

# ROW NOVA SCOTIA SPRINTS REGATTA

Sunday July 14, 2024  
Lake Banook, Dartmouth  
Results - Official



| Race# | Time    | Category                                          | Bow# | Club  | Crew Suffix          | Crew Names                              | Masters Age<br>Adj (sec) | Race Time | Final Time |
|-------|---------|---------------------------------------------------|------|-------|----------------------|-----------------------------------------|--------------------------|-----------|------------|
| 1     | 7:30 am | Womens Juniors 2x<br>Time Trial                   | 1    | NSRC  | Helfenstein, M       | Megane Helfenstein, Esmée LeBlanc       |                          | 4:23.1    | 4:23.1     |
|       |         |                                                   | 2    | MMAAC | Ronayne, E           | Ella Ronayne, Portia Foster Thompson    |                          | 4:18.7    | 4:18.7     |
|       |         |                                                   | 3    | RPEI  | De Haan, M           | Mirthe De Haan, Emmerson Bohan          |                          | 5:08.4    | 5:08.4     |
|       |         |                                                   | 4    | MMAAC | Spry, E              | Evelyn Spry, Leiden Marshall            |                          | 5:00.1    | 5:00.1     |
|       |         |                                                   | 5    | NSRC  | Gallupe, M           | Madison Gallupe, Sofia Leguizamon López |                          | 4:38.5    | 4:38.5     |
|       |         |                                                   | 6    | RPEI  | Porter, L            | Lily Porter, Emma Porter                |                          | 4:50.7    | 4:50.7     |
| 2     | 8:20 am | Mens Masters 2x<br>Final                          | 5    | HRC   | Tyson, J             | Jonathan Tyson, Pierre Poirier          | 17.1                     | 3:58.4    | 3:41.3     |
|       |         |                                                   | 3    | MMAAC | Sebestik, M          | Mark Sebestik, Alex Raiche-Marsden      | 19.6                     | 4:09.5    | 3:49.9     |
|       |         |                                                   | 4    | MMAAC | Proulx, R            | Richard Proulx, Daniel Chevalier        | 19.6                     | 4:12.7    | 3:53.1     |
|       |         |                                                   | 1    | TRRC  | Oliver, E            | Eric Oliver, Tim Randall                | 15.8                     | 4:10.1    | 3:54.3     |
|       |         |                                                   | 2    | NSRC  | Warner, S            | Sean Warner, Mark Walsh                 | 12.1                     | 4:28.6    | 4:16.5     |
|       |         |                                                   | 2    | RPEI  | Mac Lean, M          | Mary Mac Lean                           | 44.2                     | 5:06.3    | 4:22.1     |
| 3     | 8:30 am | Womens Masters 1x<br>Final 1                      | 3    | TRRC  | Leger, M             | Michele Leger                           | 19.9                     | 5:54.6    | 5:34.7     |
|       |         |                                                   | 4    | TRRC  | Burke, H             | Helen Burke                             | 28.6                     | 6:23.1    | 5:54.5     |
|       |         |                                                   | 1    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 5    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 3    | HRC   | Nakagawa, H          | Hanika Nakagawa                         | 0.2                      | 4:19.9    | 4:19.7     |
|       |         |                                                   | 2    | HRC   | Devitt, J            | Jennifer Devitt                         | 14.1                     | 4:40.5    | 4:26.4     |
| 4     | 8:40 am | Womens Masters 1x<br>Final 2                      | 5    | TRRC  | Hanley, C            | Chantelle Hanley                        | 16.5                     | 4:46.7    | 4:30.2     |
|       |         |                                                   | 4    | RPEI  | Doucette, C          | Cassidy Doucette                        | 0.2                      | 5:03.5    | 5:03.3     |
|       |         |                                                   | 1    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 3    | MMAAC | Spry, E              | Evelyn Spry, Leiden Marshall            |                          | 4:49.2    | 4:49.2     |
|       |         |                                                   | 4    | RPEI  | De Haan, M           | Mirthe De Haan, Emmerson Bohan          |                          | 5:01.4    | 5:01.4     |
|       |         |                                                   | 1    |       |                      |                                         |                          |           |            |
| 5     | 8:50 am | Womens Juniors 2x<br>Final B                      | 2    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 5    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 3    | MMAAC | Ronayne, E           | Ella Ronayne, Portia Foster Thompson    |                          | 4:18.1    | 4:18.1     |
|       |         |                                                   | 4    | NSRC  | Helfenstein, M       | Megane Helfenstein, Esmée LeBlanc       |                          | 4:30.5    | 4:30.5     |
|       |         |                                                   | 2    | NSRC  | Gallupe, M           | Madison Gallupe, Sofia Leguizamon López |                          | 4:51.7    | 4:51.7     |
|       |         |                                                   | 5    | RPEI  | Porter, L            | Lily Porter, Emma Porter                |                          | 5:05.2    | 5:05.2     |
| 6     | 9:00 am | Womens Juniors 2x<br>Final                        | 1    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 4    | NSRC  | Gareau, M            | Malcolm Gareau                          |                          | 4:00.0    | 4:00.0     |
|       |         |                                                   | 2    | MMAAC | Martens, T           | Thomas Martens                          |                          | 4:11.6    | 4:11.6     |
|       |         |                                                   | 3    | MMAAC | Fitzpatrick-Walsh, D | Dylan Fitzpatrick-Walsh                 |                          | 4:33.0    | 4:33.0     |
|       |         |                                                   | 1    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 5    |       |                      |                                         |                          |           |            |
| 7     | 9:10 am | Mens Juniors 1x<br>Final                          | 2    | HRC   | Petrie, A            | Alexa Petrie                            |                          | 4:49.9    | 4:49.9     |
|       |         |                                                   | 3    | NSRC  | Grossi, B            | Bianca Grossi                           |                          | 5:38.7    | 5:38.7     |
|       |         |                                                   | 1    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 4    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 5    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 2    | RPEI  | Mah, L               | Liah Mah, Grace Potter                  |                          | 4:36.7    | 4:36.7     |
| 8     | 9:30 am | Womens Novice 1x<br>Final                         | 4    | NSRC  | Murphy, M            | Madeleine Murphy, Robin Gurnsey         |                          | 4:39.5    | 4:39.5     |
|       |         |                                                   | 3    | RPEI  | De Haan, M           | Mirthe De Haan, Maikee Juarez Alvarez   |                          | 4:43.4    | 4:43.4     |
|       |         |                                                   | 1    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 5    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 2    | RPEI  | Mah, L               | Liah Mah, Grace Potter                  |                          | 4:36.7    | 4:36.7     |
|       |         |                                                   | 4    | NSRC  | Murphy, M            | Madeleine Murphy, Robin Gurnsey         |                          | 4:39.5    | 4:39.5     |
| 9     | 9:40 am | Womens Senior 2x<br>Womens Senior Lwt 2x<br>Final | 3    | RPEI  | De Haan, M           | Mirthe De Haan, Maikee Juarez Alvarez   |                          | 4:43.4    | 4:43.4     |
|       |         |                                                   | 1    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 5    |       |                      |                                         |                          |           |            |
|       |         |                                                   | 2    | RPEI  | Mah, L               | Liah Mah, Grace Potter                  |                          | 4:36.7    | 4:36.7     |
|       |         |                                                   | 4    | NSRC  | Murphy, M            | Madeleine Murphy, Robin Gurnsey         |                          | 4:39.5    | 4:39.5     |
|       |         |                                                   | 3    | RPEI  | De Haan, M           | Mirthe De Haan, Maikee Juarez Alvarez   |                          | 4:43.4    | 4:43.4     |

| <u>Race#</u> | <u>Time</u> | <u>Category</u>                                | <u>Bow#</u> | <u>Club</u> | <u>Crew Suffix</u> | <u>Crew Names</u>                                                                                                                                       | <u>Masters Age<br/>Adj (sec)</u> | <u>Race Time</u> | <u>Final Time</u> |
|--------------|-------------|------------------------------------------------|-------------|-------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|------------------|-------------------|
| 10           | 9:50 am     | Mixed Masters 4x<br>Final                      | 3           | MMAAC       | Marshall, K        | Keli Marshall, Mark Sebestik, Catherine Ozon, Jonathan Tyson                                                                                            | 7.2                              | 3:45.0           | 3:37.8            |
|              |             |                                                | 2           | TRRC        | Hanley, C          | Chantelle Hanley, Tim Sears, Tim Randall, Krista Steeves                                                                                                | 18.4                             | 4:15.0           | 3:56.6            |
|              |             |                                                | 1           |             |                    |                                                                                                                                                         |                                  |                  |                   |
|              |             |                                                | 4           |             |                    |                                                                                                                                                         |                                  |                  |                   |
|              |             |                                                | 5           |             |                    |                                                                                                                                                         |                                  |                  |                   |
| 11           | 10:00 am    | Mens Novice 2x<br>Para Womens 2x<br>Final      | 3           | NSRC        | Wilson, K          | Kenneth Wilson, Qi Shaoyu                                                                                                                               |                                  | 4:03.8           | 4:03.8            |
|              |             |                                                | 4           | RPEI        | Reynard, B         | Brendan Reynard, Diego Juarez Alvarez                                                                                                                   |                                  | 4:10.3           | 4:10.3            |
|              |             |                                                | 2           | HRC         | Loewen, K          | Krista Loewen, Jess Houtsma                                                                                                                             |                                  | 5:23.6           | 5:23.6            |
|              |             |                                                | 1           |             |                    |                                                                                                                                                         |                                  |                  |                   |
|              |             |                                                | 5           |             |                    |                                                                                                                                                         |                                  |                  |                   |
| 12           | 10:40 am    | Womens Open 8+<br>Mens Masters 4x<br><br>Final | 5           | MMAAC       | Proulx, R          | Richard Proulx, Mark Sebestik, Alex Raiche-Marsden, Daniel Chevalier                                                                                    | 17.5                             | 3:53.6           | 3:36.5            |
|              |             |                                                | 4           | NSRC        | Reid, L            | Lily Reid (cox), Sadie Cooke, Madison Gallupe, Esmée LeBlanc, Megane Helfenstein, Jasmine Helfenstein, Sophia LaGuzman, Robin Gurnsey, Madeleine Murphy |                                  | 4:03.0           | 4:03.0            |
|              |             |                                                | 2           | TRRC/RPE    | Hanley, C          | Chantelle Hanley (cox), Mary MacLean, Liah Mah, Grace Potter, Krista Steeves, Cassidy Doucette, Maikee Juarez Alvarez, Michele Leger, Melen Burke       |                                  | 4:23.6           | 4:23.6            |
|              |             |                                                | 1           |             |                    |                                                                                                                                                         |                                  |                  |                   |
|              |             |                                                | 3           |             |                    |                                                                                                                                                         |                                  |                  |                   |