	00:09:26	00:05:52	00:00	
49	46 Flock of Fantastic Failures	Chris Oickle	01:19:02	00:09:34	00:05:57	01:19:02	00:09:34	00:05:57	00:00	
50	54 The Tartan Tarts	Susan Warner	01:19:53	00:09:40	00:06:00	01:19:53	00:09:40	00:06:00	00:00	
51	59 Livemultisport	Tom Rogers	01:20:17	00:09:43	00:06:02	01:20:17	00:09:43	00:06:02	00:00	
52	8 Dangerous Curves & Wide Shoulders	Laura Roblee	01:20:50	00:09:47	00:06:05	01:20:50	00:09:47	00:06:05	00:00	
53	16 Runningmania.com	Brendan Reid	01:23:04	00:10:03	00:06:15	01:23:04	00:10:03	00:06:15	00:00	
54	1 The Transmitters	Courtney Donovan	01:23:13	00:10:04	00:06:15	01:23:13	00:10:04	00:06:15	00:00	
55	38 What's the Rush?	Angela Lauffeur	01:25:17	00:10:19	00:06:25	01:25:17	00:10:19	00:06:25	00:00	
56	20 Mister & Misses	Juanita Pelly	01:25:18	00:10:19	00:06:25	01:25:18	00:10:19	00:06:25	00:00	
57	36 Upright & Mile-ing	Heather Salsman	01:25:34	00:10:21	00:06:26	01:25:34	00:10:21	00:06:26	00:00	

			LegResults							
58	49	Salt Marsh Trail Running Club	Suzanne Young	01:25:34	00:10:21	00:06:26	01:25:34	00:10:21	00:06:26	00:00
59	32	Beech Nuts	Jane Thorbun	01:28:01	00:10:39	00:06:37	01:28:01	00:10:39	00:06:37	00:00
60	55	Lucky Ladies	Brooke Robinson	01:32:01	00:11:08	00:06:55	01:32:01	00:11:08	00:06:55	00:00

Leg		2		This Leg			Accumulated			Team
				Pace			Pace			
Pos	Bib #	Team Name	Runner Name	Time	(4.97) /mi	(8) /km	Time	(13.24) /mi	(21.3) /km	
1	53	HRC Mixed Messengers	Shawn Beaton	00:31:53	00:06:25	00:03:59	01:42:27	00:07:44	00:04:49	00:00
2	33	Oxford @ 8 #1 - Classic Rummies	Gareth Luke	00:32:19	00:06:30	00:04:02	01:23:51	00:06:20	00:03:56	00:10
3	17	The Outliers	Nick Coonan	00:33:10	00:06:40	00:04:09	01:30:01	00:06:48	00:04:14	00:00
4	37	Mixed Bag of Bluenosers	Randy Colwell	00:33:25	00:06:43	00:04:11	01:46:08	00:08:01	00:04:59	00:00
5	51	HRC 1	Louis Brill	00:33:27	00:06:44	00:04:11	01:19:03	00:05:58	00:03:43	00:00
6	10	St-Pierre Boys	Benoit Quedinet	00:33:34	00:06:45	00:04:12	01:34:20	00:07:08	00:04:26	00:10
7	28	Penguin Pacers – Mars Brigade	Scott "Sarge" MacIntyre	00:33:54	00:06:49	00:04:14	01:30:55	00:06:52	00:04:16	00:10
8	56	Boondock Harriers	Ian MacCallum	00:34:39	00:06:58	00:04:20	01:41:17	00:07:39	00:04:45	00:00

			LegResults							
9	31 Runner's Attic	Shawn Muise		00:34:54	00:07:01	00:04:22	01:35:56	00:07:15	00:04:30	00:00
10	43 A League of Their Own	Marie-Claude Gergere		00:35:35	00:07:09	00:04:27	01:43:00	00:07:47	00:04:50	00:10
11	34 Oxford @ 8 #2 - Killer B's	Gary Drohan		00:35:53	00:07:13	00:04:29	01:34:43	00:07:09	00:04:27	00:00
12	12 NavCanada Control Freaks	Kali Caulier		00:39:20	00:07:55	00:04:55	01:42:08	00:07:43	00:04:48	00:00
13	52 HRC Women	Lisa Cicchelli		00:40:08	00:08:04	00:05:01	01:49:26	00:08:16	00:05:08	00:00
14	24 Halifax Bucket Brigade	Sarah Drysdale		00:41:07	00:08:16	00:05:08	01:47:31	00:08:07	00:05:03	00:00
15	7 Baggywrinkles & Dead Heads	Doug Coulter		00:41:28	00:08:21	00:05:11	01:49:58	00:08:19	00:05:10	00:10
16	13 Sally's Original Road Kill	Paula Ross		00:41:34	00:08:22	00:05:12	01:52:16	00:08:29	00:05:16	00:10
17	22 Marsh Runners	Robyn MacKinnon		00:41:48	00:08:25	00:05:14	01:59:47	00:09:03	00:05:37	00:00
18	45 Achilles Heel Runners	Jason Penney		00:41:49	00:08:25	00:05:14	01:57:52	00:08:54	00:05:32	00:10
19	39 Eight Friends & Ruth's Parents		0	00:42:19	00:08:31	00:05:17	01:54:00	00:08:37	00:05:21	00:00
20	11 La Foulee Des Iles	Marielle Boissel		00:42:30	00:08:33	00:05:19	01:55:07	00:08:42	00:05:24	00:20
21	29 Penguin Pacers – Venus Brigade	Sherry "Spunky" Archibald		00:42:41	00:08:35	00:05:20	01:46:43	00:08:04	00:05:01	00:00
22	14 Nova's Disfunctionals	Selena Davidson		00:42:55	00:08:38	00:05:22	01:53:54	00:08:36	00:05:21	00:00

			LegResults							
23	25 ZX Cycle 'n' Run Club		0	00:42:59	00:08:39	00:05:22	01:37:11	00:07:21	00:04:34	00:00
24	46 Flock of Fantastic Failures	Scott Chouinard		00:43:27	00:08:44	00:05:26	02:02:29	00:09:15	00:05:45	00:00
25	38 What's the Rush?	Lorri Anderson Giffon		00:44:02	00:08:51	00:05:30	02:09:19	00:09:46	00:06:04	00:00
26	15 BIO Fish & Ships	Chris Jauer		00:44:07	00:08:52	00:05:31	01:58:01	00:08:55	00:05:32	00:00
27	57 Fast Company #1	Megan Kinsman		00:44:15	00:08:54	00:05:32	01:56:04	00:08:46	00:05:27	00:00
28	9 NSPI Short Circuits	Erin MacDougall		00:44:55	00:09:02	00:05:37	02:00:36	00:09:07	00:05:40	00:00
29	23 Border Bounders	Larry Rhindress		00:45:04	00:09:04	00:05:38	01:47:40	00:08:08	00:05:03	00:00
30	18 AFFRW – The Force	Tonya Toole		00:45:40	00:09:11	00:05:42	01:57:14	00:08:51	00:05:30	00:00
31	48 Run, Goose, Run	Erin Schaus		00:46:24	00:09:20	00:05:48	01:55:03	00:08:42	00:05:24	00:10
32	8 Dangerous Curves & Wide Shoulders	Shirley Robichaud		00:46:55	00:09:26	00:05:52	02:07:45	00:09:39	00:06:00	00:00
33	21 Yarmouth Fun Runners	Karen Bower		00:46:55	00:09:26	00:05:52	02:02:34	00:09:16	00:05:45	00:10
34	44 The Replacements	Krista MacDougall		00:46:59	00:09:27	00:05:52	01:38:32	00:07:27	00:04:38	00:00
35	30 Yarmouth Leftovers	Maureen MacKenzie		00:47:02	00:09:28	00:05:53	01:59:50	00:09:03	00:05:38	00:00
36	42 Crichton Park @ 10	Darren McCormick		00:47:21	00:09:32	00:05:55	02:01:58	00:09:13	00:05:44	00:00

			LegResults								
37	5 Martha's Vineyard	Ann MacDonald	00:47:21	00:09:32	00:05:55	01:50:34	00:08:21	00:05:11	00:00		
38	60 Y-Town Runners	Ann Woodworth	00:47:28	00:09:33	00:05:56	01:56:02	00:08:46	00:05:27	00:00		
39	58 Fast Company #2	Carey MacDonald	00:47:30	00:09:33	00:05:56	02:00:25	00:09:06	00:05:39	00:00		
40	54 The Tartan Tarts	Norma Doctor	00:47:31	00:09:34	00:05:56	02:07:24	00:09:38	00:05:59	00:00		
41	47 Great Canadian Honking Goose	Sheena Clarke	00:47:49	00:09:37	00:05:59	01:50:50	00:08:22	00:05:12	00:00		
42	2 Team TAO	Cheryl Keating	00:47:52	00:09:38	00:05:59	01:58:31	00:08:57	00:05:34	00:00		
43	20 Mister & Misses	Maureen Coady	00:48:04	00:09:40	00:06:00	02:13:22	00:10:05	00:06:16	00:00		
44	50 M&M Maniacs	Ashlie Green	00:48:05	00:09:40	00:06:01	02:03:42	00:09:21	00:05:48	00:00		
45	6 Sackville Striding Slugs	Rob Conway	00:48:07	00:09:41	00:06:01	01:55:35	00:08:44	00:05:26	00:00		
46	16 Runningmania.com	Carolyn Thompson	00:49:15	00:09:54	00:06:09	02:12:19	00:10:00	00:06:13	00:00		
47	4 Oznog Srennur	Terry McCormick	00:49:46	00:10:01	00:06:13	01:45:25	00:07:58	00:04:57	00:00		
48	35 Oxford @ 8 #3	Tony Folkins	00:49:52	00:10:02	00:06:14	01:50:52	00:08:23	00:05:12	00:00		
49	26 Witness Protection Program	Jason Dempsey	00:50:03	00:10:04	00:06:15	02:00:32	00:09:06	00:05:40	00:10		
50	1 The Transmitters	Sarah MacEachern	00:50:31	00:10:10	00:06:19	02:13:44	00:10:06	00:06:17	00:00		

			LegResults							
51	27	Truro Tidal Boars	Norris Whiston	00:51:36	00:10:23	00:06:27	02:08:26	00:09:42	00:06:02	00:00
52	32	Beech Nuts	Mary-Kathryn Stewart	00:51:47	00:10:25	00:06:28	02:19:48	00:10:34	00:06:34	00:00
53	49	Salt Marsh Trail Running Club	Cheryl Tannahill	00:52:23	00:10:32	00:06:33	02:17:57	00:10:25	00:06:29	00:00
54	3	Greyhounds	Gordon Warnica	00:52:51	00:10:38	00:06:36	02:01:48	00:09:12	00:05:43	00:00
55	36	Upright & Mile-ing	Donna King	00:52:55	00:10:39	00:06:37	02:18:29	00:10:28	00:06:30	00:00
56	41	The Power Surge	Nicole Hennebury	00:53:38	00:10:47	00:06:42	02:09:19	00:09:46	00:06:04	00:00
57	19	Hot on the Trail	Heather Elms Wood	00:54:00	00:10:52	00:06:45	02:09:09	00:09:45	00:06:04	00:00
58	55	Lucky Ladies	Kelly Judge	00:54:01	00:10:52	00:06:45	02:26:02	00:11:02	00:06:51	00:00
59	40	Sea Star	Renee LeBlanc	00:54:30	00:10:58	00:06:49	01:52:34	00:08:30	00:05:17	00:00
60	59	Livemultisport	Jen Worden	00:59:30	00:11:58	00:07:26	02:19:47	00:10:34	00:06:34	00:00

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		
1	51	HRC 1	Andrew Dacanay	00:40:55	00:05:47 00:03:35	01:59:58	00:09:04 00:05:38	00:00	

			LegResults							
2	10 St-Pierre Boys	Daniel Luberry	00:43:33	00:06:09	00:03:49	02:17:53	00:10:25	00:06:28	00:10	
3	33 Oxford @ 8 #1 - Classic Rummies	Brian Lane	00:43:46	00:06:11	00:03:50	02:07:37	00:09:39	00:05:59	00:10	
4	25 ZX Cycle 'n' Run Club	Chris Rozee	00:43:51	00:06:11	00:03:51	02:21:02	00:10:39	00:06:37	00:00	
5	34 Oxford @ 8 #2 - Killer B's	Kevin Waller	00:45:13	00:06:23	00:03:58	02:19:56	00:10:34	00:06:34	00:00	
6	12 NavCanada Control Freaks	Dave Liem	00:46:10	00:06:31	00:04:03	02:28:18	00:11:12	00:06:58	00:00	
7	45 Achilles Heel Runners	Mike McNally	00:46:54	00:06:37	00:04:07	02:44:46	00:12:27	00:07:44	00:10	
8	44 The Replacements	Stephen Cameron	00:47:31	00:06:42	00:04:10	02:26:03	00:11:02	00:06:51	00:00	
9	7 Baggywrinkles & Dead Heads	Dion McKay	00:48:53	00:06:54	00:04:17	02:38:51	00:12:00	00:07:27	00:10	
10	31 Runner's Attic	John Bower	00:49:14	00:06:57	00:04:19	02:25:10	00:10:58	00:06:49	00:00	
11	59 Livemultisport	Anita Howard	00:49:25	00:06:59	00:04:20	03:09:12	00:14:18	00:08:53	00:00	
12	35 Oxford @ 8 #3	Steve Coates	00:50:36	00:07:09	00:04:26	02:41:28	00:12:12	00:07:35	00:00	
13	37 Mixed Bag of Bluenosers	RJ Genge	00:51:15	00:07:14	00:04:30	02:37:23	00:11:53	00:07:23	00:00	
14	53 HRC Mixed Messengers	Darcy Stephens	00:51:16	00:07:14	00:04:30	02:33:43	00:11:37	00:07:13	00:00	
15	52 HRC Women	Yvette Scattolon	00:51:36	00:07:17	00:04:32	02:41:02	00:12:10	00:07:34	00:00	

			LegResults							
16	17 The Outliers	Tony Jabbour	00:51:53	00:07:19	00:04:33	02:21:54	00:10:43	00:06:40	00:00	
17	11 La Foulee Des Iles	Tana Green	00:52:36	00:07:26	00:04:37	02:47:43	00:12:40	00:07:52	00:20	
18	50 M&M Maniacs	Nathan Green	00:52:42	00:07:26	00:04:37	02:56:24	00:13:20	00:08:17	00:00	
19	6 Sackville Striding Slugs	Robert Pretty	00:52:46	00:07:27	00:04:38	02:48:21	00:12:43	00:07:54	00:00	
20	48 Run, Goose, Run	John Huxtable	00:53:03	00:07:29	00:04:39	02:48:06	00:12:42	00:07:54	00:10	
21	23 Border Bounders	Blaise Dobbin	00:53:10	00:07:30	00:04:40	02:40:50	00:12:09	00:07:33	00:00	
22	46 Flock of Fantastic Failures	Greg Davies	00:53:16	00:07:31	00:04:40	02:55:45	00:13:17	00:08:15	00:00	
23	43 A League of Their Own	Lisa Wilson	00:53:18	00:07:31	00:04:41	02:36:18	00:11:49	00:07:20	00:10	
24	29 Penguin Pacers – Venus Brigade	Colleen "The Better 1/2" Neynens	00:53:21	00:07:32	00:04:41	02:40:04	00:12:06	00:07:31	00:00	
25	14 Nova's Disfunctionals	Kevin Chisholm	00:53:35	00:07:34	00:04:42	02:47:29	00:12:39	00:07:52	00:00	
26	13 Sally's Original Road Kill	Matt Stocker	00:54:08	00:07:39	00:04:45	02:46:24	00:12:34	00:07:49	00:10	
27	1 The Transmitters	Dave Stanford	00:54:17	00:07:40	00:04:46	03:08:01	00:14:12	00:08:50	00:00	
28	5 Martha's Vineyard	Ian Burns	00:54:17	00:07:40	00:04:46	02:44:51	00:12:27	00:07:44	00:00	
29	18 AFFRW – The Force	Tash Hull	00:54:24	00:07:41	00:04:46	02:51:38	00:12:58	00:08:03	00:00	

			LegResults							
30	2 Team TAO	Joan Irvine	00:54:33	00:07:42	00:04:47	02:53:04	00:13:05	00:08:08	00:00	
31	26 Witness Protection Program	Brian Lowe	00:54:36	00:07:42	00:04:47	02:55:08	00:13:14	00:08:13	00:10	
32	56 Boondock Harriers	Harry Lamont	00:55:26	00:07:50	00:04:52	02:36:43	00:11:50	00:07:21	00:00	
33	8 Dangerous Curves & Wide Shoulders	David MacLennan	00:56:27	00:07:58	00:04:57	03:04:12	00:13:55	00:08:39	00:00	
34	9 NSPI Short Circuits	John MacLean	00:56:32	00:07:59	00:04:58	02:57:08	00:13:23	00:08:19	00:00	
35	3 Greyhounds	James Balcom	00:56:34	00:07:59	00:04:58	02:58:22	00:13:29	00:08:22	00:00	
36	4 Oznog Srennur	Sheila Dooley	00:57:01	00:08:03	00:05:00	02:42:26	00:12:16	00:07:38	00:00	
37	47 Great Canadian Honking Goose	Jennifer Devitt	00:57:10	00:08:04	00:05:01	02:48:00	00:12:42	00:07:53	00:00	
38	41 The Power Surge	Doug Campbell	00:57:13	00:08:05	00:05:01	03:06:32	00:14:06	00:08:45	00:00	
39	42 Crichton Park @ 10	Roy Cluett	00:57:14	00:08:05	00:05:01	02:59:12	00:13:32	00:08:25	00:00	
40	28 Penguin Pacers – Mars Brigade	Roy "Radar" McNeill	00:58:03	00:08:12	00:05:06	02:28:58	00:11:15	00:07:00	00:10	
41	49 Salt Marsh Trail Running Club	Gordon Crooks	00:58:24	00:08:15	00:05:07	03:16:21	00:14:50	00:09:13	00:00	
42	24 Halifax Bucket Brigade	Lawrence Fillmore	00:59:17	00:08:22	00:05:12	02:46:48	00:12:36	00:07:50	00:00	
43	22 Marsh Runners	Sean Ward	00:59:41	00:08:26	00:05:14	02:59:28	00:13:34	00:08:26	00:00	

			LegResults							
44	60 Y-Town Runners	Patti Verran	01:01:13	00:08:39	00:05:22	02:57:15	00:13:24	00:08:19	00:00	
45	27 Truro Tidal Boars	Laura Kenney	01:01:27	00:08:40	00:05:23	03:09:53	00:14:21	00:08:55	00:00	
46	16 Runningmania.com	Dennis Garrison	01:01:32	00:08:41	00:05:24	03:13:51	00:14:39	00:09:06	00:00	
47	39 Eight Friends & Ruth's Parents	Amy Holland	01:02:11	00:08:47	00:05:27	02:56:11	00:13:19	00:08:16	00:00	
48	15 BIO Fish & Ships	Bernadette Kenney	01:02:15	00:08:47	00:05:28	03:00:16	00:13:37	00:08:28	00:00	
49	38 What's the Rush?	Tania Davignon	01:03:10	00:08:55	00:05:32	03:12:29	00:14:33	00:09:02	00:00	
50	40 Sea Star	Troy Flemming	01:03:21	00:08:57	00:05:33	02:55:55	00:13:17	00:08:16	00:00	
51	58 Fast Company #2	Steve Coffin	01:04:07	00:09:03	00:05:37	03:04:32	00:13:57	00:08:40	00:00	
52	30 Yarmouth Leftovers	Yvonne Goodwin	01:04:21	00:09:05	00:05:39	03:04:11	00:13:55	00:08:39	00:00	
53	20 Mister & Misses	Christy MacDonald	01:06:23	00:09:22	00:05:49	03:19:45	00:15:06	00:09:23	00:00	
54	19 Hot on the Trail	Lori Collins	01:06:40	00:09:25	00:05:51	03:15:49	00:14:48	00:09:12	00:00	
55	21 Yarmouth Fun Runners	Laurie Dentremont	01:07:51	00:09:35	00:05:57	03:10:25	00:14:23	00:08:56	00:10	
56	57 Fast Company #1	Maureen Stiner	01:07:57	00:09:36	00:05:58	03:04:01	00:13:54	00:08:38	00:00	
57	55 Lucky Ladies	Katelyn Josey	01:09:38	00:09:50	00:06:06	03:35:40	00:16:18	00:10:08	00:00	

LegResults

58	32 Beech Nuts	Asa Kachan	01:10:47	00:10:00	00:06:13	03:30:35	00:15:55	00:09:53	00:00
59	36 Upright & Mile-ing	Frank Woodbury	01:11:58	00:10:10	00:06:19	03:30:27	00:15:54	00:09:53	00:00
60	54 The Tartan Tarts	Jocelyne Poirier	01:16:58	00:10:52	00:06:45	03:24:22	00:15:26	00:09:36	00:00

**Leg 4**

Pos	Bib #	Team Name	Runner Name	This Leg			Accumulated			Team
				Time	Pace (10.50) /mi	(16.9) /km	Time	Pace (30.82) /mi	(49.6) /km	
1	51	HRC 1	Rami Bradeesy	00:57:46	00:05:30	00:03:25	02:57:44	00:05:46	00:03:35	00:00
2	33	Oxford @ 8 #1 - Classic Rummies	Harry Neynens	01:02:51	00:05:59	00:03:43	03:10:28	00:06:11	00:03:50	00:10
3	24	Halifax Bucket Brigade	Kevin Gallagher	01:03:36	00:06:03	00:03:46	03:50:24	00:07:29	00:04:39	00:00
4	10	St-Pierre Boys	Claudio Authur	01:03:36	00:06:03	00:03:46	03:21:29	00:06:32	00:04:04	00:10
5	36	Upright & Mile-ing	Matt Callaghan	01:06:24	00:06:19	00:03:56	04:36:51	00:08:59	00:05:35	00:00
6	13	Sally's Original Road Kill	Greg Wagner	01:06:51	00:06:22	00:03:57	03:53:15	00:07:34	00:04:42	00:10
7	45	Achilles Heel Runners	Steve Schumph	01:09:35	00:06:38	00:04:07	03:54:21	00:07:36	00:04:43	00:10
8	14	Nova's Disfunctionals	Tim Keith	01:10:05	00:06:40	00:04:09	03:57:34	00:07:42	00:04:47	00:00

			LegResults							
9	41 The Power Surge	Brendan Chard	01:10:12	00:06:41	00:04:09	04:16:44	00:08:20	00:05:11	00:00	
10	26 Witness Protection Program	Peter McGregor	01:10:16	00:06:41	00:04:09	04:05:24	00:07:58	00:04:57	00:10	
11	28 Penguin Pacers – Mars Brigade	D'Arcy "The Hammer" MacIntyre	01:10:27	00:06:43	00:04:10	03:39:25	00:07:07	00:04:25	00:10	
12	31 Runner's Attic	Garth Spinney	01:11:54	00:06:51	00:04:15	03:37:04	00:07:03	00:04:23	00:00	
13	4 Oznog Srennur	Mike English	01:12:14	00:06:53	00:04:16	03:54:40	00:07:37	00:04:44	00:00	
14	25 ZX Cycle 'n' Run Club	Jim Thain	01:12:37	00:06:55	00:04:18	03:33:39	00:06:56	00:04:18	00:00	
15	40 Sea Star	Kerry Cunningham	01:13:48	00:07:02	00:04:22	04:09:43	00:08:06	00:05:02	00:00	
16	23 Border Bounders	Pat Bradley	01:13:57	00:07:03	00:04:23	03:54:47	00:07:37	00:04:44	00:00	
17	48 Run, Goose, Run	Gregor Thomson	01:14:11	00:07:04	00:04:23	04:02:17	00:07:52	00:04:53	00:10	
18	46 Flock of Fantastic Failures	Andrew Hanlon	01:14:31	00:07:06	00:04:25	04:10:16	00:08:07	00:05:03	00:00	
19	17 The Outliers	Anthony Wiseman	01:15:17	00:07:10	00:04:27	03:37:11	00:07:03	00:04:23	00:00	
20	43 A League of Their Own	Tammy Mercier	01:15:22	00:07:11	00:04:28	03:51:40	00:07:31	00:04:40	00:10	
21	34 Oxford @ 8 #2 - Killer B's	Rob MacDonald	01:15:22	00:07:11	00:04:28	03:35:18	00:06:59	00:04:20	00:00	
22	21 Yarmouth Fun Runners	Justin Spinney	01:16:04	00:07:15	00:04:30	04:26:29	00:08:39	00:05:22	00:10	

			LegResults							
23	7 Baggywrinkles & Dead Heads	Jeff Oakes	01:16:12	00:07:15	00:04:31	03:55:03	00:07:38	00:04:44	00:10	
24	9 NSPI Short Circuits	Brent Dreger	01:17:11	00:07:21	00:04:34	04:14:19	00:08:15	00:05:08	00:00	
25	2 Team TAO	Penny Hart	01:17:12	00:07:21	00:04:34	04:10:16	00:08:07	00:05:03	00:00	
26	18 AFFRW – The Force	Rob Ewanuk	01:17:41	00:07:24	00:04:36	04:09:19	00:08:05	00:05:02	00:00	
27	56 Boondock Harriers	Clint Cummings	01:18:02	00:07:26	00:04:37	03:54:45	00:07:37	00:04:44	00:00	
28	49 Salt Marsh Trail Running Club	Dave Steeves	01:18:35	00:07:29	00:04:39	04:34:56	00:08:55	00:05:33	00:00	
29	50 M&M Maniacs	Darryl Munro	01:19:09	00:07:32	00:04:41	04:15:33	00:08:18	00:05:09	00:00	
30	58 Fast Company #2	Cathy Carter	01:19:54	00:07:37	00:04:44	04:24:26	00:08:35	00:05:20	00:00	
31	3 Greyhounds	Phil Reid	01:20:57	00:07:43	00:04:47	04:19:19	00:08:25	00:05:14	00:00	
32	16 Runningmania.com	Mike Milloy	01:22:22	00:07:51	00:04:52	04:36:13	00:08:58	00:05:34	00:00	
33	53 HRC Mixed Messengers	Paul Callaghan	01:22:37	00:07:52	00:04:53	03:56:20	00:07:40	00:04:46	00:00	
34	6 Sackville Striding Slugs	Nick Slaunwhite	01:23:00	00:07:54	00:04:55	04:11:21	00:08:09	00:05:04	00:00	
35	8 Dangerous Curves & Wide Shoulders	Steve Johnson	01:23:06	00:07:55	00:04:55	04:27:18	00:08:40	00:05:23	00:00	
36	57 Fast Company #1	Karen Marlin	01:23:45	00:07:59	00:04:57	04:27:46	00:08:41	00:05:24	00:00	

			LegResults							
37	52 HRC Women	Denise Mader	01:24:00	00:08:00	00:04:58	04:05:02	00:07:57	00:04:56	00:00	
38	35 Oxford @ 8 #3	Marsha Nettle	01:24:04	00:08:00	00:04:58	04:05:32	00:07:58	00:04:57	00:00	
39	12 NavCanada Control Freaks	Blair Miller	01:25:32	00:08:09	00:05:04	03:53:50	00:07:35	00:04:43	00:00	
40	42 Crichton Park @ 10	Dave Roberts	01:25:32	00:08:09	00:05:04	04:24:44	00:08:35	00:05:20	00:00	
41	19 Hot on the Trail	Sam Hall	01:25:40	00:08:09	00:05:04	04:41:29	00:09:08	00:05:41	00:00	
42	1 The Transmitters	Sarah MacDonald	01:25:44	00:08:10	00:05:04	04:33:45	00:08:53	00:05:31	00:00	
43	59 Livemultisport	Nancy Petrie	01:25:59	00:08:11	00:05:05	04:35:11	00:08:56	00:05:33	00:00	
44	37 Mixed Bag of Bluenosers	Craig Ferguson	01:26:36	00:08:15	00:05:07	04:03:59	00:07:55	00:04:55	00:00	
45	47 Great Canadian Honking Goose	Mary Annette Gillis	01:26:57	00:08:17	00:05:09	04:14:57	00:08:16	00:05:08	00:00	
46	32 Beech Nuts	Susan McClure	01:27:52	00:08:22	00:05:12	04:58:27	00:09:41	00:06:01	00:00	
47	5 Martha's Vineyard	Dave Hopkins	01:28:12	00:08:24	00:05:13	04:13:03	00:08:13	00:05:06	00:00	
48	29 Penguin Pacers – Venus Brigade	Jen "First Aid" Flynn	01:29:14	00:08:30	00:05:17	04:09:18	00:08:05	00:05:02	00:00	
49	39 Eight Friends & Ruth's Parents	Marcel Ritter	01:29:19	00:08:30	00:05:17	04:25:30	00:08:37	00:05:21	00:00	
50	44 The Replacements	Deidre Dacanay	01:29:42	00:08:33	00:05:18	03:55:45	00:07:39	00:04:45	00:00	

			LegResults							
51	38	What's the Rush?	Deby Johnston	01:30:05	00:08:35	00:05:20	04:42:34	00:09:10	00:05:42	00:00
52	30	Yarmouth Leftovers	Bobby Lou Reardon	01:33:01	00:08:51	00:05:30	04:37:12	00:09:00	00:05:35	00:00
53	54	The Tartan Tarts	Connie McComber	01:35:47	00:09:07	00:05:40	05:00:09	00:09:44	00:06:03	00:00
54	27	Truro Tidal Boars	Susan Smith	01:36:54	00:09:14	00:05:44	04:46:47	00:09:18	00:05:47	00:00
55	22	Marsh Runners	Sean Ward	01:36:54	00:09:14	00:05:44	04:36:22	00:08:58	00:05:34	00:00
56	11	La Foulee Des Iles	Joanne Arrossamena	01:37:51	00:09:19	00:05:47	04:25:34	00:08:37	00:05:21	00:20
57	60	Y-Town Runners	Heather Stayko	01:38:20	00:09:22	00:05:49	04:35:35	00:08:57	00:05:33	00:00
58	20	Mister & Misses	Patricia MacGillivray	01:38:49	00:09:25	00:05:51	04:58:34	00:09:41	00:06:01	00:00
59	55	Lucky Ladies	Arienne King	01:39:03	00:09:26	00:05:52	05:14:43	00:10:13	00:06:21	00:00
60	15	BIO Fish & Ships	Judi Randles	01:44:03	00:09:55	00:06:09	04:44:19	00:09:14	00:05:44	00:00

Leg 5			This Leg			Accumulated			Team
Pos	Bib #	Team Name	Runner Name	Time	Pace (2.36) /mi (3.8) /km	Time	Pace (33.18) /mi (53.4) /km		
1	23	Border Bounders	Parker Vaughan	00:12:45	00:05:24 00:03:21	04:07:32	00:07:28 00:04:38		00:00

			LegResults							
2	31 Runner's Attic	Chris MacKenzie	00:13:52	00:05:52	00:03:39	03:50:56	00:06:58	00:04:19	00:00	
3	51 HRC 1	Jeff Courish	00:14:23	00:06:05	00:03:47	03:12:07	00:05:47	00:03:36	00:00	
4	35 Oxford @ 8 #3	Kirby Putnam	00:14:30	00:06:08	00:03:49	04:20:02	00:07:50	00:04:52	00:00	
5	33 Oxford @ 8 #1 - Classic Rummies	David Kachan	00:14:31	00:06:09	00:03:49	03:24:59	00:06:11	00:03:50	00:10	
6	17 The Outliers	Cory Richards	00:14:46	00:06:15	00:03:53	03:51:57	00:06:59	00:04:21	00:00	
7	10 St-Pierre Boys	Claudio Autin	00:14:46	00:06:15	00:03:53	03:36:15	00:06:31	00:04:03	00:10	
8	24 Halifax Bucket Brigade	Richard Sullivan	00:15:05	00:06:23	00:03:58	04:05:29	00:07:24	00:04:36	00:00	
9	25 ZX Cycle 'n' Run Club	Jim Thain	00:15:51	00:06:43	00:04:10	03:49:30	00:06:55	00:04:18	00:00	
10	59 Livemultisport	Kelly Vanslyke	00:15:51	00:06:43	00:04:10	04:51:02	00:08:46	00:05:27	00:00	
11	22 Marsh Runners	Chloe MacIsaac	00:15:55	00:06:44	00:04:11	04:52:17	00:08:49	00:05:28	00:00	
12	46 Flock of Fantastic Failures	John Caldwell	00:16:16	00:06:53	00:04:17	04:26:32	00:08:02	00:04:59	00:00	
13	1 The Transmitters	Sean Gordon	00:16:41	00:07:04	00:04:23	04:50:26	00:08:45	00:05:26	00:00	
14	45 Achilles Heel Runners	Marty Stevens	00:17:21	00:07:21	00:04:34	04:11:42	00:07:35	00:04:43	00:10	
15	52 HRC Women	Dianne Chiasson	00:17:30	00:07:25	00:04:36	04:22:32	00:07:55	00:04:55	00:00	

			LegResults							
16	12 NavCanada Control Freaks	Brett Liem	00:17:37	00:07:28	00:04:38	04:11:27	00:07:35	00:04:43	00:00	
17	47 Great Canadian Honking Goose	Greg Murphy	00:17:43	00:07:30	00:04:40	04:32:40	00:08:13	00:05:06	00:00	
18	7 Baggywrinkles & Dead Heads	Barry Fisher	00:17:44	00:07:31	00:04:40	04:12:47	00:07:37	00:04:44	00:10	
19	40 Sea Star	Ian Cunningham	00:17:45	00:07:31	00:04:40	04:27:28	00:08:04	00:05:01	00:00	
20	28 Penguin Pacers – Mars Brigade	Glen "Lightening" Marsh	00:17:47	00:07:32	00:04:41	03:57:12	00:07:09	00:04:27	00:10	
21	34 Oxford @ 8 #2 - Killer B's	John Rogers	00:18:51	00:07:59	00:04:58	03:54:09	00:07:03	00:04:23	00:00	
22	42 Crichton Park @ 10	Ronald Cluett	00:18:54	00:08:00	00:04:58	04:43:38	00:08:33	00:05:19	00:00	
23	37 Mixed Bag of Bluenosers	Therese Bombardier	00:18:59	00:08:02	00:05:00	04:22:58	00:07:56	00:04:55	00:00	
24	26 Witness Protection Program	Lisanne Maurice	00:19:09	00:08:07	00:05:02	04:24:33	00:07:58	00:04:57	00:10	
25	56 Boondock Harriers	Eugene Pieczonka	00:19:11	00:08:07	00:05:03	04:13:56	00:07:39	00:04:45	00:00	
26	53 HRC Mixed Messengers	Lynn Somers	00:19:19	00:08:11	00:05:05	04:15:39	00:07:42	00:04:47	00:00	
27	6 Sackville Striding Slugs	Ron Kaszor	00:19:23	00:08:13	00:05:06	04:30:44	00:08:10	00:05:04	00:00	
28	43 A League of Their Own	Tanya King	00:19:32	00:08:16	00:05:08	04:11:12	00:07:34	00:04:42	00:10	
29	27 Truro Tidal Boars	Randy Misener	00:20:00	00:08:28	00:05:16	05:06:47	00:09:15	00:05:45	00:00	

			LegResults							
30	15 BIO Fish & Ships	Susan Randles		00:20:01	00:08:29	00:05:16	05:04:20	00:09:10	00:05:42	00:00
31	30 Yarmouth Leftovers	Margo Corkum		00:20:20	00:08:37	00:05:21	04:57:32	00:08:58	00:05:34	00:00
32	54 The Tartan Tarts	Jack MacKay		00:20:26	00:08:39	00:05:23	05:20:35	00:09:40	00:06:00	00:00
33	48 Run, Goose, Run	Dan Gautreau		00:20:48	00:08:49	00:05:28	04:23:05	00:07:56	00:04:56	00:10
34	41 The Power Surge	Sue Joudrey		00:20:59	00:08:53	00:05:31	04:37:43	00:08:22	00:05:12	00:00
35	4 Oznog Srennur	Clem Hennebury		00:20:59	00:08:53	00:05:31	04:15:39	00:07:42	00:04:47	00:00
36	14 Nova's Disfunctionals	Krista Drysdale		00:21:16	00:09:00	00:05:36	04:18:50	00:07:48	00:04:51	00:00
37	20 Mister & Misses	M Coady		00:21:58	00:09:18	00:05:47	05:20:32	00:09:40	00:06:00	00:00
38	32 Beech Nuts	Lindsay Wilson		00:21:59	00:09:19	00:05:47	05:20:26	00:09:39	00:06:00	00:00
39	39 Eight Friends & Ruth's Parents	Sandra Gabriel		00:22:00	00:09:19	00:05:47	04:47:30	00:08:40	00:05:23	00:00
40	55 Lucky Ladies	Jenny MacAulay		00:22:15	00:09:25	00:05:51	05:36:58	00:10:09	00:06:19	00:00
41	44 The Replacements	Richard Guy		00:22:24	00:09:29	00:05:54	04:18:09	00:07:47	00:04:50	00:00
42	3 Greyhounds		0	00:22:25	00:09:30	00:05:54	04:41:44	00:08:29	00:05:17	00:00
43	16 Runningmania.com	Trish Mccourt		00:22:44	00:09:38	00:05:59	04:58:57	00:09:01	00:05:36	00:00

			LegResults								
44	21 Yarmouth Fun Runners	Sharon Raynard	00:22:46	00:09:39	00:05:59	04:49:15	00:08:43	00:05:25	00:10		
45	57 Fast Company #1	Kathleen Myles	00:22:47	00:09:39	00:06:00	04:50:33	00:08:45	00:05:26	00:00		
46	9 NSPI Short Circuits	Alan Richardson	00:22:48	00:09:39	00:06:00	04:37:07	00:08:21	00:05:11	00:00		
47	18 AFFRW – The Force	Liz Cunningham	00:23:06	00:09:47	00:06:05	04:32:25	00:08:13	00:05:06	00:00		
48	8 Dangerous Curves & Wide Shoulders	Judy Allen	00:23:15	00:09:51	00:06:07	04:50:33	00:08:45	00:05:26	00:00		
49	19 Hot on the Trail	Dawn Stegen	00:23:17	00:09:52	00:06:08	05:04:46	00:09:11	00:05:42	00:00		
50	13 Sally's Original Road Kill	Mike Harvey	00:23:19	00:09:52	00:06:08	04:16:34	00:07:44	00:04:48	00:10		
51	60 Y-Town Runners	Shawnda d'Arcy	00:23:44	00:10:03	00:06:15	04:59:19	00:09:01	00:05:36	00:00		
52	50 M&M Maniacs	Carla Craggs	00:23:48	00:10:05	00:06:16	04:39:21	00:08:25	00:05:14	00:00		
53	58 Fast Company #2	Bill Mills	00:23:56	00:10:08	00:06:18	04:48:22	00:08:41	00:05:24	00:00		
54	29 Penguin Pacers – Venus Brigade	Cheryl "The Bullet" O'Neill	00:24:12	00:10:15	00:06:22	04:33:30	00:08:15	00:05:07	00:00		
55	38 What's the Rush?	Paulette Budge	00:24:13	00:10:15	00:06:22	05:06:47	00:09:15	00:05:45	00:00		
56	2 Team TAO	Ann Marie Kelly	00:24:40	00:10:27	00:06:29	04:34:56	00:08:17	00:05:09	00:00		
57	49 Salt Marsh Trail Running Club	Karen Clark	00:25:12	00:10:40	00:06:38	05:00:08	00:09:03	00:05:37	00:00		

			LegResults							
58	5 Martha's Vineyard	Greg MacDonald	00:26:25	00:11:11	00:06:57	04:39:28	00:08:25	00:05:14	00:00	
59	36 Upright & Mile-ing	Christine Woodbury	00:27:59	00:11:51	00:07:22	05:04:50	00:09:11	00:05:43	00:00	
60	11 La Foulee Des Iles	Colette Lecarduner	00:32:49	00:13:54	00:08:38	04:58:23	00:09:00	00:05:35	00:20	

Leg 6			This Leg	Accumulated			Team			
Pos	Bib #	Team Name	Runner Name	Time	Pace		Time	Pace		
					(6.65) /mi	(10.7) /km		(39.83) /mi	(64.1) /km	
1	23	Border Bounders	Parker Vaughan	00:38:29	00:05:47	00:03:36	04:46:01	00:07:11	00:04:28	00:00
2	51	HRC 1	Hugh McIsaac	00:39:40	00:05:58	00:03:42	03:51:47	00:05:49	00:03:37	00:00
3	34	Oxford @ 8 #2 - Killer B's	John Cameron	00:43:26	00:06:32	00:04:04	04:37:35	00:06:58	00:04:20	00:00
4	28	Penguin Pacers – Mars Brigade	Kristoffer "Klinger" Archibald	00:44:01	00:06:37	00:04:07	04:41:13	00:07:04	00:04:23	00:10
5	33	Oxford @ 8 #1 - Classic Rummies	John Young	00:44:03	00:06:38	00:04:07	04:09:02	00:06:15	00:03:53	00:10
6	10	St-Pierre Boys	Daniel Luberry	00:44:03	00:06:38	00:04:07	04:20:18	00:06:32	00:04:04	00:10
7	5	Martha's Vineyard	Paul Gallant	00:45:52	00:06:54	00:04:17	05:25:20	00:08:10	00:05:05	00:00
8	16	Runningmania.com	Ian Loughhead	00:46:13	00:06:57	00:04:19	05:45:10	00:08:40	00:05:23	00:00

			LegResults							
9	1 The Transmitters	Roger Tabone	00:46:30	00:07:00	00:04:21	05:36:56	00:08:28	00:05:15	00:00	
10	49 Salt Marsh Trail Running Club	Colin Clark	00:48:27	00:07:17	00:04:32	05:48:35	00:08:45	00:05:26	00:00	
11	35 Oxford @ 8 #3	Rob Richardson	00:48:30	00:07:18	00:04:32	05:08:32	00:07:45	00:04:49	00:00	
12	12 NavCanada Control Freaks	Blair Miller Jr.	00:48:32	00:07:18	00:04:32	04:59:59	00:07:32	00:04:41	00:00	
13	59 Livemultisport	Kelly Vanslyke	00:48:34	00:07:18	00:04:32	05:39:36	00:08:32	00:05:18	00:00	
14	17 The Outliers	Thomas Steinhäuser	00:48:34	00:07:18	00:04:32	04:40:31	00:07:03	00:04:23	00:00	
15	7 Baggywrinkles & Dead Heads	John Anderson	00:49:35	00:07:27	00:04:38	05:02:22	00:07:35	00:04:43	00:10	
16	36 Upright & Mile-ing	Don Rushton	00:49:40	00:07:28	00:04:39	05:54:30	00:08:54	00:05:32	00:00	
17	31 Runner's Attic	Kurt Goodwin	00:50:11	00:07:33	00:04:41	04:41:07	00:07:03	00:04:23	00:00	
18	24 Halifax Bucket Brigade	Jeff Clarke	00:51:22	00:07:44	00:04:48	04:56:51	00:07:27	00:04:38	00:00	
19	43 A League of Their Own	Jamie Astephen Wilson	00:51:31	00:07:45	00:04:49	05:02:43	00:07:36	00:04:43	00:10	
20	26 Witness Protection Program	John Bird	00:51:56	00:07:49	00:04:51	05:16:29	00:07:57	00:04:56	00:10	
21	18 AFFRW – The Force	Norma Houston	00:52:41	00:07:55	00:04:55	05:25:06	00:08:10	00:05:04	00:00	
22	46 Flock of Fantastic Failures	Ray Sampson	00:53:00	00:07:58	00:04:57	05:19:32	00:08:01	00:04:59	00:00	

			LegResults							
23	53 HRC Mixed Messengers	Barb Fox	00:53:03	00:07:59	00:04:57	05:08:42	00:07:45	00:04:49	00:00	
24	41 The Power Surge	Corey Cochrane	00:53:15	00:08:01	00:04:59	05:30:58	00:08:19	00:05:10	00:00	
25	4 Oznog Srennur	Michelle Anderson	00:53:16	00:08:01	00:04:59	05:08:55	00:07:45	00:04:49	00:00	
26	45 Achilles Heel Runners	Jeff Prevost	00:53:38	00:08:04	00:05:01	05:05:20	00:07:40	00:04:46	00:10	
27	42 Crichton Park @ 10	Brian Wells	00:54:34	00:08:12	00:05:06	05:38:12	00:08:29	00:05:17	00:00	
28	21 Yarmouth Fun Runners	Kim Raynard	00:54:39	00:08:13	00:05:06	05:43:54	00:08:38	00:05:22	00:10	
29	3 Greyhounds	David Christie	00:54:52	00:08:15	00:05:08	05:36:36	00:08:27	00:05:15	00:00	
30	40 Sea Star	Jane Cunningham	00:55:27	00:08:20	00:05:11	05:22:55	00:08:06	00:05:02	00:00	
31	52 HRC Women	Lynn Vernon	00:56:12	00:08:27	00:05:15	05:18:44	00:08:00	00:04:58	00:00	
32	13 Sally's Original Road Kill	Chris Hollebhone	00:56:18	00:08:28	00:05:16	05:12:52	00:07:51	00:04:53	00:10	
33	48 Run, Goose, Run	Kim Hollebhone	00:56:34	00:08:30	00:05:17	05:19:39	00:08:02	00:04:59	00:10	
34	47 Great Canadian Honking Goose	Andrew Leverman	00:56:57	00:08:34	00:05:19	05:29:37	00:08:17	00:05:09	00:00	
35	30 Yarmouth Leftovers	Peter Graves	00:57:00	00:08:34	00:05:20	05:54:32	00:08:54	00:05:32	00:00	
36	11 La Foulee Des Iles	Philippe Pupier	00:57:32	00:08:39	00:05:23	05:55:55	00:08:56	00:05:33	00:20	

			LegResults							
37	32 Beech Nuts	Jan Leonard	00:58:28	00:08:48	00:05:28	06:18:54	00:09:31	00:05:55	00:00	
38	29 Penguin Pacers – Venus Brigade	Norma "Big Deal" MacIntyre	00:59:11	00:08:54	00:05:32	05:32:41	00:08:21	00:05:11	00:00	
39	25 ZX Cycle 'n' Run Club	Maxine Kepralek	01:00:12	00:09:03	00:05:38	04:49:42	00:07:16	00:04:31	00:00	
40	38 What's the Rush?	Larry Eisenhauer	01:00:15	00:09:04	00:05:38	06:07:02	00:09:13	00:05:44	00:00	
41	15 BIO Fish & Ships	Joanne Oostveen	01:01:01	00:09:11	00:05:42	06:05:21	00:09:10	00:05:42	00:00	
42	14 Nova's Disfunctionals	Tammy Gaudet	01:01:29	00:09:15	00:05:45	05:20:19	00:08:03	00:05:00	00:00	
43	44 The Replacements	Paul Collins	01:01:45	00:09:17	00:05:46	05:19:54	00:08:02	00:04:59	00:00	
44	37 Mixed Bag of Bluenosers	Blaine Beaton	01:01:53	00:09:18	00:05:47	05:24:51	00:08:09	00:05:04	00:00	
45	57 Fast Company #1	Patsy Eddy	01:02:09	00:09:21	00:05:49	05:52:42	00:08:51	00:05:30	00:00	
46	9 NSPI Short Circuits	Steve Chaisson	01:02:34	00:09:25	00:05:51	05:39:41	00:08:32	00:05:18	00:00	
47	60 Y-Town Runners	Jackie Comeau	01:02:45	00:09:26	00:05:52	06:02:04	00:09:05	00:05:39	00:00	
48	50 M&M Maniacs	Paul Withers	01:03:16	00:09:31	00:05:55	05:42:37	00:08:36	00:05:21	00:00	
49	54 The Tartan Tarts	Susan Hachey	01:03:49	00:09:36	00:05:58	06:24:24	00:09:39	00:06:00	00:00	
50	56 Boondock Harriers	Barry 'Flash' Diggins	01:05:21	00:09:50	00:06:06	05:19:17	00:08:01	00:04:59	00:00	

			LegResults							
51	19	Hot on the Trail	Carolyn Power	01:07:02	00:10:05	00:06:16	06:11:48	00:09:20	00:05:48	00:00
52	20	Mister & Misses	Andrea Powers	01:07:08	00:10:06	00:06:16	06:27:40	00:09:44	00:06:03	00:00
53	55	Lucky Ladies	Amanda Murphy	01:07:26	00:10:09	00:06:18	06:44:24	00:10:09	00:06:19	00:00
54	2	Team TAO	Linda McLeod	01:07:46	00:10:12	00:06:20	05:42:42	00:08:36	00:05:21	00:00
55	6	Sackville Striding Slugs	Arlene Brinston	01:10:49	00:10:39	00:06:37	05:41:33	00:08:35	00:05:20	00:00
56	58	Fast Company #2	Gillian Williams	01:11:28	00:10:45	00:06:41	05:59:50	00:09:02	00:05:37	00:00
57	22	Marsh Runners	Lyne Allain	01:11:43	00:10:47	00:06:42	06:04:00	00:09:08	00:05:41	00:00
58	8	Dangerous Curves & Wide Shoulders	Eddie Veinot	01:12:00	00:10:50	00:06:44	06:02:33	00:09:06	00:05:39	00:00
59	27	Truro Tidal Boars	Gerry Kerr	01:13:45	00:11:06	00:06:54	06:20:32	00:09:33	00:05:56	00:00
60	39	Eight Friends & Ruth's Parents	Emily Gabriel	01:18:45	00:11:51	00:07:22	06:06:15	00:09:12	00:05:43	00:00

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		
1	51	HRC 1	Shawn Deleu	00:35:08	00:06:05 00:03:47	04:26:55	00:05:51 00:03:38	00:00	

			LegResults							
2	31 Runner's Attic	Chris Mackenzie	00:36:11	00:06:16	00:03:53	05:17:18	00:06:57	00:04:19	00:00	
3	11 La Foulee Des Iles	Christian Dianon	00:37:48	00:06:32	00:04:04	06:33:43	00:08:38	00:05:22	00:20	
4	33 Oxford @ 8 #1 - Classic Rummies	Luc Erjavec	00:38:04	00:06:35	00:04:06	04:47:06	00:06:18	00:03:55	00:10	
5	10 St-Pierre Boys	Philippe Venot	00:39:52	00:06:54	00:04:17	05:00:10	00:06:35	00:04:05	00:10	
6	16 Runningmania.com	Ian McGrath	00:39:56	00:06:55	00:04:18	06:25:06	00:08:27	00:05:15	00:00	
7	58 Fast Company #2	Ray Williams	00:40:10	00:06:57	00:04:19	06:40:00	00:08:46	00:05:27	00:00	
8	1 The Transmitters	Mike Parrott	00:40:36	00:07:02	00:04:22	06:17:32	00:08:17	00:05:09	00:00	
9	57 Fast Company #1	Mike Fitzsimmons	00:40:57	00:07:05	00:04:24	06:33:39	00:08:38	00:05:22	00:00	
10	15 BIO Fish & Ships	Micheline McWhirter	00:41:03	00:07:06	00:04:25	06:46:24	00:08:55	00:05:32	00:00	
11	48 Run, Goose, Run	Jeff Van Horne	00:41:28	00:07:11	00:04:28	06:01:07	00:07:55	00:04:55	00:10	
12	24 Halifax Bucket Brigade	Rob Girard	00:42:15	00:07:19	00:04:33	05:39:06	00:07:26	00:04:37	00:00	
13	7 Baggywrinkles & Dead Heads	Chris Anderson	00:42:17	00:07:19	00:04:33	05:44:39	00:07:33	00:04:42	00:10	
14	40 Sea Star	Lori Sigfridson	00:43:09	00:07:28	00:04:38	06:06:04	00:08:02	00:04:59	00:00	
15	12 NavCanada Control Freaks	Phil Caulier	00:43:17	00:07:29	00:04:39	05:43:16	00:07:32	00:04:41	00:00	

			LegResults							
16	47 Great Canadian Honking Goose	Alex Godbold	00:43:23	00:07:30	00:04:40	06:13:00	00:08:11	00:05:05	00:00	
17	23 Border Bounders	Paul Berry	00:43:38	00:07:33	00:04:42	05:29:39	00:07:14	00:04:29	00:00	
18	36 Upright & Mile-ing	Katherine King	00:43:41	00:07:34	00:04:42	06:38:11	00:08:44	00:05:25	00:00	
19	17 The Outliers	Meghan McBride	00:43:42	00:07:34	00:04:42	05:24:13	00:07:07	00:04:25	00:00	
20	53 HRC Mixed Messengers	Scott MacDonald	00:43:54	00:07:36	00:04:43	05:52:36	00:07:44	00:04:48	00:00	
21	25 ZX Cycle 'n' Run Club	Hazen Brien	00:44:25	00:07:41	00:04:47	05:34:07	00:07:20	00:04:33	00:00	
22	46 Flock of Fantastic Failures	TJ Worden-Rogers	00:44:31	00:07:42	00:04:47	06:04:03	00:07:59	00:04:58	00:00	
23	19 Hot on the Trail	Poet Maclean	00:44:38	00:07:43	00:04:48	06:56:26	00:09:08	00:05:40	00:00	
24	43 A League of Their Own	Bridgette Sabourin	00:44:48	00:07:45	00:04:49	05:47:31	00:07:37	00:04:44	00:10	
25	18 AFFRW – The Force	Pat Kennedy	00:45:06	00:07:48	00:04:51	06:10:12	00:08:07	00:05:03	00:00	
26	13 Sally's Original Road Kill	Craig O'Donnell	00:45:31	00:07:53	00:04:54	05:58:23	00:07:51	00:04:53	00:10	
27	2 Team TAO	Dwayne Kelly	00:45:56	00:07:57	00:04:56	06:28:38	00:08:31	00:05:18	00:00	
28	60 Y-Town Runners	Katie Archibald	00:46:48	00:08:06	00:05:02	06:48:52	00:08:58	00:05:34	00:00	
29	50 M&M Maniacs	Paul Casey	00:47:04	00:08:09	00:05:04	06:29:41	00:08:33	00:05:19	00:00	

			LegResults							
30	59 Livemultisport	Tammy Slauenwhite	00:47:14	00:08:10	00:05:05	06:26:50	00:08:29	00:05:16	00:00	
31	4 Oznog Srennur	Richard Dooley	00:47:18	00:08:11	00:05:05	05:56:13	00:07:49	00:04:51	00:00	
32	8 Dangerous Curves & Wide Shoulders	Connie Meister	00:47:20	00:08:11	00:05:05	06:49:53	00:08:59	00:05:35	00:00	
33	29 Penguin Pacers – Venus Brigade	Liz "Hot Lips" Hill	00:47:25	00:08:12	00:05:06	06:20:06	00:08:20	00:05:11	00:00	
34	28 Penguin Pacers – Mars Brigade	"Father" Kevin Macleany	00:47:26	00:08:12	00:05:06	05:28:39	00:07:12	00:04:29	00:10	
35	35 Oxford @ 8 #3	Peter Luke	00:47:42	00:08:15	00:05:08	05:56:14	00:07:49	00:04:51	00:00	
36	27 Truro Tidal Boars	Jeff Allen	00:48:07	00:08:20	00:05:10	07:08:39	00:09:24	00:05:50	00:00	
37	41 The Power Surge	Robbie Foster	00:48:09	00:08:20	00:05:11	06:19:07	00:08:19	00:05:10	00:00	
38	56 Boondock Harriers	Kate Foster	00:48:24	00:08:23	00:05:12	06:07:41	00:08:04	00:05:01	00:00	
39	5 Martha's Vineyard	Darren Schives	00:48:40	00:08:25	00:05:14	06:14:00	00:08:12	00:05:06	00:00	
40	14 Nova's Disfunctionals	Erika Muir	00:48:50	00:08:27	00:05:15	06:09:09	00:08:06	00:05:02	00:00	
41	45 Achilles Heel Runners	Lori Parker	00:48:58	00:08:28	00:05:16	05:54:18	00:07:46	00:04:50	00:10	
42	42 Crichton Park @ 10	Stan Keeping	00:49:05	00:08:30	00:05:17	06:27:17	00:08:29	00:05:17	00:00	
43	26 Witness Protection Program	Rachel Baxter	00:49:18	00:08:32	00:05:18	06:05:47	00:08:01	00:04:59	00:10	

			LegResults							
44	34 Oxford @ 8 #2 - Killer B's	Jonathan Wayne	00:50:13	00:08:41	00:05:24	05:27:48	00:07:11	00:04:28	00:00	
45	21 Yarmouth Fun Runners	Chris Surette	00:50:25	00:08:43	00:05:25	06:34:19	00:08:39	00:05:22	00:10	
46	39 Eight Friends & Ruth's Parents	Nolan Boutilier	00:50:49	00:08:48	00:05:28	06:57:04	00:09:09	00:05:41	00:00	
47	52 HRC Women	Betty Hutchings	00:50:49	00:08:48	00:05:28	06:09:33	00:08:06	00:05:02	00:00	
48	30 Yarmouth Leftovers	Gail d'Entremont	00:51:27	00:08:54	00:05:32	06:45:59	00:08:54	00:05:32	00:00	
49	9 NSPI Short Circuits	Mike Noddin	00:51:44	00:08:57	00:05:34	06:31:25	00:08:35	00:05:20	00:00	
50	6 Sackville Striding Slugs	Janet Salo	00:51:44	00:08:57	00:05:34	06:33:17	00:08:37	00:05:21	00:00	
51	22 Marsh Runners	Chloe MacIsaac	00:52:24	00:09:04	00:05:38	06:56:24	00:09:08	00:05:40	00:00	
52	44 The Replacements	Cara MacLean	00:54:07	00:09:22	00:05:49	06:14:01	00:08:12	00:05:06	00:00	
53	32 Beech Nuts	Lyndan Warner	00:54:43	00:09:28	00:05:53	07:13:37	00:09:30	00:05:54	00:00	
54	37 Mixed Bag of Bluenosers	Mary Knickle	00:55:36	00:09:37	00:05:59	06:20:27	00:08:20	00:05:11	00:00	
55	38 What's the Rush?	Melissa McHugh	00:56:05	00:09:42	00:06:02	07:03:07	00:09:17	00:05:46	00:00	
56	20 Mister & Misses	Krista Beardy	00:58:09	00:10:04	00:06:15	07:25:49	00:09:46	00:06:04	00:00	
57	54 The Tartan Tarts	Chantal Coolen	01:00:02	00:10:23	00:06:27	07:24:26	00:09:45	00:06:03	00:00	

LegResults

58	49 Salt Marsh Trail Running Club	Debbie Cutler	01:00:16	00:10:26	00:06:29	06:48:51	00:08:58	00:05:34	00:00
59	55 Lucky Ladies	Caitilin Cormier	01:03:58	00:11:04	00:06:53	07:48:22	00:10:16	00:06:23	00:00
60	3 Greyhounds	Nancy Holland	01:08:58	00:11:56	00:07:25	06:45:34	00:08:54	00:05:32	00:00

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	Team
1	17	The Outliers	Doug Vincent	00:40:00	00:05:02	00:03:07	06:04:13	00:06:48	00:04:14	00:00
2	51	HRC 1	Denise Robson	00:48:59	00:06:10	00:03:50	05:15:54	00:05:54	00:03:40	00:00
3	7	Baggywrinkles & Dead Heads	Terry Melloy	00:50:20	00:06:20	00:03:56	06:34:59	00:07:22	00:04:35	00:10
4	31	Runner's Attic	Steve Murray	00:51:49	00:06:31	00:04:03	06:09:07	00:06:53	00:04:17	00:00
5	28	Penguin Pacers – Mars Brigade	Ian "Driller" MacIntyre	00:54:23	00:06:50	00:04:15	06:23:02	00:07:09	00:04:27	00:10
6	33	Oxford @ 8 #1 - Classic Rummies	Chris Smith	00:54:24	00:06:50	00:04:15	05:41:30	00:06:23	00:03:58	00:10
7	43	A League of Their Own	Brooke Brown	00:54:31	00:06:51	00:04:16	06:42:02	00:07:30	00:04:40	00:10
8	45	Achilles Heel Runners	Frank MacGillivray	00:56:50	00:07:09	00:04:26	06:51:08	00:07:41	00:04:46	00:10

			LegResults							
9	24 Halifax Bucket Brigade	Justin Inglis	00:57:16	00:07:12	00:04:28	06:36:22	00:07:24	00:04:36	00:00	
10	9 NSPI Short Circuits	Dan Thompson	00:57:36	00:07:15	00:04:30	07:29:01	00:08:23	00:05:13	00:00	
11	48 Run, Goose, Run	Bruce Middleton	00:58:18	00:07:20	00:04:33	06:59:25	00:07:50	00:04:52	00:10	
12	53 HRC Mixed Messengers	Brendan Ryan	00:58:39	00:07:22	00:04:35	06:51:15	00:07:41	00:04:46	00:00	
13	10 St-Pierre Boys	Remy Arrossamena	00:59:26	00:07:28	00:04:39	05:59:36	00:06:43	00:04:10	00:10	
14	58 Fast Company #2	Eric Shantz	00:59:34	00:07:29	00:04:39	07:39:34	00:08:35	00:05:20	00:00	
15	35 Oxford @ 8 #3	Garry Stewart	01:01:21	00:07:43	00:04:48	06:57:35	00:07:48	00:04:51	00:00	
16	56 Boondock Harriers	Dave Thompson	01:01:57	00:07:47	00:04:50	07:09:38	00:08:01	00:04:59	00:00	
17	14 Nova's Disfunctionals	Matt Keith	01:02:06	00:07:48	00:04:51	07:11:15	00:08:03	00:05:00	00:00	
18	18 AFFRW – The Force	Jim Leith	01:02:12	00:07:49	00:04:52	07:12:24	00:08:04	00:05:01	00:00	
19	23 Border Bounders	Blaine Maclsaac	01:03:02	00:07:56	00:04:55	06:32:41	00:07:20	00:04:33	00:00	
20	11 La Foulee Des Iles	Christian Dianon	01:03:17	00:07:57	00:04:57	07:37:00	00:08:32	00:05:18	00:20	
21	2 Team TAO	Gary Basso	01:03:54	00:08:02	00:05:00	07:32:32	00:08:27	00:05:15	00:00	
22	34 Oxford @ 8 #2 - Killer B's	Mark Brown	01:03:56	00:08:02	00:05:00	06:31:44	00:07:19	00:04:33	00:00	

			LegResults							
23	25 ZX Cycle 'n' Run Club	Roy Banks	01:03:58	00:08:03	00:05:00	06:38:05	00:07:26	00:04:37	00:00	
24	26 Witness Protection Program	Ricky Laundry	01:04:11	00:08:04	00:05:01	07:09:58	00:08:02	00:04:59	00:10	
25	47 Great Canadian Honking Goose	Patrick Kelly	01:04:25	00:08:06	00:05:02	07:17:25	00:08:10	00:05:04	00:00	
26	15 BIO Fish & Ships	Brent Fiander	01:05:25	00:08:13	00:05:07	07:51:49	00:08:49	00:05:28	00:00	
27	36 Upright & Mile-ing	Heather Callaghan	01:05:40	00:08:15	00:05:08	07:43:51	00:08:40	00:05:23	00:00	
28	52 HRC Women	Jill King	01:06:05	00:08:19	00:05:10	07:15:38	00:08:08	00:05:03	00:00	
29	57 Fast Company #1	Greg Coffin	01:06:14	00:08:20	00:05:10	07:39:53	00:08:35	00:05:20	00:00	
30	3 Greyhounds	Shannon Read	01:06:40	00:08:23	00:05:12	07:52:14	00:08:49	00:05:29	00:00	
31	49 Salt Marsh Trail Running Club	Gregg Cunnningham	01:06:56	00:08:25	00:05:14	07:55:47	00:08:53	00:05:31	00:00	
32	1 The Transmitters	Peter Murray	01:07:05	00:08:26	00:05:14	07:24:37	00:08:18	00:05:09	00:00	
33	38 What's the Rush?	Shari Thurston	01:08:02	00:08:33	00:05:19	08:11:09	00:09:10	00:05:42	00:00	
34	5 Martha's Vineyard	Peter Dunbrack	01:09:22	00:08:43	00:05:25	07:23:22	00:08:17	00:05:09	00:00	
35	37 Mixed Bag of Bluenosers	Nick Muise	01:10:03	00:08:48	00:05:28	07:30:30	00:08:25	00:05:14	00:00	
36	16 Runningmania.com	Benoit Proulx	01:10:38	00:08:53	00:05:31	07:35:44	00:08:31	00:05:17	00:00	

			LegResults							
37	22 Marsh Runners	Marion MacIsaac	01:10:43	00:08:53	00:05:31	08:07:07	00:09:06	00:05:39	00:00	
38	46 Flock of Fantastic Failures	Louis Dionne	01:11:15	00:08:57	00:05:34	07:15:18	00:08:08	00:05:03	00:00	
39	21 Yarmouth Fun Runners	Tim Malone	01:11:58	00:09:03	00:05:37	07:46:17	00:08:42	00:05:25	00:10	
40	39 Eight Friends & Ruth's Parents	Trish Carter	01:12:11	00:09:05	00:05:38	08:09:15	00:09:08	00:05:41	00:00	
41	59 Livemultisport	Janelle Knickle	01:12:12	00:09:05	00:05:38	07:39:02	00:08:34	00:05:20	00:00	
42	13 Sally's Original Road Kill	Nelson Porteous	01:12:14	00:09:05	00:05:39	07:10:37	00:08:02	00:05:00	00:10	
43	4 Oznog Srennur	Bill Lobbin	01:12:25	00:09:06	00:05:39	07:08:38	00:08:00	00:04:58	00:00	
44	12 NavCanada Control Freaks	Frank Kennedy	01:13:02	00:09:11	00:05:42	06:56:18	00:07:46	00:04:50	00:00	
45	29 Penguin Pacers – Venus Brigade	Beth "Boom Boom" McNeill	01:13:56	00:09:18	00:05:47	07:34:02	00:08:29	00:05:16	00:00	
46	19 Hot on the Trail	Nancy Allen	01:14:19	00:09:21	00:05:48	08:10:45	00:09:10	00:05:42	00:00	
47	44 The Replacements	Amy Lee Young	01:15:16	00:09:28	00:05:53	07:29:17	00:08:23	00:05:13	00:00	
48	41 The Power Surge	Kyle Smith	01:15:39	00:09:31	00:05:55	07:34:46	00:08:29	00:05:17	00:00	
49	54 The Tartan Tarts	Annette Scott	01:15:57	00:09:33	00:05:56	08:40:23	00:09:43	00:06:02	00:00	
50	40 Sea Star	Trevor Cunningham	01:16:07	00:09:34	00:05:57	07:22:11	00:08:15	00:05:08	00:00	

			LegResults						
51	8 Dangerous Curves & Wide Shoulders	Ian Macrae	01:16:07	00:09:34	00:05:57	08:06:00	00:09:04	00:05:38	00:00
52	60 Y-Town Runners	Lori LeBlanc	01:16:33	00:09:37	00:05:59	08:05:25	00:09:04	00:05:38	00:00
53	42 Crichton Park @ 10	Craig Meredith	01:16:49	00:09:39	00:06:00	07:44:06	00:08:40	00:05:23	00:00
54	50 M&M Maniacs	Luke Craggs	01:17:04	00:09:41	00:06:01	07:46:45	00:08:43	00:05:25	00:00
55	6 Sackville Striding Slugs	Pauline Sheehan	01:18:08	00:09:49	00:06:06	07:51:25	00:08:48	00:05:28	00:00
56	32 Beech Nuts	Shirley Tanner	01:18:36	00:09:53	00:06:08	08:32:13	00:09:34	00:05:57	00:00
57	30 Yarmouth Leftovers	Dick Davis	01:18:40	00:09:53	00:06:09	08:04:39	00:09:03	00:05:37	00:00
58	20 Mister & Misses	Christine MacGillivray	01:21:13	00:10:13	00:06:21	08:47:02	00:09:50	00:06:07	00:00
59	55 Lucky Ladies	Margaret Craig	01:24:12	00:10:35	00:06:35	09:12:34	00:10:19	00:06:25	00:00
60	27 Truro Tidal Boars	Laura Kenney	01:29:12	00:11:13	00:06:58	08:37:51	00:09:40	00:06:00	00:00

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		
1	51	HRC 1	Ray Morrelead	00:46:23	00:05:55 00:03:41	06:02:17	00:05:54 00:03:40	00:00	

			LegResults							
2	31 Runner's Attic	Marco Albright	00:49:40	00:06:21	00:03:57	06:58:47	00:06:49	00:04:14	00:00	
3	50 M&M Maniacs	Liam Keast	00:52:52	00:06:45	00:04:12	08:39:37	00:08:28	00:05:16	00:00	
4	33 Oxford @ 8 #1 - Classic Rummies	Dave Wilson	00:53:04	00:06:47	00:04:13	06:34:34	00:06:26	00:04:00	00:10	
5	30 Yarmouth Leftovers	Sheri Goodwin	00:53:42	00:06:52	00:04:16	08:58:21	00:08:46	00:05:27	00:00	
6	48 Run, Goose, Run	Matt Herder	00:53:53	00:06:53	00:04:17	07:53:18	00:07:43	00:04:47	00:10	
7	10 St-Pierre Boys	Beniot Quedinet	00:54:05	00:06:54	00:04:18	06:53:41	00:06:44	00:04:11	00:10	
8	7 Baggywrinkles & Dead Heads	Victor Nickerson	00:54:59	00:07:01	00:04:22	07:29:58	00:07:20	00:04:33	00:10	
9	56 Boondock Harriers	Suzanne Ferrier	00:56:21	00:07:12	00:04:28	08:05:59	00:07:55	00:04:55	00:00	
10	1 The Transmitters	Ron MacDougall	00:57:38	00:07:22	00:04:34	08:22:15	00:08:11	00:05:05	00:00	
11	52 HRC Women	Morag McDonah	00:57:40	00:07:22	00:04:35	08:13:18	00:08:02	00:05:00	00:00	
12	58 Fast Company #2	Chuck Jollymore	00:58:29	00:07:28	00:04:38	08:38:03	00:08:26	00:05:15	00:00	
13	34 Oxford @ 8 #2 - Killer B's	Tony Case	00:58:32	00:07:29	00:04:39	07:30:16	00:07:20	00:04:33	00:00	
14	47 Great Canadian Honking Goose	Farley MacLeod	00:58:59	00:07:32	00:04:41	08:16:24	00:08:05	00:05:01	00:00	
15	39 Eight Friends & Ruth's Parents	Alison MacKinnon	01:00:18	00:07:42	00:04:47	09:09:33	00:08:57	00:05:34	00:00	

			LegResults							
16	24 Halifax Bucket Brigade	Bruce Mosher	01:00:43	00:07:45	00:04:49	07:37:05	00:07:27	00:04:38	00:00	
17	28 Penguin Pacers – Mars Brigade	Doug "Trapper" Archibald	01:01:02	00:07:48	00:04:51	07:24:04	00:07:14	00:04:30	00:10	
18	29 Penguin Pacers – Venus Brigade	Jaquelyn "#1 Sub" Levangie	01:01:02	00:07:48	00:04:51	08:35:04	00:08:23	00:05:13	00:00	
19	16 Runningmania.com	Chad Smith	01:01:04	00:07:48	00:04:51	08:36:48	00:08:25	00:05:14	00:00	
20	35 Oxford @ 8 #3	Stu Richardson	01:01:20	00:07:50	00:04:52	07:58:55	00:07:48	00:04:51	00:00	
21	43 A League of Their Own	Michelle Forbes	01:01:39	00:07:52	00:04:54	07:43:41	00:07:33	00:04:42	00:10	
22	45 Achilles Heel Runners	Marty Stevens	01:02:06	00:07:56	00:04:56	07:53:14	00:07:43	00:04:47	00:10	
23	2 Team TAO	Peter Waldorf	01:02:10	00:07:56	00:04:56	08:34:42	00:08:23	00:05:13	00:00	
24	36 Upright & Mile-ing	Andrew McNeil	01:02:17	00:07:57	00:04:57	08:46:08	00:08:34	00:05:20	00:00	
25	37 Mixed Bag of Bluenosers	Roger Heisler	01:02:33	00:07:59	00:04:58	08:33:03	00:08:21	00:05:12	00:00	
26	49 Salt Marsh Trail Running Club	Rufus Sweet	01:02:37	00:08:00	00:04:58	08:58:24	00:08:46	00:05:27	00:00	
27	11 La Foulee Des Iles	Alian Frances	01:02:39	00:08:00	00:04:58	08:39:39	00:08:28	00:05:16	00:20	
28	6 Sackville Striding Slugs	Gerry Hanarahn	01:02:40	00:08:00	00:04:58	08:54:05	00:08:42	00:05:24	00:00	
29	22 Marsh Runners	Marya Peters	01:03:01	00:08:03	00:05:00	09:10:08	00:08:58	00:05:34	00:00	

			LegResults							
30	17 The Outliers	John Miller	01:03:03	00:08:03	00:05:00	07:07:16	00:06:58	00:04:19	00:00	
31	8 Dangerous Curves & Wide Shoulders	Alice Patrick	01:04:03	00:08:11	00:05:05	09:10:03	00:08:58	00:05:34	00:00	
32	59 Livemultisport	Shelagh Keddy Veinot	01:05:13	00:08:20	00:05:11	08:44:15	00:08:32	00:05:18	00:00	
33	57 Fast Company #1	John Fraughton	01:06:10	00:08:27	00:05:15	08:46:03	00:08:34	00:05:19	00:00	
34	3 Greyhounds	Caroline Whitby	01:06:13	00:08:27	00:05:15	08:58:27	00:08:46	00:05:27	00:00	
35	23 Border Bounders	Blaine McIsaac	01:06:22	00:08:29	00:05:16	07:39:03	00:07:29	00:04:39	00:00	
36	14 Nova's Disfunctionals	Jonathan Chiasson (c)	01:06:45	00:08:32	00:05:18	08:18:00	00:08:07	00:05:02	00:00	
37	19 Hot on the Trail	Kate Collins	01:07:08	00:08:34	00:05:20	09:17:53	00:09:05	00:05:39	00:00	
38	41 The Power Surge	Blaise McNeil	01:07:17	00:08:36	00:05:20	08:42:03	00:08:30	00:05:17	00:00	
39	4 Oznog Srennur	Greg Canning	01:07:22	00:08:36	00:05:21	08:16:00	00:08:05	00:05:01	00:00	
40	53 HRC Mixed Messengers	Al Pottier	01:07:53	00:08:40	00:05:23	07:59:08	00:07:48	00:04:51	00:00	
41	25 ZX Cycle 'n' Run Club	Yvonne Clarke	01:08:14	00:08:43	00:05:25	07:46:19	00:07:36	00:04:43	00:00	
42	5 Martha's Vineyard	Luke MacDonald	01:09:11	00:08:50	00:05:29	08:32:33	00:08:21	00:05:11	00:00	
43	26 Witness Protection Program	Brian Lowe	01:09:22	00:08:52	00:05:30	08:19:20	00:08:08	00:05:03	00:10	

			LegResults								
44	46 Flock of Fantastic Failures	Paul Arsenault	01:09:34	00:08:53	00:05:31	08:24:52	00:08:13	00:05:07	00:00		
45	15 BIO Fish & Ships	Candice Stapleton	01:09:39	00:08:54	00:05:32	09:01:28	00:08:49	00:05:29	00:00		
46	13 Sally's Original Road Kill	Tom Ross	01:09:49	00:08:55	00:05:32	08:20:26	00:08:09	00:05:04	00:10		
47	12 NavCanada Control Freaks	Frank Leonard	01:10:56	00:09:04	00:05:38	08:07:14	00:07:56	00:04:56	00:00		
48	18 AFFRW – The Force	Ian Scanlon	01:11:33	00:09:08	00:05:41	08:23:57	00:08:13	00:05:06	00:00		
49	44 The Replacements	Prisca Walti	01:12:00	00:09:12	00:05:43	08:41:17	00:08:29	00:05:17	00:00		
50	42 Crichton Park @ 10	Phil Rossiter	01:12:47	00:09:18	00:05:47	08:56:53	00:08:45	00:05:26	00:00		
51	21 Yarmouth Fun Runners	Charmaine Hunt	01:13:52	00:09:26	00:05:52	09:00:09	00:08:48	00:05:28	00:10		
52	40 Sea Star	Leslie Cunningham	01:15:43	00:09:40	00:06:01	08:37:54	00:08:26	00:05:15	00:00		
53	55 Lucky Ladies	Alisha Slauenwhite	01:19:29	00:10:09	00:06:18	10:32:03	00:10:18	00:06:24	00:00		
54	20 Mister & Misses	Juanita Pelly	01:20:01	00:10:13	00:06:21	10:07:03	00:09:53	00:06:09	00:00		
55	27 Truro Tidal Boars	Richard Chipman	01:20:01	00:10:13	00:06:21	09:57:52	00:09:44	00:06:03	00:00		
56	9 NSPI Short Circuits	Darrell Emberly	01:25:01	00:10:52	00:06:45	08:54:02	00:08:42	00:05:24	00:00		
57	32 Beech Nuts	Christine Wilson	01:25:01	00:10:52	00:06:45	09:57:14	00:09:44	00:06:03	00:00		

LegResults

58	38	What's the Rush?	Jenny Costelo	01:25:01	00:10:52	00:06:45	09:36:10	00:09:23	00:05:50	00:00
59	54	The Tartan Tarts	MJ Thompson	01:25:01	00:10:52	00:06:45	10:05:24	00:09:52	00:06:08	00:00
60	60	Y-Town Runners	Renette Muise	01:25:01	00:10:52	00:06:45	09:30:26	00:09:18	00:05:46	00:00

**Leg 10**

Pos	Bib #	Team Name	Runner Name	This Leg			Accumulated			Team
				Time	Pace (6.59) /mi	(13.3) /km	Time	Pace (67.98) /mi	(109.4) /km	
1	17	The Outliers	David Holder	00:39:05	00:05:56	00:03:41	07:46:21	00:06:52	00:04:16	00:00
2	51	HRC 1	Nick McBride	00:39:13	00:05:57	00:03:42	06:41:30	00:05:54	00:03:40	00:00
3	30	Yarmouth Leftovers	Jared Lewin	00:41:22	00:06:17	00:03:54	09:39:43	00:08:32	00:05:18	00:00
4	47	Great Canadian Honking Goose	Frank Reinhardt	00:42:30	00:06:27	00:04:01	08:58:54	00:07:56	00:04:56	00:00
5	11	La Foulee Des Iles	Jean BernardGautier	00:43:01	00:06:32	00:04:03	09:22:40	00:08:17	00:05:09	00:20
6	4	Oznog Srennur	Andy Canning	00:43:02	00:06:32	00:04:04	08:59:02	00:07:56	00:04:56	00:00
7	7	Baggywrinkles & Dead Heads	Robin Meister	00:43:06	00:06:33	00:04:04	08:13:04	00:07:15	00:04:30	00:10
8	24	Halifax Bucket Brigade	Joe Fulton	00:43:11	00:06:33	00:04:04	08:20:16	00:07:22	00:04:34	00:00

			LegResults							
9	31 Runner's Attic	John Moore	00:43:24	00:06:35	00:04:06	07:42:11	00:06:48	00:04:13	00:00	
10	33 Oxford @ 8 #1 - Classic Rummies	Graham Gagnon	00:43:38	00:06:37	00:04:07	07:18:12	00:06:27	00:04:00	00:10	
11	45 Achilles Heel Runners	Rob Stevens	00:43:57	00:06:40	00:04:09	08:37:11	00:07:36	00:04:44	00:10	
12	34 Oxford @ 8 #2 - Killer B's	John Cameron	00:45:28	00:06:54	00:04:17	08:15:44	00:07:18	00:04:32	00:00	
13	10 St-Pierre Boys	Claudio Autin	00:45:37	00:06:56	00:04:18	07:39:18	00:06:45	00:04:12	00:10	
14	5 Martha's Vineyard	Mike French	00:45:38	00:06:56	00:04:18	09:18:11	00:08:13	00:05:06	00:00	
15	2 Team TAO	Julian Marchant	00:45:51	00:06:58	00:04:20	09:20:33	00:08:15	00:05:07	00:00	
16	15 BIO Fish & Ships	Erin Callaghan	00:46:40	00:07:05	00:04:24	09:48:08	00:08:39	00:05:23	00:00	
17	23 Border Bounders	Rob Summerby-Murray	00:47:35	00:07:13	00:04:29	08:26:38	00:07:27	00:04:38	00:00	
18	43 A League of Their Own	Krista Hanson	00:47:48	00:07:15	00:04:31	08:31:29	00:07:31	00:04:41	00:10	
19	21 Yarmouth Fun Runners	Mark Cosman	00:48:16	00:07:20	00:04:33	09:48:25	00:08:39	00:05:23	00:10	
20	37 Mixed Bag of Bluenosers	Al Heubach	00:48:23	00:07:21	00:04:34	09:21:26	00:08:16	00:05:08	00:00	
21	46 Flock of Fantastic Failures	Matt Swinkels	00:48:42	00:07:24	00:04:36	09:13:34	00:08:09	00:05:04	00:00	
22	25 ZX Cycle 'n' Run Club	Vim Thain	00:49:11	00:07:28	00:04:38	08:35:30	00:07:35	00:04:43	00:00	

			LegResults							
23	48 Run, Goose, Run	John Bryden	00:49:58	00:07:35	00:04:43	08:43:16	00:07:42	00:04:47	00:10	
24	13 Sally's Original Road Kill	Mike Keen	00:50:04	00:07:36	00:04:43	09:10:30	00:08:06	00:05:02	00:10	
25	28 Penguin Pacers – Mars Brigade	"Private" Ryan Powe	00:50:13	00:07:37	00:04:44	08:14:17	00:07:16	00:04:31	00:10	
26	40 Sea Star	Fenton Cunningham	00:50:16	00:07:38	00:04:45	09:28:10	00:08:21	00:05:12	00:00	
27	19 Hot on the Trail	Joanie Titus	00:50:27	00:07:40	00:04:46	10:08:20	00:08:57	00:05:34	00:00	
28	42 Crichton Park @ 10	Bill Collins	00:50:35	00:07:41	00:04:46	09:47:28	00:08:39	00:05:22	00:00	
29	53 HRC Mixed Messengers	Mel Gilbert	00:50:37	00:07:41	00:04:47	08:49:45	00:07:48	00:04:51	00:00	
30	56 Boondock Harriers	Bill Slattery	00:50:42	00:07:42	00:04:47	08:56:41	00:07:54	00:04:54	00:00	
31	8 Dangerous Curves & Wide Shoulders	Ted Veinot	00:51:11	00:07:46	00:04:50	10:01:14	00:08:51	00:05:30	00:00	
32	59 Livemultisport	Karen Weagle	00:51:15	00:07:47	00:04:50	09:35:30	00:08:28	00:05:16	00:00	
33	49 Salt Marsh Trail Running Club	Celene Hecimovich	00:52:18	00:07:56	00:04:56	09:50:42	00:08:41	00:05:24	00:00	
34	58 Fast Company #2	Reanne Comeau Shantz	00:52:30	00:07:58	00:04:57	09:30:33	00:08:24	00:05:13	00:00	
35	1 The Transmitters	Sean Borden	00:52:52	00:08:02	00:04:59	09:15:07	00:08:10	00:05:04	00:00	
36	52 HRC Women	Erin McDonah	00:53:06	00:08:04	00:05:01	09:06:24	00:08:02	00:05:00	00:00	

			LegResults							
37	26 Witness Protection Program	John Bird	00:55:20	00:08:24	00:05:13	09:14:40	00:08:10	00:05:04	00:10	
38	39 Eight Friends & Ruth's Parents	Daniel Holland	00:55:50	00:08:29	00:05:16	10:05:23	00:08:54	00:05:32	00:00	
39	57 Fast Company #1	Bea Ehrenberger	00:56:32	00:08:35	00:05:20	09:42:35	00:08:34	00:05:20	00:00	
40	55 Lucky Ladies	Freda Cormier	00:56:38	00:08:36	00:05:21	11:28:41	00:10:08	00:06:18	00:00	
41	29 Penguin Pacers – Venus Brigade	"Doc" Erin MacKay	00:56:47	00:08:37	00:05:21	09:31:51	00:08:25	00:05:14	00:00	
42	36 Upright & Mile-ing	Peggy Yen	00:57:08	00:08:40	00:05:23	09:43:16	00:08:35	00:05:20	00:00	
43	16 Runningmania.com	Nicole Cruickshanks	00:57:42	00:08:46	00:05:27	09:34:30	00:08:27	00:05:15	00:00	
44	18 AFFRW – The Force	Kim Hobeck	00:57:48	00:08:47	00:05:27	09:21:45	00:08:16	00:05:08	00:00	
45	35 Oxford @ 8 #3	Dave Mosher	00:58:07	00:08:49	00:05:29	08:57:02	00:07:54	00:04:55	00:00	
46	22 Marsh Runners	Lisa Peters	00:59:38	00:09:03	00:05:38	10:09:46	00:08:58	00:05:34	00:00	
47	27 Truro Tidal Boars	Colleen Clare	01:00:26	00:09:11	00:05:42	10:58:18	00:09:41	00:06:01	00:00	
48	20 Mister & Misses	Mary Girrior	01:00:54	00:09:15	00:05:45	11:07:57	00:09:50	00:06:06	00:00	
49	12 NavCanada Control Freaks	Jonathan Hunt	01:01:04	00:09:16	00:05:46	09:08:18	00:08:04	00:05:01	00:00	
50	38 What's the Rush?	Lori Griffin	01:01:21	00:09:19	00:05:47	10:37:31	00:09:23	00:05:50	00:00	

			LegResults							
51	9 NSPI Short Circuits	Doug Hambly	01:03:04	00:09:35	00:05:57	09:57:06	00:08:47	00:05:27	00:00	
52	3 Greyhounds	Jacques Thibault	01:03:19	00:09:37	00:05:58	10:01:46	00:08:51	00:05:30	00:00	
53	6 Sackville Striding Slugs	Vondalee Hanrahan	01:03:56	00:09:42	00:06:02	09:58:01	00:08:48	00:05:28	00:00	
54	50 M&M Maniacs	David Blomme	01:04:46	00:09:50	00:06:07	09:44:23	00:08:36	00:05:21	00:00	
55	32 Beech Nuts	Jackie Kinley	01:06:01	00:10:01	00:06:14	11:03:15	00:09:45	00:06:04	00:00	
56	60 Y-Town Runners	Jennifer Hood	01:06:10	00:10:03	00:06:15	10:36:36	00:09:22	00:05:49	00:00	
57	14 Nova's Disfunctionals	Sabrina Hall	01:07:23	00:10:14	00:06:21	09:25:23	00:08:19	00:05:10	00:00	
58	44 The Replacements	Stephanie Caldwell	01:15:03	00:11:24	00:07:05	09:56:20	00:08:46	00:05:27	00:00	
59	54 The Tartan Tarts	Tami Mosher	01:16:50	00:11:40	00:07:15	11:22:14	00:10:02	00:06:14	00:00	
60	41 The Power Surge	Meaghan McNamara	01:18:11	00:11:52	00:07:23	10:00:14	00:08:50	00:05:29	00:00	