

2023 Atlantic Rowing Championships

Saturday, October 28th

Lake Banook, Dartmouth, Nova Scotia

Time Trials

Race #	Time	Event	Bow#	Club	Crew Suffix	Crew Names	Category	Masters Age Adj. (seconds)	Race Time	Penalty	Final Time
1	7:45 AM	Womens Championship 2x Time Trial	2	DAL	Inkpen, S	Sophie Inkpen, Ava Dlugolecki	Womens U23 2x		3:58.71		3:58.71
			10	NSRC	Helfenstein, M	Megane Helfenstein, Melanie Helfenstein	Womens Juniors 2x		4:08.01		4:08.01
			5	StFX	MacGregor, F	Frances MacGregor, Morgan Stull	Womens U23 2x		4:11.09		4:11.09
			3	HRC	loewen, K	Krista loewen, Hanika Nakagawa	Womens Senior 2x		4:20.85		4:20.85
			7	DAL	Bub, N	Nika Bub, Jencin Kant	Womens U23 2x Lwt		4:24.37		4:24.37
			1	NSRC	MacNab, M	Maya MacNab, Maggie Rodwell	Womens Senior 2x		4:28.60		4:28.60
			9	MMAAC	Foster Thompson, P	Portia Foster Thompson, Stella Janes	Womens Juniors 2x		4:29.32		4:29.32
			8	GMR	Lopez, S	Sofia Lopez, Isabelle Gray	Womens Juniors 2x		4:29.55		4:29.55
			6	NSRC	Penner, M	Marina Penner, Mikaela Marchand	Womens U23 2x		5:04.78		5:04.78
			4	StFX	Polson, F	Fiona Polson, Clew Meagher	Womens U23 2x		5:31.66		5:31.66
2	8:00 AM	Mens Championship 1x Time Trial	1	DAL	Chevalier, J	Jay Chevalier	Mens U23 1x		3:42.43		3:42.43
			2	NSRC	Hagan-Deschamps, B	Brishen Hagan-Deschamps	Mens Senior 1x Lwt		3:54.75		3:54.75
			4	NSRC	Casavechia, S	Sean Casavechia	Mens Senior 1x		3:57.83		3:57.83
			3	HRC	Davy, J	James Davy	Mens Senior 1x		4:03.99		4:03.99
			7	MMAAC	Martens, T	Thomas Martens	Mens Juniors 1x		4:11.37		4:11.37
			6	NSRC	Gareau, M	Malcolm Gareau	Mens Juniors 1x		4:12.63		4:12.63
			5	NSRC	Wedgwood, L	Luke Wedgwood	Mens Senior 1x		4:15.35		4:15.35
3	8:30 AM	Womens Championship 1x Time Trial	4	NSRC	Munroe, E	Emily Munroe	Womens U23 1x		4:10.23		4:10.23
			3	NSRC	Macleod, L	Lucy Macleod	Womens Senior 1x		4:17.89		4:17.89
			2	DAL	Inkpen, S	Sophie Inkpen	Womens U23 1x		4:18.76		4:18.76
			6	DAL	Kulig, K	Kate Kulig	Womens U23 1x		4:22.87		4:22.87
			9	NSRC	Helfenstein, M	Melanie Helfenstein	Womens Juniors 1x		4:23.54		4:23.54
			10	GMR	Clarke, H	Heather Clarke	Womens Juniors 1x		4:36.65		4:36.65
			1	NSRC	Murphy, M	Madeleine Murphy	Womens Senior 1x Lwt		4:51.41		4:51.41
			5	HRC	Nakagawa, H	Hanika Nakagawa	Womens Senior 1x		4:53.26		4:53.26
			11	MMAAC	Ronayne, E	Ella Ronayne	Womens Juniors 1x		4:54.33		4:54.33
			7	DAL	Baxendale, M	Mara Baxendale	Womens U23 1x		5:07.99		5:07.99
8	DAL	Thompson, D	Daphne Thompson	Womens U23 1x		5:44.90		5:44.90			

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Finals

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4	9:30 AM	Mens Championship 1x Final B	3	NSRC	Gareau, M	Malcolm Gareau	Mens Juniors 1x		4:16.39		4:16.39
			4	NSRC	Wedgwood, L	Luke Wedgwood	Mens Senior 1x		4:32.74		4:32.74
			1								
			2								
			5								
5	9:40 AM	Mens Championship 1x Final A	3	DAL	Chevalier, J	Jay Chevalier	Mens U23 1x		3:51.77		3:51.77
			4	NSRC	Hagan-Deschamps, B	Brishen Hagan-Deschamps	Mens Senior 1x Lwt		4:02.27		4:02.27
			2	NSRC	Casavechia, S	Sean Casavechia	Mens Senior 1x		4:05.85		4:05.85
			1	MMAAC	Martens, T	Thomas Martens	Mens Juniors 1x		4:18.51		4:18.51
			5	HRC	Davy, J	James Davy	Mens Senior 1x		4:24.80		4:24.80
6	9:50 AM	Women's Championship 2x Final B	4	MMAAC	Foster Thompson, P	Portia Foster Thompson, Stella Janes	Womens Juniors 2x		4:27.90		4:27.90
			3	NSRC	MacNab, M	Maya MacNab, Maggie Rodwell	Womens Senior 2x		4:32.07		4:32.07
			2	GMR	Lopez, S	Sofia Lopez, Isabelle Gray	Womens Juniors 2x		4:33.46		4:33.46
			1	StFX	Polson, F	Fiona Polson, Clew Meagher	Womens U23 2x		4:38.64		4:38.64
			5	NSRC	Penner, M	Marina Penner, Mikaela Marchand	Womens U23 2x		5:11.99		5:11.99
7	10:00 AM	Women's Championship 2x Final A	3	DAL	Inkpen, S	Sophie Inkpen, Ava Dlugolecki	Womens U23 2x		4:00.73		4:00.73
			2	StFX	MacGregor, F	Frances MacGregor, Morgan Stull	Womens U23 2x		4:07.88		4:07.88
			4	NSRC	Helfenstein, M	Megane Helfenstein, Melanie Helfenstein	Womens Juniors 2x		4:13.39		4:13.39
			5	HRC	loewen, K	Krista loewen, Hanika Nakagawa	Womens Senior 2x		4:23.63		4:23.63
			1	DAL	Bub, N	Nika Bub, Jencin Kant	Womens U23 2x Lwt		4:29.43		4:29.43
8	10:10 AM	Mens Championship 4-Final	3	StFX	Cestra, A	Alex Cestra, Ben Collins MacKay, Mitchell Bailey, Jack Harding	Mens U23 4-		3:46.04		3:46.04
			4	NSRC	Hagan-Deschamps, B (EX)	Brishen Hagan-Deschamps, Yunzhao Lyu, Noel Balsor, Malcolm Gareau, Chloe Rankin (cox)	Mens Senior 4+		3:52.48		3:52.48
			1								
			2								
			5								
9	10:20 AM	Mens Novice 1x Final	5	NSRC	Myers, C	Callum Myers			4:14.28		4:14.28
			4	NSRC	Stafford, E	Ethan Stafford			4:28.71		4:28.71
			2	MMAAC	Fitzpatrick Walsh, D	Dylan Fitzpatrick Walsh			4:54.64		4:54.64
			1	GMR	Yang, M	Muen Yang			5:01.29		5:01.29
			3	NSRC	Legere, M	Max Legere			5:05.81		5:05.81
10	10:30 AM	Womens Masters 2x Final	3	HRC	Evans, T	Tracey Evans, Jennifer Devitt		10.3	4:23.01		4:12.68
			5	HRC	Letman, M	Mary Margaret Letman, Mieke Hagesteijn		0.6	4:26.85		4:26.28
			4	NSRC	Dunn, L	Laura Dunn, Kendra Dorey		2.3	4:32.11		4:29.81
			2	NSRC	Berette, M	Megan Berette, Katarina Marinic		1.0	scratch		scratch
			1								
11	10:40 AM	Mens Masters 4x Final	3	MMAAC	Proulx, R	Richard Proulx, Mark Sebestik, Daniel Chevalier, Alex Raiche-Marsden		16.4	3:47.04		3:30.64
			4	HRC	Ellis, R	Robert Ellis, Pierre Poirier, Jonathan Tyson, Michael Vandenburg		14.2	3:46.40		3:32.20
			1								
			2								
			5								
12	10:50 AM	Mens Championship 2x Final	5	NSRC	Burke, J	Jordan Burke, Andrew Todd	Mens Senior 2x		3:44.49		3:44.49
			4	DAL	Craig, M	Matthew Craig, Ethan Li	Mens U23 2x		3:53.71		3:53.71
			3	StFX	Andrews-O'Connor, C	Colin Andrews-O'Connor, Tom Van Esseveldt	Mens U23 2x		4:05.32		4:05.32
			2	MMAAC	Birchall, S	Sean Birchall, Benjamin Gammon	Mens Juniors 2x		4:06.57		4:06.57
			1								
13	11:00 AM	Womens Championship 1x Final C	1	DAL	Baxendale, M	Mara Baxendale	Womens U23 1x		5:04.73		5:04.73
			2	DAL	Thompson, D	Daphne Thompson	Womens U23 1x		5:36.84		5:36.84
			3								
			4								
			5								

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14	11:10 AM	Womens Championship 1x Final B	3	GMR	Clarke, H	Heather Clarke	Womens Juniors 1x		4:39.92		4:39.92	
			5	MMAAC	Ronayne, E	Ella Ronayne	Womens Juniors 1x		4:56.82		4:56.82	
			2	HRC	Nakagawa, H	Hanika Nakagawa	Womens Senior 1x		5:00.16		5:00.16	
			4	NSRC	Murphy, M	Madeleine Murphy	Womens Senior 1x Lwt		5:09.23		5:09.23	
			1									
15	11:20 AM	Womens Championship 1x Final A	3	NSRC	Munroe, E	Emily Munroe	Womens U23 1x		4:08.27		4:08.27	
			4	NSRC	Macleod, L	Lucy Macleod	Womens Senior 1x		4:12.50		4:12.50	
			2	DAL	Inkpen, S	Sophie Inkpen	Womens U23 1x		4:16.01		4:16.01	
			1	NSRC	Helfenstein, M	Melanie Helfenstein	Womens Juniors 1x		4:21.78		4:21.78	
			5	DAL	Kulig, K	Kate Kulig	Womens U23 1x		4:24.99		4:24.99	
16	12:20 PM	Womens Novice 1x Final	3	NSRC	Helfenstein, M	Megane Helfenstein			5:16.22		5:16.22	
			4	NSRC	LeBlanc, E	Esmee LeBlanc			5:17.51		5:17.51	
			2	MMAAC	Marshall, L	Leiden Marshall			5:56.37		5:56.37	
			1									
			5									
17	12:30 PM	Mens Masters 2x Final	2	StFX	Kennedy, A	Angus Kennedy, Grady Squires	Mens U23 2-		3:49.12		3:49.12	
			3	HRC	Vandenburg, M	Michael Vandenburg, Jonathan Tyson			12.1	4:06.87		3:54.73
			4	NSRC	Warner, S	Sean Warner, Mark Walsh			10.9	4:45.22		4:34.31
			1									
			5									
18	12:40 PM	Womens Masters 4x Final	3	MMAAC	Marshall, K	Keli Marshall, Meg MacDougall, Catherine Ozon, Michelle Raiche-Marsden			2.2	4:07.13		4:04.95
			4	HRC	Evans, T	Tracey Evans, Trina Stevens, Mary Margaret Letman, Krista loewen			2.0	4:14.95		4:12.95
			2	StFX	Mickanuck, O	Olivia Mickanuck, Kya Girard, Kamryn Ivan, Lauren Harback	Womens U23 4-			4:46.19		4:46.19
			1									
			5									
19	12:50 PM	Womens Masters 1x Final	3	HRC	Devitt, J	Jennifer Devitt			13.0	5:08.98		4:55.98
			4	NSRC	MacDonald	Kendra MacDonald			3.8	5:13.00		5:09.20
			1									
			2									
			5									
20	1:10 PM	Womens Championship 4x Final	5	DAL	Chircop, A	Antonia Chircop, Kate Kulig, Mara Baxendale, Ava Dlugolecki	Womens Senior 4x		4:06.82		4:06.82	
			2	MMAAC	Ronayne, E	Ella Ronayne, Portia Foster Thompson, Leiden Marshall, Stella Janes	Womens Juniors 4x		4:30.82		4:30.82	
			3	GMR	Brushett, E	Elena Brushett, Sofia Lopez, Isabelle Gray, Heather Clarke	Womens Juniors 4x		4:31.58		4:31.58	
			4	DAL	Peitsch, H	Hannah Peitsch, Frida Kaeubler-DeLong, Claire Ponesse, Arenn Osadzuk	Womens U23 4x		4:34.26		4:34.26	
			1									
21	1:20 PM	Mens Novice 2x Final	3	NSRC	Legere, M	Max Legere, Ethan Stafford			4:29.64		4:29.64	
			2	DAL	Dickson, J (EX)	Joshua Dickson, Shaoyu Qi			4:43.49		4:43.49	
			1	GMR	Yang, M	Muen Yang, Connor Anjelic			5:12.49		5:12.49	
			4	GMR	Thompson, S	Simon Thompson, Christos Giannou			5:33.25		5:33.25	
			5									
22	1:30 PM	Mixed Masters 2x Final	4	HRC	Stevens, T	Trina Stevens, Jonathan Tyson			14.8	4:22.81		4:07.97
			3	HRC	Devitt, J	Jennifer Devitt, Michael Vandenburg			9.3	4:19.48		4:10.13
			5	HRC	Nakagawa, H	Hanika Nakagawa, James Davy			3.4	4:15.92		4:12.54
			2	HRC	Hagesteijn, M	Mieke Hagesteijn, Pierre Poirier			4.9	4:39.25		4:34.37
			1									
23	1:40 PM	Mens Championship 4x Final	3	MMAAC	Birchall, S	Sean Birchall, Dylan Fitzpatrick Walsh, Benjamin Gammon, Thomas Mart	Mens Juniors 4x		3:51.36		3:51.36	
			4	DAL	Craig, M	Matthew Craig, Shaoyu Qi, Joshua Dickson, Ethan Li	Mens Senior 4x		3:52.04		3:52.04	
			1									
			2									
			5									
24	1:50 PM	Womens Championship 2-Final	4	NSRC	Munroe, E	Emily Munroe, Lucy Macleod	Womens Senior 2-		4:13.65		4:13.65	
			5	DAL	Crewe, O	Olivia Crewe, Deanna Salmon	Womens Senior 2-		4:19.07		4:19.07	
			1	NSRC	Pelham, J	Jenna Pelham, Julia Mills	Womens Senior 2-		4:22.00		4:22.00	
			2	StFX	Sahu, C	Corinna Sahu, Bryn Florence	Womens U23 2-		4:29.87		4:29.87	
			3	DAL	Sacuta, Z	Zoe Sacuta, Kate Sawyer	Womens U23 2-		4:55.02		4:55.02	

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25	2:00 PM	Mens Masters 1x Final	3	HRC	Pierre Poirier, P	Pierre Poirier		16.1	5:04.65		4:48.50
			4	HRC	Vandenburg, M	Michael Vandenburg		6.6	5:05.27		4:58.68
			1								
			2								
			5								
26	2:10 PM	Womens Novice 2x Final	2	NSRC	LeBlanc, E	Esmee LeBlanc, Megane Helfenstein			4:56.70		4:56.70
			4	GMR	Gowan, T (EX)	Tara Gowan, Madison Gallupe			4:59.17		4:59.17
			3	DAL	Vivian, A	Abigail Vivian, Frida Kaeubler-DeLong			5:14.40		5:14.40
			5	GMR	Woolley, C	Charlotte Woolley, Kara Lee			6:05.67		6:05.67
			1								
27	2:20 PM	Mens Championship 8+ Final	2	StFX	Smith, E	Emma Smith (cox), Caleb-devan Mailman, Jack Harding, Mitchell Bailey, Colin Andrews-O'Connor, Angus Kennedy, Tom Van Esseveldt, Ethan Copp, Grady Squires	Mens U23 8+		3:26.39		3:26.39
			4	NSRC/GMR	Emsley, G	Gail Emsley (cox), Brishen Hagan-Deschamps, Austin Cameron, Yunzhao Lyu, Connor Andjelic, Sean Casavechia, Iain Carew, Jordan Burke, Andrew Todd	Mens Senior 8+		3:40.89		3:40.89
			3	StFX	Maiorino, G	Gabriel Maiorino (cox), Jacob Cruchet, Sam Chapman, Christian Rumler, Rex Carter, Charlie Caddick, Niall Nanjad, Thomas Clements, Noah D'Entremont	Mens U23 8+		4:42.91		4:42.91
			1								
			5								
28	2:40 PM	Mixed Masters 4x Final	5	DAL	Chevalier, J (EX)	Jay Chevalier, Holden Gould, Olivia Crewe, Deanna Salmon		0.0	3:43.78		3:43.78
			3	HRC	Evans, T	Tracey Evans, Michael Vandenburg, Jonathan Tyson, Jennifer Devitt		10.9	4:05.38		3:54.47
			2	MMAAC	Proulx, R	Richard Proulx, Cynthia Hoskins, Rhonda Wilson, Daniel Chevalier		22.1	4:34.84		4:12.77
			4	HRC	Letman, M	Mary Margaret Letman, Pierre Poirier, Robert Ellis, Mieke Hagesteijn		5.4	4:18.99		4:13.59
			1	GMR	LeBlanc, E (EX)	Esmee LeBlanc, Simon Thompson, Christos Giannou, Muen Yang	Mens Novice 4x		5:01.25		5:01.25
29	2:50 PM	Womens Novice 4x Final	4	GMR	Lee, K	Kara Lee, Madison Gallupe, Carolina Wing-Matier, Charlotte Woolley			6:10.18		6:10.18
			3	StFX	Smith, J (EX)	Grace Disney (cox), Jenna Smith, Olivia Harding, Kate Harding, Madison Conrad	Womens U23 4+		6:43.61		6:43.61
			1								
			2								
			5								
30	3:00 PM	Womens Championship 8+ Final	4	DAL	Ondracka, L	Leah Ondracka (cox), Jencin Kant, Hannah Peitsch, Daphne Thompson, Nika Bub, Claire Ponesse, Kate Sawyer, Arenn Osadzuk, Zoe Sacuta	Womens U23 8+		4:01.50		4:01.50
			2	StFX	Maiorino, G	Gabriel Maiorino (cox), Alyssa Spridgeon, Kya Girard, Clew Meagher, Fiona Polson, Corinna Sahu, Bryn Florence, Frances MacGregor, Morgan Stull	Womens U23 8+		4:18.11		4:18.11
			5	NSRC/GMR	Rankin, C	Chloe Rankin (cox), Jenna Pelham, Sofia Lopez, Gail Emsley, Tara Gowan, Elena Brushett, Madeleine Murphy, Isabelle Gray, Heather Clarke	Womens Senior 8+		4:19.80		4:19.80
			3	StFX	Disney, G	Grace Disney (cox), Noelle MacDougall, Isabella Heinemann, Madelyne Bradfield, Madeline Heggie, Julia Crean, Piper Bullivant, Lu Walsh, Grace Potter	Womens U23 8+		6:21.26		6:21.26
			1								