

ADVENTURE RACING, MULTI-SPORT, AND PADDLING RESULTS

Date	Event Name	Distance (km)	Time	Pace (min/km)	Rank (Category)	Rank (Overall)	Podium
17-May-14	Raid Pulse Spring 8Hr AR	55	7:36:00	08:17.5	3 / 11	12 / 52	3rd
-	Detailed Results	-	-	-	-	-	-
24-Aug-13	Great Canadian Kayak Challenge	16	1:46:41	06:40.1	5 / 7	6 / 10	5th
-	No Splits	-	-	-	-	-	-
21-Jun-13	Untamed New England 24 Hr AR	120	19:13:51	09:36.9	2 / 13	2 / 39	2nd
-	Detailed Results	-	-	-	-	-	-
18-May-13	Raid Pulse Spring 8Hr AR	58	8:07:00	08:23.8	5 / 20	9 / 48	-
-	Detailed Results	-	-	-	-	-	-
04-May-13	FAC Huntsville 8Hr AR	36	3:53:06	06:28.5	2 / 12	2 / 48	2nd
-	Detailed Results	-	-	-	-	-	-
18-Aug-12	Wilderness Traverse 30Hr AR	130	23:26:00	10:48.9	7 / 18	12 / 26	-
-	Detailed Results	-	-	-	-	-	-
28-Jul-12	RockstAR Adventure Race	45	7:53:47	10:31.7	10 / 32	11 / 76	-
-	Detailed Results	-	-	-	-	-	-
19-May-12	Raid Pulse 8Hr AR	51	6:36:46	07:46.8	6 / 28	9 / 61	-
-	Detailed Results	-	-	-	-	-	-
12-May-12	Storm The Trent Trek Elite	83	6:14:26	04:30.7	1 / 4	8 / 41	1st
-	Detailed Results	-	-	-	-	-	-
05-May-12	FAC Huntsville 8Hr AR	66	7:16:00	06:36.4	4 / 19	6 / 61	-
-	Detailed Results	-	-	-	-	-	-
24-Sep-11	FAC Fall Classic 12 Hour (Muskoka)	57.55	5:45:00	05:59.7	2 / 19	2 / 40	2nd
-	Detailed Results	-	-	-	-	-	-
18-Sep-11	Mad Trapper Rogaine	18	2:56:50	09:49.4	2 / 7	3 / 21	3rd
-	Detailed Results	-	-	-	-	-	-
10-Sep-11	Logs, Rocks and Steel Multisport Race	83	7:26:38	05:22.9	10	13	-
-	Stage 1 - Paddle	14	1:55:25	08:14.6	-	-	-
-	Stage 2 - Bike	52	3:18:27	03:49.0	-	-	-
-	Stage 3 - Run	17	2:09:32	07:37.2	-	-	-
-	Detailed Results	-	-	-	-	-	-
20-Aug-11	Wilderness Traverse 30Hr AR	145	0:35:00	10:10.3	10	12	-
-	Detailed Results	-	-	-	-	-	-
06-Aug-11	Raid Pulse Spint AR	32	3:59:00	07:28.1	6	20	-
-	Detailed Results	-	-	-	-	-	-
23-Jul-11	City Chase Ottawa	??	5:26:37	n/a	172	172	-
-	Detailed Results	-	-	-	-	-	-
17-Jun-11	Ultimate XC Invitational Race (1/2 Solo)	92	9:07:49	05:57.3	2	2	2nd
-	Stage 1 - Friday - Paddle	21	2:21:41	06:44.8	2	2	-
-	Stage 2 - Saturday - Run	21	2:04:16	05:55.0	1	1	-
-	Stage 3 - Sunday - Bike	50	4:41:52	05:38.2	3	2	-
-	Detailed Results	-	-	-	-	-	-
21-May-11	Raid Pulse Spring AR 8Hr (Notre Dame de Laus)	60	7:43:00	07:43.0	13	37	-
-	Detailed Results	-	-	-	-	-	-
30-Apr-11	FAC Season Opener 8 Hour (Huntsville)	60	8:23:55	08:23.9	13	66	-
-	Detailed Results	-	-	-	-	-	-

ADVENTURE RACING, MULTI-SPORT, AND PADDLING RESULTS

Date	Event Name	Distance (km)	Time	Pace (min/km)	Rank (Category)	Rank (Overall)	Podium
26-Sep-10	FAC Fall Classic 14 Hour (Muskoka)	100	10:41:00	06:24.6	9	39	-
-	Detailed Results	-	-	-	-	-	-
04-Sep-10	Logs, Rocks and Steel Multisport Race	80	4:45:00	03:33.7	10	12	-
-	Stage 1 - Run	16	1:34:01	05:52.6	6	8	-
-	Stage 2 - Paddle	14	3:10:59	13:38.5	12	32	-
-	Stage 3 - Bike	50	-	-	DNF	DNF	-
-	Detailed Results	-	-	-	-	-	-
25-Jun-10	Ultimate XC Invitational Race	222	5:14:57	07:54.3	10	12	-
-	Stage 1 - Friday - Paddle	67	8:38:29	07:44.3	12	19	-
-	Stage 2 - Saturday - Run	57	8:41:27	09:08.9	9	9	-
-	Stage 3 - Sunday - Bike	98	11:55:01	07:17.8	11	14	-
-	Detailed Results	-	-	-	-	-	-
05-Jun-10	24 Hr Wilderness Traverse	134	21:24:00	09:34.9	DNF (11)	DNF	-
-	Detailed Results	-	-	-	-	-	-
22-May-10	Raid Pulse Spring AR 8Hr (Lac de L'Argile, QC)	56	5:58:00	06:23.6	9	14	-
-	Detailed Results	-	-	-	-	-	-
01-May-10	FAC Season Opener at Deerhurst Resort (Huntsville, ON)	55	6:44:00	07:20.7	7	38	-
-	Detailed Results	-	-	-	-	-	-
26-Sep-09	FAC Champs 14 Hour (Muskoka)	100	13:06:00	07:51.6	6	15	-
-	Detailed Results	-	-	-	-	-	-
16-May-09	Raid Pulse Spring AR 8 Hr (Plaisance, QC)	52	5:16:00	06:04.6	11	20	-
-	Detailed Results	-	-	-	-	-	-
28-Feb-09	Raid Pulse Winter AR 8 Hr (Buckingham, QC)	35	6:33:00	11:13.7	5	11	-
-	Detailed Results	-	-	-	-	-	-
29-Sep-07	FAC Champs 14 Hour (Bon Echo)	100	12:15:00	07:21.0	3	8	3rd
-	Detailed Results	-	-	-	-	-	-
21-Jul-07	Raid Pulse Staged AR Race (Montpellier, QC)	113	14:40:00	07:47.3	7	11	-
-	Stage 1 - Saturday	50	6:06:00	07:19.2	8	12	-
-	Stage 2 - Saturday Night	18	1:41:00	05:36.7	7	8	-
-	Stage 3 - Sunday	45	6:53:00	09:10.7	11	17	-
-	Detailed Results	-	-	-	-	-	-
22-Jun-07	Quest for a Cure 48 Hr (Petawawa)	250	13:27:00	08:59.3	8	13	-
-	Detailed Results	-	-	-	-	-	-
19-May-07	Raid Pulse Spring AR 8 Hr (Lac de l'Argile, QC)	52	6:23:00	07:21.9	3	26	3rd
-	Detailed Results	-	-	-	-	-	-
03-Mar-07	Raid Pulse Winter AR 8Hr (Plaisance, QC)	-	7:06:56	-	13	-	3rd
-	Detailed Results	-	-	-	-	-	-
20-Jan-07	SAC Mansfield 8Hr (Winter AR)	-	6:01:00	-	7	-	-
-	Detailed Results	-	-	-	-	-	-
30-Sep-06	SAC Champs 14Hr (Bark Lake)	-	12:52:00	-	13	-	-
-	Detailed Results	-	-	-	-	-	-
23-Jun-06	Quest for a Cure 48Hr (Calabogie)	240	19:59:00	10:59.8	2	5	2nd
-	Detailed Results	-	-	-	-	-	-

ADVENTURE RACING, MULTI-SPORT, AND PADDLING RESULTS

Date	Event Name	Distance (km)	Time	Pace (min/km)	Rank (Category)	Rank (Overall)	Podium
20-May-06	Raid Pulse 8Hr (LaFleche)	50	7:35:00	09:06.0	13	27	-
-	Detailed Results	-	-	-	-	-	-
04-Mar-06	Raid Pulse 8Hr (LaFleche)	50	6:17:00	07:32.4	3	13	3rd
-	Detailed Results	-	-	-	-	-	-
24-Sep-05	SAC Champs 14Hr (Fort Coulonge)	-	12:09:00	-	9	22	-
-	Detailed Results	-	-	-	-	-	-
28-Aug-05	Sea2Summit 8Hr (Mont St. Marie)	-	7:15:00	-	3	6	3rd
-	Detailed Results	-	-	-	-	-	-
24-Jun-05	Quest for a Cure 48Hr (Calabogie)	-	2:09:00	-	DNF (6)	DNF	-
-	I have time sheets at home on computer	-	-	-	-	-	-
21-May-05	Raid Pulse 8Hr (LaFleche)	-	6:27:00	-	7	16	-
-	Detailed Results	-	-	-	-	-	-
09-Oct-04	Raid Pulse 24Hr (Arundel)	-	18:14:00	-	5	14	-
-	Detailed Results	-	-	-	-	-	-
25-Sep-04	SAC Champs 14Hr (Calabogie)	-	11:01:00	-	9	22	-
-	Detailed Results	-	-	-	-	-	-
26-Jul-02	Outlast 12Hr (Kingston)	-	-	DNF	DNF	-	-
-	NO DETAILS AVAILABLE	-	-	-	-	-	-

TRIATHLON AND DUATHLON RESULTS

Date	Event Name	Distance (km)	Time	Pace	Rank (Category)	Rank (Gender)	Rank (Overall)	Podium
08-Mar-14	Quebec City ITU Winter Triathlon (Elite Category)	25.00	1:22:22.5	03:17.7	24 / 25	24 / 25	29 / 34	-
-	Snowshoe (pace is min/km)	5.00	0:22:46.0	04:33.2	-	-	-	-
-	Skate (pace is min/km)	12.00	0:30:48.0	02:34.0	-	-	-	-
-	Ski (pace is min/km)	8.00	0:26:19.0	03:17.4	-	-	-	-
01-Feb-14	Endurance Adventure ITU Winter Triathlon	22.20	1:26:10.0	03:52.9	8 / 13	15 / 27	16 / 35	-
-	Snowshoe (pace is min/km)	4.20	0:24:45.0	05:53.6	-	-	-	-
-	Skate (pace is min/km)	12.00	0:31:45.0	02:38.8	-	-	-	-
-	Ski (pace is min/km)	6.00	0:29:40.0	04:56.7	-	-	-	-
25-Jan-14	Frost and Fire Winter Tri	17.10	1:40:11.0	05:51.5	5 / 9	8 / 18	9 / 39	-
-	Snowshoe (pace is min/km)	2.60	0:20:10.0	07:45.4	-	-	-	-
-	Ski (pace is min/km)	9.50	0:53:03.0	05:35.1	-	-	-	-
-	Run (pace is min/km)	5.00	0:26:58.0	05:23.6	-	-	-	-
02-Feb-13	Winterlude Triathlon	20.82	1:14:48.0	03:35.6	11 / 48	33 / 166	37 / 277	-
-	Skate (pace is min/km)	8.39	0:20:13.0	02:24.6	-	-	-	-
-	Run (pace is min/km)	5.50	0:26:53.0	04:53.3	-	-	-	-
-	Ski (pace is min/km)	6.93	0:27:42.0	03:59.8	-	-	-	-
26-Jan-13	Frost and Fire Winter Tri	17.00	1:21:18.2	04:47.0	2 / 3	7 / 17	7 / 28	2nd
-	Snowshoe (pace is min/km)	2.50	0:15:51.5	06:20.6	-	-	4 / 28	-
-	Ski (pace is min/km)	9.50	0:40:43.3	04:17.2	-	-	10 / 28	-
-	Run (pace is min/km)	5.00	0:24:43.4	04:56.7	-	-	8 / 28	-
05-Aug-12	Muskoka Grind Offroad Tri	26.50	2:21:33.0	05:20.5	4 / 11	11 / 31	12 / 40	-
-	Swim (pace is min/100m)	1.00	0:17:51.0	01:47.1	-	-	13 / 40	-
-	Transition 1	-	0:02:29.0	-	-	-	-	-
-	Bike (pace is km/hr)	16.90	1:13:17.0	13.84	-	-	17 / 40	-
-	Transition 2	-	0:01:16.0	-	-	-	-	-
-	Run (pace is min/km)	8.60	0:46:40.0	05:25.6	-	-	5 / 40	-
01-Jul-12	Epic Dartmouth	204.90	9:44:20.0	02:51.1	1 / 3	6 / 18	7 / 27	1st
-	Swim (pace is min/100m)	3.80	1:10:19.0	01:51.0	-	-	10 / 27	-
-	Transition 1	-	0:09:30.0	-	-	-	27 / 27	-
-	Bike (pace is km/hr)	180.00	6:08:36.0	29.30	-	-	8 / 27	-
-	Transition 2	-	0:05:24.0	-	-	-	9 / 27	-
-	Run (pace is min/km)	21.10	2:10:31.0	06:11.1	-	-	3 / 27	-
26-Feb-12	Pentathlon des Neiges	42.00	2:34:02.0	03:40.0	21 / 29	-	55 / 101	-
-	Bike (pace is km/hr)	15.00	0:39:43.0	22.66	-	-	57 / 101	-
-	Run (pace is min/km)	6.00	0:26:55.0	04:29.2	-	-	55 / 101	-
-	Ski (pace is min/km)	9.00	0:37:42.0	04:11.3	-	-	63 / 101	-
-	Skate (pace is min/km)	6.00	0:19:58.0	03:19.7	-	-	72 / 101	-
-	Snowshoe (pace is min/km)	6.00	0:29:44.0	04:57.3	-	-	47 / 101	-
04-Feb-12	Winterlude Triathlon	18.00	1:17:57.0	04:19.8	20 / 41	52 / 160	60 / 275	-
-	Skate (pace is min/km)	8.00	0:24:12.0	03:01.5	20 / 41	-	67 / 275	-
-	Ski (pace is min/km)	5.00	0:29:25.0	05:53.0	24 / 41	-	89 / 275	-
-	Run (pace is min/km)	5.00	0:24:20.0	04:52.0	11 / 41	-	40 / 275	-

TRIATHLON AND DUATHLON RESULTS

Date	Event Name	Distance (km)	Time	Pace	Rank (Category)	Rank (Gender)	Rank (Overall)	Podium
03-Sep-11	The Canadian Iron-Distance Triathlon (Ottawa)	226.00	12:57:42.0	03:26.5	3 / 6	19 / 48	24 / 56	3rd
-	Swim (pace is min/100m)	3.80	1:21:18.0	02:08.4	-	-	6 / 56	-
-	Transition 1	-	-	-	-	-	-	-
-	Bike (pace is km/hr)	180.00	6:03:18.0	29.73	-	-	21 / 56	-
-	Transition 2	-	0:07:07.0	-	-	-	-	-
-	Run (pace is min/km)	42.20	5:25:59.0	07:43.5	-	-	22 / 56	-
30-Jul-11	National Capital Olympic Triathlon (Ottawa)	51.50	2:29:35.0	02:54.3	5 / 19	22 / 109	22 / 156	-
-	Swim (pace is min/100m)	1.50	0:30:46.0	02:03.1	-	-	41 / 156	-
-	Bike (pace is km/hr)	40.00	1:12:40.0	33.03	-	-	33 / 156	-
-	Run (pace is min/km)	10.00	0:46:09.0	04:36.9	-	-	14 / 156	-
05-Feb-11	Winterlude Triathlon	17.90	1:12:14.0	04:02.1	17 / 53	-	64 / 331	-
-	Skate (pace is min/km)	8.00	0:20:54.0	02:36.7	-	-	61 / 331	-
-	Ski (pace is min/km)	6.20	0:33:27.0	05:23.7	-	-	89 / 331	-
-	Run (pace is min/km)	3.70	0:17:53.0	04:50.0	-	-	56 / 331	-
31-Jul-10	National Capital Triathlon (Kayak Triathlon - Ottawa)	29.00	1:21:28.0	02:48.6	2 / 7	2 / 7	2 / 11	2nd
-	Kayak (pace is min/km)	4.00	0:22:17.0	05:34.3	-	-	2 / 11	-
-	Bike (pace is km/hr)	20.00	0:37:36.0	31.91	-	-	2 / 11	-
-	Run (pace is min/km)	5.00	0:21:35.0	04:19.0	-	-	2 / 11	-
06-Feb-10	Winterlude Triathlon	18.00	1:06:02.0	03:40.1	23 / 44	-	84 / 273	-
-	Skate (pace is min/km)	8.00	0:21:44.0	02:43.0	21 / 44	-	89 / 273	-
-	Ski (pace is min/km)	5.00	0:22:28.0	04:29.6	24 / 44	-	103 / 273	-
-	Run (pace is min/km)	5.00	0:21:50.0	04:22.0	12 / 44	-	40 / 273	-
01-Sep-09	The Canadian 1/2 Iron Distance Triathlon (Ottawa)	113.03	5:03:49.0	02:41.3	6 / 15	18 / 85	19 / 130	-
-	Swim (pace is min/100m)	1.93	0:36:20.0	01:52.8	-	-	33 / 130	-
-	Transition 1	-	0:01:54.0	-	-	-	-	-
-	Bike (pace is km/hr)	90.00	2:40:48.0	33.58	-	-	26 / 130	-
-	Transition 2	-	0:02:53.0	-	-	-	-	-
-	Run (pace is min/km)	21.10	1:41:54.0	04:49.8	-	-	19 / 130	-
01-Aug-09	National Capital Triathlon (Olympic - Ottawa)	51.50	2:21:15.0	02:44.6	6 / 21	12 / 108	13 / 167	-
-	Swim (pace is min/100m)	1.50	0:28:42.0	01:54.8	-	-	25 / 167	-
-	Bike (pace is km/hr)	40.00	1:07:23.0	35.62	-	-	16 / 167	-
-	Run (pace is min/km)	10.00	0:45:10.0	04:31.0	-	-	23 / 167	-
12-Jul-09	Graham Beasley (Olympic - Carleton Place)	51.50	2:24:31.0	02:48.4	2 / 3	8 / 41	9 / 70	2nd
-	Swim (pace is min/100m)	1.50	0:29:23.0	01:57.5	-	-	18 / 70	-
-	Bike (pace is km/hr)	40.00	1:08:39.0	34.96	-	-	8 / 70	-
-	Run (pace is min/km)	10.00	0:46:29.0	04:38.9	-	-	12 / 70	-
14-Jun-08	Ottawa Riverkeeper (Swim-Cycle Duathlon)	41.50	1:40:42.0	02:25.6	2 / 2	4 / 6	4 / 10	2nd
-	Swim (pace is min/100m)	1.50	0:29:25.0	01:57.7	-	-	4 / 10	-
-	Transition 1	-	0:00:00.0	-	-	-	-	-
-	Bike (pace is km/hr)	40.00	1:11:17.0	33.67	-	-	3 / 10	-
01-Sep-07	The Canadian Iron Distance Triathlon (Ottawa)	226.00	10:56:00.0	02:54.2	1 / 6	7 / 41	7 / 54	1st
-	Swim (pace is min/100m)	3.80	1:10:28.0	01:51.3	-	-	7 / 54	-
-	Transition 1	-	0:05:28.0	-	-	-	-	-
-	Bike (pace is km/hr)	180.00	5:50:39.0	30.80	-	-	13 / 54	-
-	Transition 2	-	0:04:28.0	-	-	-	-	-
-	Run (pace is min/km)	42.20	3:44:57.0	05:19.8	-	-	8 / 54	-

TRIATHLON AND DUATHLON RESULTS

Date	Event Name	Distance (km)	Time	Pace	Rank (Category)	Rank (Gender)	Rank (Overall)	Podium
04-Aug-07	National Capital Triathlon (Kayak Triathlon - Ottawa)	30.00	1:29:20.0	02:58.7	1 / 5	1 / 5	1 / 6	1st
-	Kayak (pace is min/km)	4.50	0:30:47.0	06:50.4	-	-	2 / 6	-
-	Bike (pace is km/hr)	20.50	0:36:33.0	33.65	-	-	1 / 6	-
-	Run (pace is min/km)	5.00	0:22:00.0	04:24.0	-	-	1 / 6	-
16-Jun-07	Ottawa Riverkeeper (Kayak Triathlon - Ottawa)	30.00	1:29:10.0	02:58.3	1 / 3	2 / 8	2 / 11	1st 2nd
-	Kayak (pace is min/km)	5.00	0:30:44.0	06:08.8	-	-	3 / 11	-
-	Bike (pace is km/hr)	20.00	0:35:15.0	34.04	-	-	1 / 11	-
-	Run (pace is min/km)	5.00	0:23:11.0	04:38.2	-	-	3 / 11	-
02-Sep-06	The Canadian (Half-Iron - Ottawa)	113.10	5:11:15.0	02:45.1	7 / 26	38 / 125	44	-
-	Swim (pace is min/100m)	2.00	0:32:46.0	01:38.3	-	-	45	-
-	Transition 1	-	0:04:01.0	-	-	-	-	-
-	Bike (pace is km/hr)	90.00	2:49:31.0	31.86	-	-	95	-
-	Transition 2	-	0:02:45.0	-	-	-	-	-
-	Run (pace is min/km)	21.10	1:42:12.0	04:50.6	-	-	27	-
27-Aug-06	Calabogie Peaks Triathlon (Off-road Tri - Calabogie)	23.25	2:15:26.0	05:49.5	4 / 4	9 / 13	9 / 17	-
-	Swim (pace is min/100m)	0.75	0:20:17.0	02:42.3	-	-	7	-
-	Transition 1	-	0:02:13.0	-	-	-	-	-
-	Bike (pace is km/hr)	15.00	1:15:34.0	11.91	-	-	10	-
-	Transition 2	-	0:00:55.0	-	-	-	-	-
-	Run (pace is min/km)	7.50	0:36:27.0	04:51.6	-	-	7	-
05-Aug-06	National Capital Triathlon (Olympic - Ottawa)	51.50	2:27:50.0	02:52.2	9 / 15	25 / 70	29	-
-	Swim (pace is min/100m)	1.50	0:28:50.0	01:55.3	-	-	33	-
-	Bike (pace is km/hr)	40.00	1:14:13.0	32.34	-	-	44	-
-	Run (pace is min/km)	10.00	0:44:47.0	04:28.7	-	-	22	-
17-Jun-06	Ottawa River Keeper (Kayak Triathlon - Ottawa)	30.00	1:33:08.0	03:06.3	2 / 8	2 / 8	2 / 10	2nd
-	Kayak (pace is min/km)	5.00	0:33:27.0	06:41.4	6 / 8	6 / 8	6 / 10	-
-	Bike (pace is km/hr)	20.00	0:37:02.0	32.40	1 / 8	1 / 8	1 / 10	-
-	Run (pace is min/km)	5.00	0:22:39.0	04:31.8	1 / 8	1 / 8	1 / 10	-
04-Feb-06	Winterlude Duathlon (Duathlon - Ottawa)	13.00	1:06:36.0	05:07.4	35 / 50	-	94	-
-	Run (pace is min/km)	8.00	0:35:39.0	04:27.4	25 / 50	-	67	-
-	Ski (pace is min/km)	5.00	0:30:57.0	06:11.4	35 / 50	-	109	-
21-Aug-05	Thousand Islands Triathlon (Olympic - Brockville)	52.70	2:30:36.0	02:51.5	11 / 22	53 / 123	65	-
-	Swim (pace is min/100m)	1.50	0:25:23.0	01:41.5	-	-	79	-
-	Bike (pace is km/hr)	41.20	1:15:29.0	32.75	-	-	73	-
-	Run (pace is min/km)	10.00	0:49:44.0	04:58.4	-	-	49	-
30-Jul-05	National Capital Triathlon (Olympic - Ottawa)	47.50	2:36:08.0	03:17.2	7 / 10	36 / 62	42	-
-	Swim (pace is min/100m)	1.50	0:32:06.0	02:08.4	-	-	32	-
-	Bike (pace is km/hr)	36.00	1:15:23.0	28.65	-	-	48	-
-	Run (pace is min/km)	10.00	0:48:39.0	04:51.9	-	-	35	-
18-Jul-04	Graham Beasley (Olympic - Carleton Place)	51.50	2:58:59.0	03:28.5	13 / 14	90 / 107	138	-
-	Swim (pace is min/100m)	1.50	0:37:51.0	02:31.4	-	-	146	-
-	Bike (pace is km/hr)	40.00	1:22:40.0	29.03	-	-	139	-
-	Run (pace is min/km)	10.00	0:58:28.0	05:50.8	-	-	115	-

RUNNING AND OBSTACLE RACING RESULTS

Date	Event Name	Distance (km)	Time	Pace (min/km)	Rank (Category)	Rank (Gender)	Rank (Overall)	Podium
03-May-14	North Face Endurance Challenge: Bear Mountain NY	50.00	5:24:39.0	06:29.6	6 / 54	15 / 255	18 / 335	-
-	No Splits	-	-	-	-	-	-	-
15-Mar-14	Snow Trail Mont Orford	13.00	1:36:13.0	07:24.1	4 / 33	4 / 33	4 / 44	-
-	No Splits	-	-	-	-	-	-	-
07-Dec-13	Mad Trapper Flat Trail Run	10.20	0:56:30.5	05:32.4	5 / 14	5 / 14	5 / 17	-
-	No Splits	-	-	-	-	-	-	-
24-Nov-13	Anvil on Foot	6.00	0:24:31.9	04:05.3	9 / 25	9 / 28	10 / 40	-
-	No Splits	-	-	-	-	-	-	-
07-Sep-13	Ultra-Trail Harricana	65.00	7:42:33.2	07:07.0	15 / 37	31 / 91	32 / 144	-
-	No Splits	-	-	-	-	-	-	-
06-Jun-13	Challenge in the Pasture	2.00	0:06:52.6	03:26.3	1 / 112	3 / 251	3 / 594	1st
-	No Splits	-	-	-	-	-	-	-
01-Jun-13	Mud Hero Obstacle Race	6	0:32:21	05:23.6	1 / 62	1 / 449	1 / 1288	1st
-	No Splits	-	-	-	-	-	-	-
18-Nov-12	Fat Ass Trail Run	7.50	0:44:47.3	05:58.3	9 / 16	17 / 50	26 / 192	-
-	No Splits	-	-	-	-	-	-	-
14-Oct-12	Brienzersee Lauf (Swiss 1/2 Marathon w/Deanna)	21.10	2:06:58.3	06:01.1	52 / 58	205 / 249	-	-
-	No Splits	-	-	-	-	-	-	-
23-Jun-12	Perth Kilt Run (Warrior Class)	8.00	0:37:49.0	04:43.6	1 / 28	1 / 28	1 / 37	1st
-	No Splits	-	-	-	-	-	-	-
09-Jun-12	Super Spartan Race Mont Tremblant	12	1:26:32	07:12.7	16	16	16 / 2412	-
-	No Splits	-	-	-	-	-	-	-
26-Nov-11	Triathletes Gone Wild Beer Mile	1.61	0:11:10.0	06:56.4	14 / 19	-	14 / 21	-
-	No Splits	-	-	-	-	-	-	-
03-Jul-11	Spartan Sprint Race (Camp Fortune)	5	0:33:39	06:43.8	5 / ?	5 / ?	5 / 3594	-
-	No Splits	-	-	-	-	-	-	-
29-May-11	National Capital Race Weekend (Marathon)	42.20	3:18:15.1	04:41.9	64 / 436	259 / 2733	283	-
-	At 10 km	10	0:45:03.0	04:30.3	-	-	-	-
-	At 21.1 km	21.1	1:37:06.0	04:36.1	-	-	-	-
-	At 30 km	30	2:17:33.0	04:35.1	-	-	-	-
21-Aug-10	5 Peaks Trail Running (Enduro - Camp Fortune)	12.00	1:04:03.3	05:20.3	5 / 20	9 / 43	9 / 57	-
-	No Splits	-	-	-	-	-	-	-
19-Apr-10	114th Boston Marathon	42.20	3:26:32.0	04:53.6	2,724 / 4,656	5,132 / 13,112	6,070 / 22,645	-
-	At 10 km	10	0:48:38.0	04:51.8	-	-	-	-
-	At 21.1 km	21.1	1:41:48.0	04:49.5	-	-	-	-
-	At 35 km	35	2:50:32.0	04:52.3	-	-	-	-
01-Nov-09	Road2Hope Marathon (Boston Qualifier)	42.20	3:10:41.0	04:31.1	14 / 54	58 / 505	63 / 816	-
-	No Splits	-	-	-	-	-	-	-
17-Oct-09	5 Peaks Trail Running (Enduro - The Ark)	12.00	1:02:45.0	05:13.8	4 / 16	13 / 41	13 / 54	-
-	No Splits	-	-	-	-	-	-	-
22-Aug-09	5 Peaks Trail Running (Enduro - Camp Fortune)	12.00	1:07:30.0	05:37.5	6 / 21	12 / 51	13 / 71	-
-	No Splits	-	-	-	-	-	-	-
08-Sep-07	5 Peaks Trail Running (Enduro - The Ark)	15.00	1:28:58.7	05:55.9	1 / 5	8 / 24	9 / 35	1st
-	No Splits	-	-	-	-	-	-	-
27-May-07	National Capital Race Weekend (1/2 Marathon)	21.10	1:28:56.6	04:12.9	26 / 522	169 / 3336	182 / 7664	-
-	No Splits	-	-	-	-	-	-	-

RUNNING AND OBSTACLE RACING RESULTS

Date	Event Name	Distance (km)	Time	Pace (min/km)	Rank (Category)	Rank (Gender)	Rank (Overall)	Podium
16-Sep-06	5 Peaks Trail Running (Enduro - The Ark)	10.00	1:11:19.0	07:07.9	3 / 8	13 / 28	-	2nd
-	No Splits	-	-	-	-	-	-	-
19-Aug-06	5 Peaks Trail Running (Enduro - Camp Fortune)	10.00	1:15:35.0	07:33.5	3 / 13	7 / 29	-	2nd
-	No Splits	-	-	-	-	-	-	-
28-May-06	National Capital Race Weekend (Marathon)	42.20	3:18:15.1	04:41.9	52 / 313	243 / 2032	-	-
-	At 10 km	10	0:45:18.0	04:31.8	-	-	-	-
-	At 21.1 km	21.1	1:34:47.0	04:29.5	-	-	-	-
-	At 30 km	30	2:16:58.0	04:33.9	-	-	-	-
06-Aug-05	5 Peaks Trail Running (Enduro - Camp Fortune)	10.50	1:20:13.9	07:38.5	6 / 12	19 / 41	-	-
-	No Splits	-	-	-	-	-	-	-
29-May-05	National Capital Race Weekend (Marathon)	42.20	3:30:53.8	04:59.9	45 / 160	507 / 2028	-	-
-	1st 21.1 km	21-Jan-00	1:41:52.0	04:49.7	-	-	-	-
-	2nd 21.1 km	21.1	1:49:31.0	05:11.4	-	-	-	-
30-May-04	National Capital Race Weeked (Marathon)	42.20	3:46:49.9	05:22.5	104 / 194	926 / 2128	-	-
-	1st 21.1 km	21-Jan-00	1:50:01.0	05:12.8	-	-	-	-
-	2nd 21.2 km	21.1	1:58:26.0	05:36.8	-	-	-	-
11-May-03	National Capital Race Weekend (Half-Marathon)	21.10	1:51:30.4	05:17.1	160 / 321	847 / 1921	-	-
-	No Splits	-	-	-	-	-	-	-

SNOWSHOEING AND SKIING RESULTS

Date	Event Name	Distance (km)	Time	Pace (min/km)	Rank (Category)	Rank (Gender)	Rank (Overall)	Podium
22-Feb-14	Mad Trapper Series Finale	10.00	1:16:36.0	07:39.6	3 / 17	3 / 17	3 / 19	3rd
-	1st Loop	5	0:40:31.3	08:06.3	-	-	-	-
-	2nd Loop	5	0:36:04.7	07:12.9	-	-	-	-
08-Feb-14	Canadian Ski Marathon	169.50	21:45:00.0	07:41.9	n/a	n/a	n/a	CdB Gold
-	Day 1	85	11:11:00.0	07:53.6	-	-	-	-
-	Day 2	84.5	10:34:00.0	07:30.2	-	-	-	-
25-Jan-14	Mad Trapper Night Course	10.40	1:20:00.0	07:41.5	13 / ?	13 / ?	?	-
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
04-Jan-14	Mad Trapper Hilly Course	10.40	1:07:20.0	06:28.5	6 / 17	6 / 17	6 / 23	-
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
23-Feb-13	Mad Trapper Series Finale	10.00	1:19:49.0	07:58.9	6 / 17	6 / 17	6 / 22	-
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
16-Feb-13	Gatineau Loppet 55km Classic Race	55.00	4:24:58.3	04:49.1	19 / 28	140 / 292	167 / 375	-
-	No Splits	-	-	-	-	-	-	-
09-Feb-13	Canadian Ski Marathon	157.82	20:51:04.0	07:55.6	n/a	n/a	n/a	CdB Silver
-	Day 1	84.85	10:34:20.0	07:28.6	-	-	-	-
-	Day 2	72.97	10:16:44.0	08:27.1	-	-	-	-
26-Jan-13	Mad Trapper Night Course	9.95	1:01:18.0	06:09.6	8 / 26	8 / 26	9 / 31	-
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
05-Jan-13	Mad Trapper Hilly Course	9.93	1:30:29.0	09:06.7	5 / 17	5 / 17	5 / 20	-
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
08-Dec-12	Mad Trapper Trail Run	9.54	1:01:02.0	06:23.9	5 / 14	5 / 14	5 / 20	-
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
19-Feb-12	Gatineau Loppet 27.5km Skate Ski	27.50	1:50:01.0	04:00.0	20 / 22	161 / 213	197 / 291	-
-	No Splits	-	-	-	-	-	-	-
11-Feb-12	Canadian Ski Marathon	161.60	17:08:06.0	06:21.7	n/a	n/a	n/a	CdB Bronze
-	Day 1	78	8:01:16.0	06:10.2	-	-	-	-
-	Day 2	83.6	9:06:50.0	06:32.5	-	-	-	-
28-Jan-12	Mad Trapper (Night)	10.14	1:08:34.8	06:45.8	6 / 13	6 / 13	7 / 17	4th (Series)
-	1st Loop	5.07	0:34:39.5	06:50.2	-	-	-	-
-	2nd Loop	5.07	0:33:55.3	06:41.4	-	-	-	-
21-Jan-12	Dion Snowshoes Frontenac Park Race	6.78	0:37:08.6	05:28.7	14 / 37	14 / 37	16 / 62	-
-	No Splits	-	-	-	-	-	-	-
07-Jan-12	Mad Trapper (Hilly)	10.11	1:14:23.3	07:21.5	5 / 12	5 / 12	5 / 16	-
-	1st Loop	5.55	0:36:49.6	06:38.1	-	-	-	-
-	2nd Loop	5.55	0:37:33.7	06:46.1	-	-	-	-
10-Dec-11	Mad Trapper (Flat)	10.48	1:03:28.0	06:03.4	8 / 17	8 / 17	10 / 21	-
-	1st Loop	5.24	0:31:24.0	05:59.5	-	-	-	-
-	2nd Loop	5.24	0:32:04.0	06:07.2	-	-	-	-

SNOWSHOEING AND SKIING RESULTS

Date	Event Name	Distance (km)	Time	Pace (min/km)	Rank (Category)	Rank (Gender)	Rank (Overall)	Podium
26-Feb-11	Canadian National Snowshoe Championships	9.80	1:09:38.0	07:06.3	9 / 20	9 / 20	9 / 24	4th (Series)
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
19-Feb-11	Gatineau Loppet 51km Classic Ski	51.00	3:56:32.4	04:38.3	9 / 22	135 / 272	156 / 328	-
-	No Splits	-	-	-	-	-	-	-
29-Jan-11	Mad Trapper (Night)	9.60	1:09:24.0	07:13.8	7 / 10	7 / 10	7 / 12	-
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
15-Jan-11	Mad Trapper (Hilly)	9.00	1:06:13.0	07:21.4	4 / 11	4 / 11	4 / 14	-
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
11-Dec-10	Mad Trapper Season (Flat)	9.60	1:02:46.0	06:32.3	6 / 13	6 / 13	6 / 16	-
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
27-Feb-10	Mad Trapper (Finale)	9.00	1:01:40.0	06:51.1	1 / 14	1 / 14	1 / 20	1st (Race)
-	1st Loop	-	-	-	-	-	-	3rd (Series)
-	2nd Loop	-	-	-	-	-	-	-
20-Feb-10	Gatineau Loppet 49km Classic Ski	49.50	4:00:19.1	04:51.3	13 / 14	157 / 292	183 / 256	-
-	No Splits	-	-	-	-	-	-	-
30-Jan-10	Mad Trapper (Combined)	9.00	0:57:41.7	06:24.6	5 / 14	5 / 14	5 / 19	-
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
12-Dec-09	Mad Trapper (Flat)	9.60	1:04:41.0	06:44.3	6 / 15	6 / 15	6 / 22	-
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
07-Mar-09	Mad Trapper Season Finale	9.30	1:02:58.5	06:46.3	3 / 10	3 / 10	3 / 16	3rd
-	1st Loop	-	-	-	-	-	-	-
-	2nd Loop	-	-	-	-	-	-	-
21-Feb-09	Canadian National Snowshoe Championships	9.28	1:00:26.0	06:30.7	7 / 22	7 / 22	8 / 25	-
-	1st Loop	4.77	0:29:22.9	06:09.6	-	-	-	-
-	2nd Loop	4.51	0:31:03.1	06:53.1	-	-	-	-
24-Jan-09	Mad Trapper (Hilly)	9.24	1:13:19.0	07:56.1	5 / 15	5 / 15	5 / 24	-
-	1st Loop	4.61	0:37:01.8	08:02.0	-	-	-	-
-	2nd Loop	4.63	0:36:17.2	07:50.2	-	-	-	-
13-Dec-08	Mad Trapper (Flat)	10.00	1:12:23.0	07:14.3	5 / 24	5 / 24	5 / 27	-
-	1st Loop	5	0:38:12.0	07:38.4	-	-	-	-
-	2nd Loop	5	0:34:11.0	06:50.2	-	-	-	-
04-Mar-07	Canadian National Snowshoe Championships	10.00	1:40:16.0	10:01.6	3 / 3	3 / 3	27 / 40	3rd
-	1st Loop	5	0:42:20.0	08:28.0	-	-	-	-
-	2nd Loop	5	0:57:56.0	11:35.2	-	-	-	-
27-Jan-07	Mad Trapper (Hilly)	10.00	1:25:58.0	08:35.8	12 / ?	12 / ?	14 / ?	-
-	1st Loop	5	0:42:10.0	08:26.0	-	-	-	-
-	2nd Loop	5	0:43:48.0	08:45.6	-	-	-	-
13-Jan-07	Mad Trapper (Flat) - Trail Run (No Snow)	8.50	0:58:41.9	06:54.3	4 / 13	4 / 13	7 / 20	-
-	No Splits	-	-	-	-	-	-	-

SNOWSHOEING AND SKIING RESULTS

Date	Event Name	Distance (km)	Time	Pace (min/km)	Rank (Category)	Rank (Gender)	Rank (Overall)	Podium
25-Feb-06	Mad Trapper (Finale)	10.00	1:23:18.0	08:19.8	8 / 16	8 / 16	10 / 27	4th (Series)
-	No Splits	-	-	-	-	-	-	-
11-Feb-06	Mad Trapper (Hilly)	10.00	1:40:12.0	10:01.2	9 / 14	9 / 14	14 / 24	-
-	No Splits	-	-	-	-	-	-	-
14-Jan-06	Mad Trapper (Flat)	10.00	1:32:31.0	09:15.1	14 / 20	14 / 20	17 / 31	-
-	No Splits	-	-	-	-	-	-	-

ROAD AND MOUNTAIN BIKE RESULTS

Date	Event Name	Distance (km)	Time	Pace (km/hr)	Rank (Category)	Rank (Gender)	Rank (Overall)	Podium
10-Aug-13	Leadville Trail 100 Mile MTB	160.0	11:31:36	13.88	256 / 322	1024 / 1369	1119 / 1549	-
-	Detailed Results	-	-	-	-	-	-	-
08-Jun-13	Rideau Lakes Tour	340.0	13:33:00	25.09	n/a	n/a	n/a	-
-	Day 1	170.7	6:39:00	25.67	-	-	-	-
-	Day 2	169.3	6:54:00	24.54	-	-	-	-
14-Sep-12	Crank the Shield	208.2	13:52:02	15.01	14 / 39	-	83 / 220	-
-	Day 1	66.0	4:58:58	13.25	16 / 38	-	91 / 220	-
-	Day 2	72.3	4:43:13	15.32	15 / 36	-	88 / 220	-
-	Day 3	69.9	4:09:51	16.79	17 / 37	-	94 / 220	-
-	Detailed Results	-	-	-	-	-	-	-
21-Jul-12	GranFondo Ottawa	175.0	7:30:00	23.33	n/a	n/a	n/a	-
-	No Splits, just a Group Tour ride	-	-	-	-	-	-	-
17-Jun-12	Wilmington Whiteface 100 MTB Race	112.0	6:13:32	17.99	40	129	141	-
-	Detailed Results	-	-	-	-	-	-	-
11-Jun-11	Rideau Lakes Tour	370.0	13:30:00	27.41	n/a	n/a	n/a	-
-	Day 1	185.0	6:40:00	27.75	-	-	-	-
-	Day 2	185.0	6:50:00	27.07	-	-	-	-
28-Jun-09	2009 BC Bike Race	363.0	32:24:26	11.20	32 / 50	74 / 111	118 / 211	-
-	Stage 1 - North Vancouver	29.0	2:57:57	9.78	-	-	-	-
-	Stage 2 - Nanaimo to Parksville	70.0	5:59:11	11.69	-	-	-	-
-	Stage 3 - Cumberland	60.0	5:15:55	11.40	-	-	-	-
-	Stage 4 - Earl's Cove to Sechelt	68.0	5:59:54	11.34	-	-	-	-
-	Stage 5 - Sechelt to Langdale Ferry	45.0	4:29:39	10.01	-	-	-	-
-	Stage 6 - Squamish	60.0	4:50:29	12.39	-	-	-	-
-	Stage 7 - Whistler	31.0	2:51:21	10.85	-	-	-	-
-	Detailed Results	-	-	-	-	-	-	-
06-Jun-09	Rideau Lakes Tour	354.0	14:24:32	24.57	n/a	n/a	n/a	-
-	Day 1	177.0	7:53:54	22.41	-	-	-	-
-	Day 2	177.0	6:30:38	27.19	-	-	-	-
03-May-09	CN Cycle for CHEO (Cycle Tour)	70.0	2:55:43	23.90	n/a	n/a	n/a	-
-	No Splits, just a Group Tour ride	-	-	-	-	-	-	-
16-Sep-07	Tour des Ponts (Tour, not Race)	170.0	5:27:00	31.19	n/a	n/a	n/a	-
-	No Splits, just a Group Tour ride	-	-	-	-	-	-	-
26-Jun-04	24 Hours of Summer Solstice	298.8	22:47:27	13.11	56 / 81	-	-	-
-	As Flying Crack Monkeys	-	-	-	-	-	-	-
-	18 Laps x 16.6km - SPLITS NOT AVAILABLE	-	-	-	-	-	-	-
21-Jun-03	24 Hours of Summer Solstice	302.4	22:31:10	13.43	61 / 76	-	-	-
-	As Flying Crack Monkeys	-	-	-	-	-	-	-
-	18 Laps x 16.8km - SPLITS NOT AVAILABLE	-	-	-	-	-	-	-