

### Long Distance Results (2 km - 12 km - 2 km)

First Name	Last Name	Time
Cara	Anderson	38:55
Kassy	Bouchard	38:58
Ingrid	Okonkwo	39:18
Morgan	Vespa	45:14
Carisa	Laternus	46:17
Deirdre	O'Reilly	46:33
Mika	Dashevsky	47:53
Jennifer	Beirnes	48:04
Cory	Kaglik	50:27
Danielle	Carriere	51:47
Jasmine	Frost	Run/bike 41:33

### Short Distance Results (1km - 8 km - 1km)

First Name	Last Name	Time
Lara	Iserloh	24:34
Anna	Ward	26:34
Kelly	Hooper	27:10
Stephanie	Dutka	28:13
Kristin	Gambin	28:27
Lianne	Beirnes	28:45
Meggie	Kranendonk	28:46
Carol	Weselak	29:06
Annamarie	Matthews	29:21
Meghan	Lemoine	29:59
Vanya	Debreuil	30:51
Susan	Paquette	31:39
Carla	Prentice	33:37
Jenny-Lynn	Sheldon	34:45