



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

3RD ANNUAL
CAPITAL Y TRI
Official Results

Rank	Bib.	Name	City	State	Class	Rank	Swim	Rank	Bike	Rank	Run	Rank	Time	Gap
Women														
1	7	Lizotte Melissa	Randolph	ME	Women 30-39	(1)	9:55.6	(22)	35:35.3	(1)	23:10.0	(4)	1h08:40.9	
2	11	Livingston Gretchen	Augusta	ME	Women 40-49	(1)	8:05.9	(7)	41:33.4	(4)	24:16.9	(6)	1h13:56.2	5:15.3
3	19	Howes Ariel	Farmingdale	ME	Women 20-29	(1)	8:36.2	(10)	42:50.3	(5)	22:46.9	(1)	1h14:13.4	5:32.5
4	2	Cushman Nicole	North Reading	MA	Women 30-39	(2)	7:26.9	(4)	43:28.6	(6)	23:48.9	(5)	1h14:44.4	6:03.5
5	32	Walden Melissa	Manchester	ME	Women 20-29	(2)	8:00.0	(6)	40:42.0	(3)	26:59.4	(13)	1h15:41.4	7:00.5
6	61	Guadalupi Cecilia	Augusta	ME	Women 19 & Under	(1)	5:59.6	(2)	48:03.7	(12)	24:44.8	(7)	1h18:48.1	10:07.2
7	62	Guadalupi Anne	Augusta	ME	Women 19 & Under	(2)	5:47.0	(1)	48:14.6	(13)	24:46.9	(8)	1h18:48.5	10:07.6
8	49	Pouliot Denise	Augusta	ME	Women 50-59	(1)	8:33.4	(9)	45:54.4	(9)	25:44.0	(10)	1h20:11.8	11:30.9
9	9	Catlin Shira	Williamstown	MA	Women 20-29	(3)	8:38.3	(12)	49:20.7	(18)	22:48.6	(2)	1h20:47.6	12:06.7
10	30	Daigle Holly	Manchester	ME	Women 30-39	(3)	9:28.3	(18)	48:26.4	(15)	23:00.6	(3)	1h20:55.3	12:14.4
11	12	Bigney Sarah	Hallowell	ME	Women 30-39	(4)	8:15.2	(8)	47:08.6	(10)	25:59.9	(11)	1h21:23.7	12:42.8
12	6	Grimshaw Pamela	Augusta	ME	Women 40-49	(2)	9:24.7	(17)	44:56.7	(7)	28:05.5	(17)	1h22:26.9	13:46.0
13	60	Fromm Laurie	Augusta	ME	Women 50-59	(2)	7:52.6	(5)	47:50.5	(11)	26:50.5	(12)	1h22:33.6	13:52.7
14	14	Sylvester Liz	Winthrop	ME	Women 50-59	(3)	9:52.0	(21)	48:36.1	(16)	25:25.0	(9)	1h23:53.1	15:12.2
15	63	Damon Kim	Winthrop	ME	Women 30-39	(5)	7:13.6	(3)	39:02.0	(2)	37:38.3	(29)	1h23:53.9	15:13.0
16	29	Skehan Erin	Farmingdale	ME	Women 40-49	(3)	9:34.8	(19)	49:38.2	(20)	27:43.1	(14)	1h26:56.1	18:15.2
17	33	Raymond Jennifer	Augusta	ME	Women 40-49	(4)	10:27.6	(24)	44:58.3	(8)	32:01.9	(23)	1h27:27.8	18:46.9
18	48	Avery Andrea	Windsor	ME	Women 20-29	(4)	9:46.6	(20)	50:44.3	(23)	27:54.5	(15)	1h28:25.4	19:44.5
19	45	Smith Laura	Whitefield	ME	Women 50-59	(4)	8:42.6	(13)	51:33.4	(24)	29:25.1	(21)	1h29:41.1	21:00.2
20	65	Rosen Jessica	Augusta	ME	Women 30-39	(6)	10:50.0	(28)	52:20.8	(25)	28:11.5	(18)	1h31:22.3	22:41.4
21	21	Osborne Elizabeth	Augusta	ME	Women 40-49	(5)	11:11.9	(29)	48:46.4	(17)	31:30.7	(22)	1h31:29.0	22:48.1
22	3	Murphy Erin	Farmingdale	ME	Women 30-39	(7)	9:18.3	(16)	54:40.1	(27)	29:04.7	(20)	1h33:03.1	24:22.2
23	17	Soule Dolores	Topsham	ME	Women 40-49	(6)	10:15.3	(23)	48:23.7	(14)	34:44.0	(24)	1h33:23.0	24:42.1
24	54	Godfrey Barbara	Gardiner	ME	Women 60+	(1)	8:37.0	(11)	50:02.3	(21)	35:28.1	(27)	1h34:07.4	25:26.5
25	43	Magnusson Katrina	Windsor	ME	Women 30-39	(8)	13:00.0	(31)	53:55.8	(26)	28:45.3	(19)	1h35:41.1	27:00.2



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26	39	St. Pierre Merry	Livermore Falls	ME	Women 40-49	(7)	10:40.1	(27)	49:38.1	(19)	38:33.3	(31)	1h38:51.5	30:10.6
27	38	Lucas Julie	Readfield	ME	Women 40-49	(8)	12:08.2	(30)	50:03.6	(22)	36:40.2	(28)	1h38:52.0	30:11.1
28	18	Worcester Tonya	Hancock	ME	Women 30-39	(9)	8:47.0	(14)	55:20.5	(28)	35:11.2	(26)	1h39:18.7	30:37.8
29	24	Harmon Regina	Palermo	ME	Women 19 & Under	(3)	10:34.0	(25)	1h04:37.0	(32)	28:03.2	(16)	1h43:14.2	34:33.3
30	36	Tracy Lorayanna	Livermore Falls	ME	Women 20-29	(5)	10:36.3	(26)	59:17.3	(31)	34:55.7	(25)	1h44:49.3	36:08.4
31	5	Cronkite Kristin	Rockport	ME	Women 40-49	(9)	13:26.6	(32)	57:55.4	(29)	38:10.8	(30)	1h49:32.8	40:51.9
32	56	Mitchell Michelle	Winthrop	ME	Women 40-49	(10)	9:11.5	(15)	58:42.8	(30)	45:39.0	(32)	1h53:33.3	44:52.4

Men

1	13	Stickney Isaac	Portland	ME	Men 20-29	(1)	6:22.2	(1)	32:26.6	(1)	17:37.0	(1)	56:25.8	
2	1	Malinowski Andrew	Gardiner	ME	Men 40-49	(1)	7:25.0	(4)	37:27.5	(4)	22:36.8	(3)	1h07:29.3	11:03.5
3	47	Berube Mike	Readfield	ME	Men 50-59	(1)	8:49.3	(10)	33:59.5	(2)	25:44.1	(8)	1h08:32.9	12:07.1
4	16	Oickle Robert	Pownal	ME	Men 60 and Over	(1)	7:55.7	(6)	37:50.5	(5)	23:20.8	(5)	1h09:07.0	12:41.2
5	8	Harwood Greg	Winthrop	ME	Men 50-59	(2)	7:21.5	(3)	36:36.0	(3)	27:08.4	(12)	1h11:05.9	14:40.1
6	44	Mansius Donald	Appleton	ME	Men 50-59	(3)	8:25.2	(8)	40:48.5	(7)	21:54.2	(2)	1h11:07.9	14:42.1
7	15	Boyd Greg	Waterville	ME	Men 50-59	(4)	9:30.3	(12)	40:21.2	(6)	24:12.7	(6)	1h14:04.2	17:38.4
8	34	Leblanc Jessie	Augusta	ME	Men 30-39	(1)	7:00.4	(2)	44:57.9	(10)	25:37.6	(7)	1h17:35.9	21:10.1
9	25	Harmon Ryan	Palermo	ME	Men 40-49	(2)	8:47.0	(9)	43:05.8	(8)	25:47.9	(9)	1h17:40.7	21:14.9
10	4	Wheeler TJay	Augusta	ME	Men 40-49	(3)	8:23.1	(7)	43:58.2	(9)	28:39.0	(15)	1h21:00.3	24:34.5
11	51	Johnson Patrick	New Harbor	ME	Men 50-59	(5)	7:38.0	(5)	53:14.2	(17)	22:45.6	(4)	1h23:37.8	27:12.0
12	37	Ross Chris	Winthrop	ME	Men 30-39	(2)	11:56.8	(19)	48:47.2	(12)	26:05.8	(10)	1h26:49.8	30:24.0
13	31	Cameron Mark	Augusta	ME	Men 60 and Over	(2)	8:49.4	(11)	51:45.4	(15)	27:37.8	(13)	1h28:12.6	31:46.8
14	42	Magnusson Matt	Windsor	ME	Men 30-39	(3)	10:45.4	(17)	50:05.6	(13)	27:49.8	(14)	1h28:40.8	32:15.0
15	64	Curtis Jarod	Augusta	ME	Men 30-39	(4)	9:59.7	(15)	47:59.1	(11)	31:48.8	(18)	1h29:47.6	33:21.8
16	55	Mitchell Clyde	Winthrop	ME	Men 40-49	(4)	9:45.1	(13)	52:31.6	(16)	29:15.2	(16)	1h31:31.9	35:06.1



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17	20	Grimshaw Scott	Wayne	ME	Men 40-49	(5)	10:53.3	(18)	57:33.2	(20)	26:28.8	(11)	1h34:55.3	38:29.5
18	57	Ray Nikolas	Augusta	ME	Men 30-39	(5)	10:22.9	(16)	56:32.9	(18)	29:45.6	(17)	1h36:41.4	40:15.6
19	52	Clements Mike	West Gardiner	ME	Men 40-49	(6)	9:57.3	(14)	57:17.9	(19)	33:09.6	(19)	1h40:24.8	43:59.0
20	41	Destefano Ralph	North Monmouth	ME	Men 50-59	(6)	15:07.7	(20)	50:55.1	(14)	42:21.4	(20)	1h48:24.2	51:58.4