

**RACE RESULTS**  
**Atlantic Indoor Rowing Championships, 3 February 2008**  
**Hosted by Nova Scotia Rowing Association**

FRC-Fredericton Rowing Club, HRC-Halifax Rowing Club, NSRC-Northstar Rowing Club,  
DAL-Dalhousie Rowing, MMRC-Mic Mac Rowing Club, MMP-Mic Mac Paddling, Ind-  
Independent

Junior Lightweight Women 2k:

Forestell, Sophie (FRC)	08:35.90
Mills, Julia (NSRC)	08:37.60
Mills, Karen (NSRC)	09:03.80

Junior Lightweight Men 2k:

Lalancette, Daniel (HRC)	07:26.2
Johnson, Billy (NSRC)	07:58.70
Vanhorne, Ben (NSRC)	08:07.60
Darling, Robbie (HRC)	08:29.80

Junior Women 2k:

Elbourne, Kate (HRC)	07:50.5
Roy, Michelle (FRC)	08:04.10
Browne, Jessica (NSRC)	08:13.00
Panagapko, Kyra (MMRC)	08:18.70
Murray, Johanna (NSRA)	08:28.30
Johnson, Anna (NSRC)	08:51.20

Junior Men 2k:

Fraughton, Alex (HRC)	07:31.6
Trzeinski, Max (MMRC)	07:39.40

Masters Lightweight Women 2k:

Lawrence, Janice (FRC)	07:48.3
Kavanaugh, Karen (MMRC)	08:21.40
Hodder, Lori (MMRC)	09:09.00

Masters Men A 2k:

Garsuch, Arnd (NSRC)	06:28.2
Warner, Sean (NSRC)	07:05.60

Masters Women B 2k:

Cooper, Geraldine (NSRC)	07:57.5
Duann, Sue (MMRC)	08:16.80
Dean, Sally (MMRC)	08:26.90

Masters Men B 2k:

Shaw, Paul (HRC)	06:42.9
Tompkins, Jim (NSRC)	07:01.90
Rowlands, Joe (MMRC)	07:09.40

Masters Men C 2k:

Ritch, Murray (NSRC)	08:26.6
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Under23 Lightweight Women 2k:  
Rowlands, Jenn (MMRC) 08:09.8

Under23 Lightweight Men 2k:  
Murray, Dan (NSRC) 06:38.8

Under23 Women 2k:  
Pegg, Erin (NSRC) 07:47.5  
Lesser, Iris (DAL) 07:53.70  
Corcadden, Laura (FRC) 08:17.40

Under23 Men 2k :  
Craig, Michael (FRC) 06:41.8.

Senior Lightweight Women 2k:  
Mitchell, Sarah (Ind) 08:01.5.

Senior Men 2k:  
Baker, Aaron (MMP) 07:11.0.

Junior Women 1k Dash:  
Elbourne, Kate (HRC) 03:44.3  
Panagapko, Kyra (MMRC) 04:00.70  
Forestall, Sophie (FRC) 04:06.40

Junior Men 1k Dash:  
Lalancette, Daniel (HRC) 03:33.4  
Trzeinski, Max (MMRC) 03:39.00  
Fraughton, Alex (HRC) 03:39.30  
Johnson, Billy (NSRC) 03:42.80

Masters Women 1k Dash:  
Mills, Carolyn (NSRC) 03:52.2  
Flannery, Merrideth (NSRC) 04:10.40  
Cherrett, Moira (MMRC) 04:11.50  
Martin, Kathy (MMRC) 04:20.00  
Jessup, Pat (MMRC) 04:35.20

Masters Men 1k Dash:  
Warner, Sean (NSRC) 03:24.4

Senior Men 1k Dash:  
Connor, Matt (Ind) 03:17.6  
Murray, Dan (NSRC) 03:22.20

Senior Women 1k Dash:  
Lesser, Iris (DAL) 03:47.3  
Corcadden, Laura (FRC) 03:58.10  
Rowlands, Jenn (MMRC) 03:59.30  
Fioratos, Vicky (NSRC) 04:23.10

Mixed Club 2k Race:

Mills, Bob; Mills, Carolyn; Cooper, Geraldine; Warner, Sean (NSRC-C)	06:52.30
Murray, Dan; Erin Pegg; Pat Convey; Jessica Browne (NSRC-A)	07:02.70
Lalancette, Daniel; Fraughton, Alex; Darling, Robbie; Elbourne, Kate (HRC)	07:11.60
Dean, Sally; Duann, Sue; Rowlands, Joe; Kavanaugh, Karen (MMRC-A)	07:34.10
Vanhorne, Ben; Johnson, Billy; Johnson, Anna; Murray, Johanna (NSRC- B)	07:44.70
Mills, Karen; Mills, Julia; Fioratos, Vicky; Mumford, Ashley (NSRC-D)	07:59.60
Cherrett, Moira; Jessup, Pat; MacNeil, Bruce; Martin, Kathy (MMRC-B)	08:05.70