



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

3<sup>RD</sup> ANNUAL  
**CAPITAL Y TRI**  
Official Results

Rank	Bib.	Name	City	State	Class	Rank	Swim	Rank	Bike	Rank	Run	Rank	Time	Gap
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**Women 19 & Under**

1	61	Guadalupi Cecilia	Augusta	ME	Women 19 & Under	(1)	5:59.6	(2)	48:03.7	(1)	24:44.8	(1)	1h18:48.1	
2	62	Guadalupi Anne	Augusta	ME	Women 19 & Under	(2)	5:47.0	(1)	48:14.6	(2)	24:46.9	(2)	1h18:48.5	0.4
3	24	Harmon Regina	Palermo	ME	Women 19 & Under	(3)	10:34.0	(3)	1h04:37.0	(3)	28:03.2	(3)	1h43:14.2	24:26.1

**Women 20-29**

1	19	Howes Ariel	Farmingdale	ME	Women 20-29	(1)	8:36.2	(2)	42:50.3	(2)	22:46.9	(1)	1h14:13.4	
2	32	Walden Melissa	Manchester	ME	Women 20-29	(2)	8:00.0	(1)	40:42.0	(1)	26:59.4	(3)	1h15:41.4	1:28.0
3	9	Catlin Shira	Williamstown	MA	Women 20-29	(3)	8:38.3	(3)	49:20.7	(3)	22:48.6	(2)	1h20:47.6	6:34.2
4	48	Avery Andrea	Windsor	ME	Women 20-29	(4)	9:46.6	(4)	50:44.3	(4)	27:54.5	(4)	1h28:25.4	14:12.0
5	36	Tracy Lorayanna	Livermore Falls	ME	Women 20-29	(5)	10:36.3	(5)	59:17.3	(5)	34:55.7	(5)	1h44:49.3	30:35.9

**Women 30-39**

1	7	Lizotte Melissa	Randolph	ME	Women 30-39	(1)	9:55.6	(7)	35:35.3	(1)	23:10.0	(2)	1h08:40.9	
2	2	Cushman Nicole	North Reading	MA	Women 30-39	(2)	7:26.9	(2)	43:28.6	(3)	23:48.9	(3)	1h14:44.4	6:03.5
3	30	Daigle Holly	Manchester	ME	Women 30-39	(3)	9:28.3	(6)	48:26.4	(5)	23:00.6	(1)	1h20:55.3	12:14.4
4	12	Bigney Sarah	Hallowell	ME	Women 30-39	(4)	8:15.2	(3)	47:08.6	(4)	25:59.9	(4)	1h21:23.7	12:42.8
5	63	Damon Kim	Winthrop	ME	Women 30-39	(5)	7:13.6	(1)	39:02.0	(2)	37:38.3	(9)	1h23:53.9	15:13.0
6	65	Rosen Jessica	Augusta	ME	Women 30-39	(6)	10:50.0	(8)	52:20.8	(6)	28:11.5	(5)	1h31:22.3	22:41.4
7	3	Murphy Erin	Farmingdale	ME	Women 30-39	(7)	9:18.3	(5)	54:40.1	(8)	29:04.7	(7)	1h33:03.1	24:22.2
8	43	Magnusson Katrina	Windsor	ME	Women 30-39	(8)	13:00.0	(9)	53:55.8	(7)	28:45.3	(6)	1h35:41.1	27:00.2



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9	18	Worcester Tonya	Hancock	ME	Women 30-39	(9)	8:47.0	(4)	55:20.5	(9)	35:11.2	(8)	1h39:18.7	30:37.8

**Men 30-39**

1	34	Leblanc Jessie	Augusta	ME	Men 30-39	(1)	7:00.4	(1)	44:57.9	(1)	25:37.6	(1)	1h17:35.9	
2	37	Ross Chris	Winthrop	ME	Men 30-39	(2)	11:56.8	(5)	48:47.2	(3)	26:05.8	(2)	1h26:49.8	9:13.9
3	42	Magnusson Matt	Windsor	ME	Men 30-39	(3)	10:45.4	(4)	50:05.6	(4)	27:49.8	(3)	1h28:40.8	11:04.9
4	64	Curtis Jarod	Augusta	ME	Men 30-39	(4)	9:59.7	(2)	47:59.1	(2)	31:48.8	(5)	1h29:47.6	12:11.7
5	57	Ray Nikolas	Augusta	ME	Men 30-39	(5)	10:22.9	(3)	56:32.9	(5)	29:45.6	(4)	1h36:41.4	19:05.5

**Women 40-49**

1	11	Livingston Gretchen	Augusta	ME	Women 40-49	(1)	8:05.9	(1)	41:33.4	(1)	24:16.9	(1)	1h13:56.2	
2	6	Grimshaw Pamela	Augusta	ME	Women 40-49	(2)	9:24.7	(3)	44:56.7	(2)	28:05.5	(3)	1h22:26.9	8:30.7
3	29	Skehan Erin	Farmingdale	ME	Women 40-49	(3)	9:34.8	(4)	49:38.2	(7)	27:43.1	(2)	1h26:56.1	12:59.9
4	33	Raymond Jennifer	Augusta	ME	Women 40-49	(4)	10:27.6	(6)	44:58.3	(3)	32:01.9	(5)	1h27:27.8	13:31.6
5	21	Osborne Elizabeth	Augusta	ME	Women 40-49	(5)	11:11.9	(8)	48:46.4	(5)	31:30.7	(4)	1h31:29.0	17:32.8
6	17	Soule Dolores	Topsham	ME	Women 40-49	(6)	10:15.3	(5)	48:23.7	(4)	34:44.0	(6)	1h33:23.0	19:26.8
7	39	St. Pierre Merry	Livermore Falls	ME	Women 40-49	(7)	10:40.1	(7)	49:38.1	(6)	38:33.3	(9)	1h38:51.5	24:55.3
8	38	Lucas Julie	Readfield	ME	Women 40-49	(8)	12:08.2	(9)	50:03.6	(8)	36:40.2	(7)	1h38:52.0	24:55.8
9	5	Cronkite Kristin	Rockport	ME	Women 40-49	(9)	13:26.6	(10)	57:55.4	(9)	38:10.8	(8)	1h49:32.8	35:36.6
10	56	Mitchell Michelle	Winthrop	ME	Women 40-49	(10)	9:11.5	(2)	58:42.8	(10)	45:39.0	(10)	1h53:33.3	39:37.1



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<b>Men 40-49</b>														
1	1	Malinowski Andrew	Gardiner	ME	Men 40-49	(1)	7:25.0	(1)	37:27.5	(1)	22:36.8	(1)	1h07:29.3	
2	25	Harmon Ryan	Palermo	ME	Men 40-49	(2)	8:47.0	(3)	43:05.8	(2)	25:47.9	(2)	1h17:40.7	10:11.4
3	4	Wheeler TJay	Augusta	ME	Men 40-49	(3)	8:23.1	(2)	43:58.2	(3)	28:39.0	(4)	1h21:00.3	13:31.0
4	55	Mitchell Clyde	Winthrop	ME	Men 40-49	(4)	9:45.1	(4)	52:31.6	(4)	29:15.2	(5)	1h31:31.9	24:02.6
5	20	Grimshaw Scott	Wayne	ME	Men 40-49	(5)	10:53.3	(6)	57:33.2	(6)	26:28.8	(3)	1h34:55.3	27:26.0
6	52	Clements Mike	West Gardiner	ME	Men 40-49	(6)	9:57.3	(5)	57:17.9	(5)	33:09.6	(6)	1h40:24.8	32:55.5

**Women 50-59**

1	49	Pouliot Denise	Augusta	ME	Women 50-59	(1)	8:33.4	(2)	45:54.4	(1)	25:44.0	(2)	1h20:11.8	
2	60	Fromm Laurie	Augusta	ME	Women 50-59	(2)	7:52.6	(1)	47:50.5	(2)	26:50.5	(3)	1h22:33.6	2:21.8
3	14	Sylvester Liz	Winthrop	ME	Women 50-59	(3)	9:52.0	(4)	48:36.1	(3)	25:25.0	(1)	1h23:53.1	3:41.3
4	45	Smith Laura	Whitefield	ME	Women 50-59	(4)	8:42.6	(3)	51:33.4	(4)	29:25.1	(4)	1h29:41.1	9:29.3

**Men 50-59**

1	47	Berube Mike	Readfield	ME	Men 50-59	(1)	8:49.3	(4)	33:59.5	(1)	25:44.1	(4)	1h08:32.9	
2	8	Harwood Greg	Winthrop	ME	Men 50-59	(2)	7:21.5	(1)	36:36.0	(2)	27:08.4	(5)	1h11:05.9	2:33.0
3	44	Mansius Donald	Appleton	ME	Men 50-59	(3)	8:25.2	(3)	40:48.5	(4)	21:54.2	(1)	1h11:07.9	2:35.0
4	15	Boyd Greg	Waterville	ME	Men 50-59	(4)	9:30.3	(5)	40:21.2	(3)	24:12.7	(3)	1h14:04.2	5:31.3
5	51	Johnson Patrick	New Harbor	ME	Men 50-59	(5)	7:38.0	(2)	53:14.2	(6)	22:45.6	(2)	1h23:37.8	15:04.9
6	41	Destefano Ralph	North Monmouth	ME	Men 50-59	(6)	15:07.7	(6)	50:55.1	(5)	42:21.4	(6)	1h48:24.2	39:51.3



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**Women 60+**

1	54	Godfrey Barbara	Gardiner	ME	Women 60+	(1)	8:37.0	(1)	50:02.3	(1)	35:28.1	(1)	1h34:07.4	
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**Men 60 and Over**

1	16	Oickle Robert	Pownal	ME	Men 60 and Over	(1)	7:55.7	(1)	37:50.5	(1)	23:20.8	(1)	1h09:07.0	
2	31	Cameron Mark	Augusta	ME	Men 60 and Over	(2)	8:49.4	(2)	51:45.4	(2)	27:37.8	(2)	1h28:12.6	19:05.6