

Overall Gender Results

Olympic 1.5K - 40K - 10K

Female											
Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City	
1	MACKEITH, IONA	505	OLYFEMALE20-29	00:26:11.49	2	01:20:57.16	1	00:50:33.20	1	02:37:41.85	CALGARY
2	JISKOOT, HESTER	516	OLYFEMALE30-39	00:29:29.00	3	01:19:11.90	1	00:51:37.35	2	02:40:18.25	LETH
3	MCCULLOCH, ROBIN	521	OLYFEMALE30-39	00:26:50.27	1	01:26:35.43	3	00:48:51.65	1	02:42:17.35	LETH
4	ANDERSON, JULIE	510	OLYFEMALE30-39	00:30:55.00	9	01:20:52.85	2	00:53:33.65	3	02:45:21.50	BLAIRMORF
5	HAZLET, RACHEL	503	OLYFEMALE20-29	00:31:10.00	4	01:24:40.75	2	00:53:57.85	2	02:49:48.60	CALGARY
6	DALPHOND, LOUISE	531	OLYFEMALE40-49	00:27:30.06	1	01:29:39.44	2	00:54:11.35	1	02:51:20.85	LETH
7	PATTERSON, ERIN	507	OLYFEMALE20-29	00:25:20.24	1	01:24:41.71	3	01:03:24.25	4	02:53:26.20	LETH
8	KEITH, PATRICIA	539	OLYFEMALE50-59	00:32:26.00	3	01:33:20.45	3	00:48:12.35	1	02:53:58.80	LETH
9	MASON, TRUDI	520	OLYFEMALE30-39	00:30:23.00	8	01:28:46.45	5	00:55:31.20	5	02:54:40.65	LETH
10	WILLIAMS, CAROL	541	OLYFEMALE50-59	00:32:07.00	2	01:30:43.45	1	00:53:12.25	2	02:56:02.70	LETH
11	SWEDLO, AMY	526	OLYFEMALE30-39	00:28:47.79	2	01:28:36.46	4	01:01:32.15	10	02:58:56.40	COCHRAN
12	BROWN, LESLEY	530	OLYFEMALE40-49	00:32:24.28	2	01:30:36.42	4	00:56:10.30	3	02:59:11.00	LETH
13	DEBEURS, MICHELLE	513	OLYFEMALE30-39	00:32:06.00	11	01:35:04.80	9	00:55:00.90	4	03:02:11.70	COCHRAN
14	RUDD, LESLIE	508	OLYFEMALE20-29	00:29:43.00	3	01:32:02.85	4	01:00:29.65	3	03:02:15.50	CALGARY
15	BARKLEY, LISA	512	OLYFEMALE30-39	00:29:38.11	6	01:33:44.49	8	00:59:29.60	8	03:02:52.20	COCHRAN
16	QUICK, DEB	536	OLYFEMALE40-49	00:33:12.09	3	01:30:06.66	3	00:59:54.70	4	03:03:13.45	CALGARY
17	ROEMMELE, TRACEY	524	OLYFEMALE30-39	00:35:49.92	14	01:32:59.13	7	00:58:21.15	7	03:07:10.20	LETH
18	ARTHUR, JENNIFER	511	OLYFEMALE30-39	00:35:12.55	13	01:29:30.65	6	01:03:58.15	12	03:08:41.35	LETH
19	EMERSON, TRISH	538	OLYFEMALE50-59	00:30:43.00	1	01:32:50.35	2	01:05:45.00	3	03:09:18.35	LETH
20	MENTANKO-TIEFENBACH, DONNA	534	OLYFEMALE40-49	00:37:01.00	5	01:37:52.75	6	00:54:35.65	2	03:09:29.40	LETH
21	SIMPSON, DEBORAH	537	OLYFEMALE40-49	00:39:42.00	6	01:27:40.25	1	01:03:22.55	5	03:10:44.80	CALGARY
22	STICKEL, JEN	525	OLYFEMALE30-39	00:29:35.00	5	01:39:38.35	12	01:02:39.70	11	03:11:53.05	LETH
23	VUCUREVICH, ALLISON	528	OLYFEMALE30-39	00:40:44.00	16	01:36:24.60	11	00:57:46.55	6	03:14:55.15	LETH
24	HILLIARD, FRANCINE	515	OLYFEMALE30-39	00:29:59.00	7	01:46:25.35	15	01:00:21.40	9	03:16:45.75	CALGARY
25	LARSON, LISA	518	OLYFEMALE30-39	00:31:50.00	10	01:35:17.40	10	01:10:37.70	16	03:17:45.10	BLAIRMORF
26	KELEMEN, AVA	504	OLYFEMALE20-29	00:31:23.46	5	01:33:29.04	5	01:14:23.45	5	03:19:15.95	LETH
27	LARSON, ADA	517	OLYFEMALE30-39	00:29:32.98	4	01:42:33.17	13	01:07:50.85	15	03:19:57.00	LETH
28	PATTERSON, SANDY	535	OLYFEMALE40-49	00:33:29.00	4	01:36:06.55	5	01:15:52.50	6	03:25:28.05	LETH
29	DEERHAWKE, PHOENIX	514	OLYFEMALE30-39	00:34:24.00	12	01:44:42.55	14	01:06:32.05	14	03:25:38.60	CALGARY
30	NORGARD, BARB	540	OLYFEMALE50-59	00:34:30.00	4	01:46:37.25	4	01:07:35.85	4	03:28:43.10	FT. MACLE
31	VOREL, NICHOLE	527	OLYFEMALE30-39	00:37:57.45	15	01:51:19.70	16	01:05:23.25	13	03:34:40.40	CALGARY

Overall Gender Results

Olympic 1.5K - 40K - 10K

Male											
Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City	
1 LOSHACK, KRIS	550	OLYMALE20-29	00:19:53.00	2	01:09:10.95	3	00:36:14.60	1	02:05:18.55	EDMONTC	
2 SCHAEERZ, SIMON	553	OLYMALE20-29	00:21:19.00	3	01:07:39.10	1	00:38:31.60	2	02:07:29.70	LETH	
3 SMITH, TONY	578	OLYMALE40-49	00:20:54.00	1	01:06:29.55	1	00:41:40.75	1	02:09:04.30	CALGARY	
4 KINCAID, JASON	559	OLYMALE30-39	00:20:04.00	1	01:09:10.60	1	00:40:23.40	2	02:09:38.00	EDMONTC	
5 KRAR, JEFF	560	OLYMALE30-39	00:21:07.00	2	01:12:16.90	4	00:39:52.70	1	02:13:16.60	CALGARY	
6 WILKINSON, JOEL	581	OLYMALE40-49	00:22:50.00	3	01:08:20.45	2	00:42:51.35	3	02:14:01.80	COCHRAN	
7 TEASDALE, ADAM	554	OLYMALE20-29	00:19:45.00	1	01:14:39.15	6	00:42:52.00	3	02:17:16.15	CALGARY	
8 EMERSON, BARRY	588	OLYMALE50-59	00:21:48.00	1	01:10:44.45	1	00:45:05.00	1	02:17:37.45	LETH	
9 ELSE, TREVOR	545	OLYMALE20-29	00:22:56.00	4	01:11:17.90	5	00:46:12.10	7	02:20:26.00	CALGARY	
10 HUMPHREY, MIKE	547	OLYMALE20-29	00:27:34.03	6	01:08:07.12	2	00:46:08.25	6	02:21:49.40	LETH	
11 ELM, IAN	523	OLYMALE30-39	00:25:07.37	3	01:11:33.83	3	00:46:01.35	5	02:22:42.55	EDMONTC	
12 BRADLEY, GREG	555	OLYMALE30-39	00:27:28.15	4	01:10:50.15	2	00:46:15.60	6	02:24:33.90	CALGARY	
13 HAYNER, DARREN	557	OLYMALE30-39	00:28:54.70	6	01:16:19.80	6	00:41:41.10	3	02:26:55.60	CALGARY	
14 MILLER, CARL	561	OLYMALE30-39	00:27:36.56	5	01:15:07.99	5	00:45:47.15	4	02:28:31.70	CALGARY	
15 WILKINSON, KENTON	543	OLYMALE16-19	00:25:12.37	1	01:22:15.78	1	00:41:14.35	1	02:28:42.50	COCHRAN	
16 ERICKSON, DREW	546	OLYMALE20-29	00:36:51.59	10	01:10:55.21	4	00:43:50.40	4	02:31:37.20	LETH	
17 MCWILLIAMS, KEN	576	OLYMALE40-49	00:31:46.00	8	01:17:02.35	3	00:44:31.10	4	02:33:19.45	CALGARY	
18 CLACK, JACK	587	OLYMALE50-59	00:27:33.00	3	01:20:25.70	2	00:46:15.30	2	02:34:14.00	LETH	
19 SLEIK, RYAN	567	OLYMALE30-39	00:30:42.60	11	01:16:24.25	7	00:48:10.95	7	02:35:17.80	CRANBRO	
20 ARNOLD, RALPH	568	OLYMALE40-49	00:30:37.67	7	01:21:07.78	4	00:45:41.30	5	02:37:26.75	LETH	
21 KRUSHEL, ROBERT	574	OLYMALE40-49	00:25:32.97	4	01:25:29.28	8	00:46:41.85	7	02:37:44.10	YELLOWKI	
22 GRANLEY, DARCEY	572	OLYMALE40-49	00:29:40.00	5	01:24:23.50	6	00:46:05.50	6	02:40:09.00	AIRDRIE	
23 NAPHIIN, MARK	563	OLYMALE30-39	00:28:59.00	7	01:19:51.75	8	00:52:45.00	8	02:41:35.75	CALGARY	
24 MENTA, ROGER	551	OLYMALE20-29	00:26:21.43	5	01:23:32.62	7	00:52:12.55	8	02:42:06.60	CALGARY	
25 SMITH, BRENT	593	OLYMALE50-59	00:29:38.89	6	01:22:56.51	4	00:52:19.20	4	02:44:54.60	CALGARY	
26 NICOL, CREGG	565	OLYMALE30-39	00:30:31.00	10	01:22:33.75	9	00:52:48.55	9	02:45:53.30	COALHUR	
27 VINCENT, ALEX	595	OLYMALE50-59	00:30:19.39	8	01:23:33.66	5	00:52:16.10	3	02:46:09.15	CALGARY	
28 HAYWARD, MARC	573	OLYMALE40-49	00:38:22.00	9	01:25:29.40	9	00:42:19.15	2	02:46:10.55	LETH	
29 ARMSTRONG, DWAYNE	582	OLYMALE50-59	00:29:35.00	5	01:21:30.65	3	00:55:25.35	6	02:46:31.00	LETH	
30 ROWNTREE, WARREN	577	OLYMALE40-49	00:22:38.81	2	01:24:50.59	7	00:59:52.80	9	02:47:22.20	LETH	
31 CRAIG, STEVE	556	OLYMALE30-39	00:29:50.00	9	01:25:17.85	10	00:53:15.85	10	02:48:23.70	LETH	
32 THURBER, BRUCE	579	OLYMALE40-49	00:29:46.00	6	01:24:13.30	5	00:57:16.40	8	02:51:15.70	MED. HAT	
33 TOWNLEY, MIKE	594	OLYMALE50-59	00:29:19.86	4	01:27:40.74	7	00:58:11.05	7	02:55:11.65	LETH	
34 BOMHOF, ARIE	585	OLYMALE50-59	00:26:38.00	2	01:26:24.55	6	01:02:35.35	10	02:55:37.90	LETH	
35 KENNES, LEON	591	OLYMALE50-59	00:32:16.00	10	01:33:15.10	9	00:54:13.10	5	02:59:44.20	LETH	
36 KEITH, KEVIN	590	OLYMALE50-59	00:33:43.00	11	01:28:12.70	8	00:58:17.55	8	03:00:13.25	LETH	
37 LANGHOFER, CAMERON	548	OLYMALE20-29	00:30:22.04	7	01:35:41.06	9	00:54:13.60	9	03:00:16.70	LETH	
38 LEE, CALEB	549	OLYMALE20-29	00:35:48.00	9	01:38:45.45	11	00:46:01.35	5	03:00:34.80	LETH	
39 KEMMET, ELLIOTT	562	OLYMALE16-19	00:27:19.00	2	01:36:05.50	2	00:58:08.90	3	03:01:33.40	LETH	
40 MYLES, CHARLIE	592	OLYMALE50-59	00:29:55.00	7	01:39:30.05	10	00:58:25.40	9	03:07:50.45	LETH	
41 ONTKEAN, NICHOLAS	542	OLYMALE16-19	00:34:25.00	3	01:38:14.85	3	00:56:24.90	2	03:09:04.75	LETH	
42 PATERSON, KYLE	552	OLYMALE20-29	00:33:58.00	8	01:37:22.75	10	01:03:18.40	10	03:14:39.15	LETH	
43 BOYD, PATRICK	544	OLYMALE20-29	00:38:42.00	11	01:34:25.70	8	01:08:44.80	11	03:21:52.50	MED. HAT	
44 FLAIG, DON	589	OLYMALE50-59	00:34:13.00	12	01:42:50.25	12	01:05:33.95	11	03:22:37.20	LETH	
45 ISFELD, JASON	558	OLYMALE30-39	00:29:38.00	8	01:36:55.55	12	01:20:28.50	12	03:27:02.05	LETH	
46 SHARP, ROB	566	OLYMALE30-39	00:40:38.00	12	01:30:48.65	11	01:16:42.25	11	03:28:08.90	LETH	
47 BISSONETTE, CHRIS	584	OLYMALE50-59	00:31:42.45	9	01:40:18.90	11	01:22:27.05	12	03:34:28.40	ELKFORD	
48 FRANTZ, DON	596	OLYMALE60+	00:34:32.00	1	01:54:19.85	1	01:20:44.60	1	03:49:36.45	LETH	

Overall Gender Results

Super Sprint .2K - 15K - 3K

Female											
Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City	
1 VARTY, MELISSA	314	SSFEMALE20-29	00:04:02.12	5	00:38:00.03	1	00:16:38.05	1	00:58:40.20	LETH	
2 JOWSY, JANIS	349	SSFEMALE40-49	00:03:47.71	2	00:41:29.34	4	00:17:04.25	1	01:02:21.30	LETH	
3 KEITH, DAWN MARIE	350	SSFEMALE40-49	00:04:12.30	3	00:40:50.50	1	00:17:46.50	2	01:02:49.30	LETHBRID	
4 ACKERMAN, CATHERINE	316	SSFEMALE30-39	00:04:17.00	2	00:40:48.90	2	00:17:59.60	1	01:03:05.50	LETH	
5 GOING, WENDY	326	SSFEMALE30-39	00:04:44.00	4	00:40:14.35	1	00:20:18.50	3	01:05:16.85		
6 STIEFENHOFER, KARIN	354	SSFEMALE40-49	00:04:26.00	6	00:41:09.30	3	00:20:08.60	3	01:05:43.90	CALGARY	
7 JONES-HUSCH, KATHY	332	SSFEMALE30-39	00:05:05.07	7	00:41:08.78	3	00:20:13.45	2	01:06:27.30	LETH.	
8 MILLER, LIZ	360	SSFEMALE50-59	00:04:59.00	2	00:41:36.10	1	00:20:29.90	1	01:07:05.00	LETH	
9 WILLS, MAUREEN	356	SSFEMALE40-49	00:04:24.00	4	00:40:58.65	2	00:22:13.80	6	01:07:36.45	LETH	
10 GOING, TIANNA	302	SSFEMALE14-15	00:02:58.00	1	00:47:22.05	1	00:17:22.50	1	01:07:42.55		
11 MCINTYRE, KRISTEN	308	SSFEMALE20-29	00:03:56.21	3	00:44:16.94	2	00:19:51.00	3	01:08:04.15	CALGARY	
12 KOSSUTH, VIVIEN	333	SSFEMALE30-39	00:04:16.89	1	00:43:30.51	4	00:21:10.50	7	01:08:57.90	LETH	
13 JOHNSTON, BERNADETTE	348	SSFEMALE40-49	00:05:35.80	9	00:43:32.55	5	00:20:22.95	4	01:09:31.30	LETH	
14 PEDERSON, CHELSEA	310	SSFEMALE20-29	00:05:03.24	10	00:46:23.21	3	00:19:35.90	2	01:11:02.35	LETH	
15 GOODFELLOW, PIPPA	346	SSFEMALE40-49	00:03:24.00	1	00:44:45.55	6	00:23:31.60	10	01:11:41.15	DIAMOND	
16 BENZIE, ALEXA	301	SSFEMALE14-15	00:03:28.00	2	00:49:01.35	2	00:19:45.35	2	01:12:14.70	LETH	
17 GILLET, SHARON	345	SSFEMALE40-49	00:04:53.00	8	00:44:55.70	7	00:23:10.05	9	01:12:58.75	LETH	
18 ABBOTT, EILEEN	339	SSFEMALE40-49	00:06:25.00	13	00:44:55.75	8	00:21:54.55	5	01:13:15.30	LETH	
19 SHIGEHIRO, MICHELE	312	SSFEMALE20-29	00:04:57.21	9	00:47:43.74	4	00:21:40.50	6	01:14:21.45	DESERT B	
20 MERESKA, PAULA	352	SSFEMALE40-49	00:05:50.00	10	00:47:24.35	10	00:22:24.35	8	01:15:38.70	LETH	
21 WHITE, LISA	355	SSFEMALE40-49	00:05:53.00	11	00:45:12.90	9	00:24:38.70	12	01:15:44.60	LETH	
22 VISSER, SABINA	337	SSFEMALE30-39	00:06:02.00	12	00:49:21.05	5	00:20:34.35	4	01:15:57.40	LETH	
23 LOSEY, MEAGAN	307	SSFEMALE20-29	00:03:36.56	1	00:50:07.64	5	00:22:21.45	7	01:16:05.65	LETH	
24 POLLMULLER, CHERYL	353	SSFEMALE40-49	00:06:53.62	15	00:47:47.38	11	00:22:14.10	7	01:16:55.10	LETH	
25 ALFORD, TRINA	317	SSFEMALE30-39	00:05:24.00	8	00:50:54.35	7	00:20:47.15	5	01:17:05.50	LETH	
26 EMERY, MANDY	304	SSFEMALE20-29	00:04:31.12	6	00:53:10.28	9	00:20:09.60	4	01:17:51.00	LETH	
27 HOOD, SHAWNA	329	SSFEMALE30-39	00:06:21.50	13	00:50:40.95	6	00:20:58.35	6	01:18:00.80	LETH	
28 BOISVERT, SHERYL	341	SSFEMALE40-49	00:04:40.06	7	00:49:23.84	13	00:24:12.70	11	01:18:16.60	EDMONTC	
29 GREIDANUS, BETTE	357	SSFEMALE50-59	00:07:45.62	4	00:47:41.43	2	00:23:52.45	3	01:19:19.50	LETH	
30 TANIS, LIZ	313	SSFEMALE20-29	00:03:57.00	4	00:54:53.60	10	00:21:29.75	5	01:20:20.35	PICTURE I	
31 HAUSER, CAROL	358	SSFEMALE50-59	00:06:25.00	3	00:52:39.40	3	00:21:17.30	2	01:20:21.70	LETH	
32 FRENCH, SUSAN	344	SSFEMALE40-49	00:04:24.21	5	00:49:17.19	12	00:27:13.20	14	01:20:54.60	LETH	
33 HUGH, AMANDA	305	SSFEMALE20-29	00:03:43.90	2	00:52:48.55	7	00:25:45.05	8	01:22:17.50	LETH	
34 BABE, NORMA	318	SSFEMALE30-39	00:04:52.03	5	00:55:01.32	11	00:22:28.50	8	01:22:21.85	LETH	
35 GOODYEAR, NICOLE	327	SSFEMALE30-39	00:05:31.00	10	00:50:56.40	8	00:26:35.55	15	01:23:02.95	LETH	
36 CHAPMAN, MONIQUE	323	SSFEMALE30-39	00:05:26.00	9	00:54:55.80	10	00:22:52.15	9	01:23:13.95	COALHUR	
37 WARKENTIN, RACHEL	315	SSFEMALE20-29	00:04:33.00	7	00:52:57.65	8	00:27:07.95	10	01:24:38.60	LETH	
38 CASTONGUAY, MONIQUE	322	SSFEMALE30-39	00:07:41.00	14	00:54:09.30	9	00:23:36.70	10	01:25:27.00	CALGARY	
39 JESSOP, LYNNETTE	347	SSFEMALE40-49	00:07:20.58	16	00:51:28.37	15	00:26:39.05	13	01:25:28.00		
40 GERBER, LORI	325	SSFEMALE30-39	00:04:57.00	6	00:56:11.60	13	00:26:01.40	12	01:27:10.00	COALDALI	
41 NIEBOR, ANDREA	309	SSFEMALE20-29	00:04:56.00	8	00:52:39.30	6	00:29:53.20	11	01:27:28.50	IRON SPR	
42 HOUSTON, ERIN	330	SSFEMALE30-39	00:04:28.00	3	00:58:07.10	14	00:26:26.85	14	01:29:01.95	LETH	
43 ECKLUND, JANINE	343	SSFEMALE40-49	00:06:48.28	14	00:51:14.87	14	00:31:23.65	16	01:29:26.80	LETH	
44 CHAKI-FARRINGTON, LORI	342	SSFEMALE40-49	00:06:20.00	12	00:51:47.85	16	00:31:24.35	17	01:29:32.20	LETH	
45 LOCKHART, BARBARA	359	SSFEMALE50-59	00:04:42.43	1	00:59:16.12	4	00:25:41.95	4	01:29:40.50	LETH	
46 HUBER, LINDA	331	SSFEMALE30-39	00:09:13.00	15	00:55:21.90	12	00:26:13.65	13	01:30:48.55	CARDSTO	
47 SHIGEHIRO, MAGGIE	336	SSFEMALE30-39	00:05:43.00	11	01:01:05.00	15	00:25:23.30	11	01:32:11.30	LETH	
48 IWAASA, APRIL	306	SSFEMALE20-29	00:05:46.49	11	01:00:15.51	11	00:26:42.20	9	01:32:44.20	LETH	
49 LOHMANN, COLLEEN	351	SSFEMALE40-49	00:07:28.00	17	01:01:10.65	17	00:28:56.85	15	01:37:35.50	AIRDRIE	

Overall Gender Results

Super Sprint .2K - 15K - 3K

Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 ABELLS, JOEL	364	SSMALE20-29	00:02:24.00	1	00:37:21.35	1	00:18:20.45	3	00:58:05.80	LETH
2 DAVIES, DYLAN	375	SSMALE30-39	00:02:58.00	1	00:36:58.15	1	00:19:13.85	3	00:59:10.00	LETH
3 MORIELLO, DINO	390	SSMALE40-49	00:05:15.35	5	00:39:04.20	2	00:16:24.30	1	01:00:43.85	CALGARY
4 KINDLEY, KEVIN	394	SSMALE50-59	00:03:52.00	1	00:39:36.90	1	00:17:56.65	1	01:01:25.55	LETH
5 MONAGHAN, MIKE	371	SSMALE20-29	00:05:23.44	5	00:39:36.86	2	00:16:38.65	1	01:01:38.95	CALGARY
6 LIVINGSTON, KIRK	389	SSMALE40-49	00:05:10.00	4	00:40:49.10	3	00:16:24.45	2	01:02:23.55	COALDALE
7 KWASNY, JASON	380	SSMALE30-39	00:04:24.00	3	00:39:22.20	2	00:18:46.80	1	01:02:33.00	LETH
8 NICOL, ALASTAIR	363	SSMALE16-19	00:02:35.00	1	00:41:56.30	1	00:18:59.85	1	01:03:31.15	LETH
9 REINDL, KYLE	372	SSMALE20-29	00:03:28.00	2	00:41:00.35	4	00:19:17.30	4	01:03:45.65	LETH
10 POLLMULLER, JOSEF	362	SSMALE14-15	00:04:24.00	1	00:40:22.85	1	00:19:18.20	2	01:04:05.05	LETH
11 GEIGER, CHAD	368	SSMALE20-29	00:06:25.00	6	00:40:03.55	3	00:17:42.40	2	01:04:10.95	CROSSFIE
12 HAWKINS, DEAN	328	SSMALE30-39	00:04:08.00	2	00:40:36.85	3	00:20:07.95	5	01:04:52.80	LETH
13 VANDER VEEN, KLASS	395	SSMALE50-59	00:05:07.00	2	00:41:39.75	2	00:18:06.55	2	01:04:53.30	PICTURE R
14 TETZLAFF, CAREY	387	SSMALE30-39	00:05:02.06	6	00:40:39.44	4	00:20:14.30	6	01:05:55.80	WATERTO
15 VANDERVEEN, GEORGE	393	SSMALE40-49	00:04:54.00	2	00:38:47.25	1	00:23:09.25	4	01:06:50.50	PICTURE R
16 GALLOWAY, WADE	376	SSMALE30-39	00:06:19.00	10	00:40:53.10	5	00:19:52.20	4	01:07:04.30	LETH
17 CHAPMAN, DAN	374	SSMALE30-39	00:05:56.00	8	00:42:10.70	9	00:19:03.00	2	01:07:09.70	COALHUR
18 BLACK, JAMES	373	SSMALE30-39	00:05:35.30	7	00:41:31.50	6	00:21:17.45	7	01:08:24.25	LETH.
19 HUBER, DWAYNE	377	SSMALE30-39	00:04:35.00	4	00:41:40.10	7	00:22:29.15	8	01:08:44.25	CARDSTO
20 LIVINGSTON, KHASON	361	SSMALE14-15	00:04:37.00	2	00:49:37.35	2	00:17:07.70	1	01:11:22.05	COALDALE
21 BALDREY, ROD	388	SSMALE40-49	00:03:57.00	1	00:47:33.85	4	00:20:19.15	3	01:11:50.00	CALGARY
22 TAMS, SID	386	SSMALE30-39	00:06:12.37	9	00:42:07.13	8	00:25:45.60	9	01:14:05.10	TABER
23 BERG, GEORGE	396	SSMALE60+	00:03:36.81	1	00:52:32.29	1	00:24:26.10	1	01:20:35.20	LETH
24 KINCAID, JOHN	378	SSMALE30-39	00:04:35.00	5	00:52:08.40	10	00:25:53.30	10	01:22:36.70	LETH
25 IWAASA, COLE	369	SSMALE20-29	00:04:24.00	3	01:01:56.80	6	00:26:43.15	6	01:33:03.95	LETH
26 FITCHETT, AARON	367	SSMALE20-29	00:05:08.00	4	01:01:18.15	5	00:26:42.40	5	01:33:08.55	LETH
27 SEIBEL, CARY	392	SSMALE40-49	00:04:54.45	3	00:54:19.45	5	00:34:49.20	5	01:34:03.10	LETH

Overall Gender Results

Sprint 5K - 20K - 5K

Female											
Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City	
1 LEGER, JANICE	208	SPTFEMALE20-29	00:07:34.00	1	00:41:40.05	1	00:27:07.55	2	01:16:21.60	LETH	
2 KOENIG, KAREN	243	SPTFEMALE40-49	00:10:41.00	2	00:45:09.70	2	00:26:05.95	1	01:21:56.65	LETH	
3 BALDREY, SUE	237	SPTFEMALE40-49	00:10:32.67	1	00:43:12.23	1	00:31:20.40	5	01:25:05.30	CALGARY	
4 KUCHARSKI, STEPHANIE	222	SPTFEMALE30-39	00:13:45.04	19	00:45:00.06	1	00:28:00.90	1	01:26:46.00	CANMORE	
5 THIBERT, CAROL	261	SPTFEMALE50-59	00:10:18.57	2	00:46:24.78	1	00:30:52.10	1	01:27:35.45	LETH	
6 DEBLOIS, CATHERINE	214	SPTFEMALE30-39	00:11:11.00	6	00:46:55.85	3	00:31:06.45	5	01:29:13.30	LETH	
7 MCPIKE, CARLA	227	SPTFEMALE30-39	00:11:06.00	4	00:48:45.15	5	00:29:56.95	2	01:29:48.10	COCHRAN	
8 HENDERSON, AMBER	206	SPTFEMALE20-29	00:11:13.00	4	00:47:49.15	2	00:31:09.90	4	01:30:12.05	CALGARY	
9 OHLMANN, NIKI	209	SPTFEMALE20-29	00:11:01.00	3	00:49:37.20	3	00:29:38.25	3	01:30:16.45	LETH	
10 ALINSAMG, NANCY	211	SPTFEMALE20-29	00:15:34.00	6	00:50:34.45	4	00:24:46.40	1	01:30:54.85	CALGARY	
11 CALE, MARCELLE	239	SPTFEMALE40-49	00:13:24.00	10	00:46:31.20	3	00:31:18.60	4	01:31:13.80	COALDALE	
12 VEGTER, MELANIE	250	SPTFEMALE40-49	00:11:19.00	4	00:49:33.85	6	00:30:52.15	3	01:31:45.00	LETH	
13 FRENCH, BROOKE	201	SPTFEMALE14-15	00:08:36.00	1	00:51:16.55	1	00:32:41.85	1	01:32:34.40	LETH	
14 GIRARD, NICOLE	207	SPTFEMALE20-29	00:09:15.00	2	00:50:40.55	5	00:32:59.95	6	01:32:55.50	MED. HAT	
15 BOURDON-HARRIS, MARQUISE	238	SPTFEMALE40-49	00:12:25.00	9	00:47:21.40	5	00:33:33.00	6	01:33:19.40	MONARCH	
16 SCHUCK, KATE	232	SPTFEMALE30-39	00:11:24.00	9	00:45:51.70	2	00:36:24.20	11	01:33:39.90	CHESTER	
17 KALISCHUK, MELANIE	220	SPTFEMALE30-39	00:11:34.00	11	00:48:23.70	4	00:34:09.45	8	01:34:07.15	LETH	
18 MATTHEWS, JULIE	256	SPTFEMALE50-59	00:10:23.97	3	00:48:12.33	3	00:35:36.10	4	01:34:12.40	LETH	
19 MURPHY, KATHY	246	SPTFEMALE40-49	00:11:27.35	5	00:53:24.75	9	00:29:21.95	2	01:34:14.05	CALGARY	
20 FRIESEN, WENDY	217	SPTFEMALE30-39	00:11:19.00	7	00:50:48.85	7	00:32:57.80	7	01:35:05.65	CALGARY	
21 HAMILTON, SHAWN	252	SPTFEMALE50-59	09:34:47.00	10	08:31:43.90	10	00:32:09.75	2	01:35:12.85	LETHBRID	
22 TRAVIS, EMILY	210	SPTFEMALE20-29	00:11:15.00	5	00:52:48.75	6	00:31:10.10	5	01:35:13.85	LETH	
23 BARNES, MONICA	212	SPTFEMALE30-39	00:12:46.00	16	00:51:46.45	13	00:30:57.70	3	01:35:30.15	CHESTER	
24 PRICE, MARION	247	SPTFEMALE40-49	00:12:16.00	8	00:49:43.25	7	00:34:22.85	7	01:36:22.10	LETH	
25 WATERS, KATHY	234	SPTFEMALE30-39	00:13:10.00	17	00:51:15.95	11	00:32:24.00	6	01:36:49.95	CALGARY	
26 MARCOTTE, DENISE	224	SPTFEMALE30-39	00:11:46.48	13	00:51:00.72	8	00:34:25.90	9	01:37:13.10	LETH	
27 MAY, FRANCINE	225	SPTFEMALE30-39	00:12:05.00	15	00:51:13.25	10	00:35:06.85	10	01:38:25.10	CALGARY	
28 GRANGER, MICHELE	251	SPTFEMALE50-59	00:10:12.92	1	00:50:11.28	5	00:38:04.60	8	01:38:28.80	EDMONT	
29 DRAPER, MELISSA	240	SPTFEMALE40-49	00:11:44.00	7	00:51:37.55	8	00:35:23.55	8	01:38:45.10	CANMORE	
30 HALLADAY, BARB	241	SPTFEMALE40-49	00:13:52.09	11	00:46:49.86	4	00:38:04.55	11	01:38:46.50	LETH	
31 SMITH, BEV	259	SPTFEMALE50-59	00:17:12.00	8	00:48:10.25	2	00:33:25.20	3	01:38:47.45	LETH	
32 OWEN, RENA	230	SPTFEMALE30-39	00:13:39.00	18	00:54:23.85	15	00:31:01.50	4	01:39:04.35	AIRDRIE	
33 DEAN, BRANDEE	233	SPTFEMALE30-39	00:11:26.00	10	00:51:06.45	9	00:37:09.85	13	01:39:42.30	MED.HAT	
34 ELLEFSON, JANA	215	SPTFEMALE30-39	00:10:43.03	3	00:51:27.17	12	00:38:13.25	15	01:40:23.45	LETH	
35 KING, ANGE	255	SPTFEMALE50-59	00:11:54.00	4	00:53:59.40	6	00:36:18.35	5	01:42:11.75	CALGARY	
36 KRUSHEL, ANDREA	221	SPTFEMALE30-39	00:11:06.13	5	00:53:59.42	14	00:37:18.60	14	01:42:24.15	YELLOWKNIFE	
37 MACLEAN, PADDY	244	SPTFEMALE40-49	00:11:34.00	6	00:53:54.85	10	00:36:56.30	9	01:42:25.15	LETH	
38 PENNINGTON, BRENDA	257	SPTFEMALE50-59	00:13:41.00	7	00:50:04.15	4	00:42:42.05	9	01:46:27.20	LETH	
39 OLCHOWECKI, SUZANNE	228	SPTFEMALE30-39	00:11:21.00	8	00:54:33.75	16	00:40:58.15	17	01:46:52.90	LETH	
40 LETH, CORALEE	223	SPTFEMALE30-39	00:10:32.42	2	00:59:40.58	19	00:37:08.05	12	01:47:21.05		
41 KENNES, MARY	253	SPTFEMALE50-59	00:13:06.00	6	00:58:52.10	7	00:36:19.85	6	01:48:17.95	LETH	
42 ROWNTREE, MARIA	248	SPTFEMALE40-49	00:10:52.13	3	00:55:42.77	11	00:42:09.40	12	01:48:44.30	LETH	
43 HARMATIUK, CARLEY	202	SPTFEMALE16-19	00:13:04.00	2	01:01:47.45	1	00:34:52.95	1	01:49:44.40	LETH	
44 SISSON, JULIE	249	SPTFEMALE40-49	00:14:46.00	12	00:58:18.55	12	00:37:21.20	10	01:50:25.75	LETH	
45 SAUER, RUTH	258	SPTFEMALE50-59	00:17:17.00	9	00:58:56.55	8	00:37:53.30	7	01:54:06.85	KIMBERLEY	
46 HAYWARD, JESSIKA	203	SPTFEMALE16-19	00:12:59.00	1	01:05:35.85	2	00:37:16.85	2	01:55:51.70	LETH	
47 GALL, EVA	218	SPTFEMALE30-39	00:11:39.14	12	00:57:39.21	18	00:47:14.60	20	01:56:32.95	CALGARY	
48 MCGAFFEY, VANYA	226	SPTFEMALE30-39	00:11:56.00	14	01:03:37.90	20	00:44:14.90	18	01:59:48.80	LETH	
49 GOKARN, STEPHANIE	219	SPTFEMALE30-39	00:30:26.00	20	00:57:36.90	17	00:45:21.90	19	02:13:24.80	LETH	
50 SMITH, IRENE	260	SPTFEMALE50-59	00:12:46.00	5	01:09:25.95	9	00:51:42.40	10	02:13:54.35	CALGARY	

Overall Gender Results

Sprint 5K - 20K - 5K

Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 BRYANT, JEFF	292	SPTMALE50-59	00:07:55.00	1	00:35:51.25	1	00:23:20.15	1	01:07:06.40	LETH
2 MUNDELL, MARK	275	SPTMALE30-39	00:07:16.00	1	00:37:04.05	2	00:24:46.95	2	01:09:07.00	LETH
3 MOTT, ROB	274	SPTMALE30-39	00:09:05.51	3	00:36:30.59	1	00:24:19.80	1	01:09:55.90	CALGARY
4 DIMMELL, PETER	282	SPTMALE40-49	00:09:37.00	4	00:35:51.35	1	00:24:49.75	1	01:10:18.10	CALGARY
5 ENGLISH, JASON	270	SPTMALE30-39	00:08:27.00	2	00:40:49.05	3	00:26:09.35	4	01:15:25.40	CALGARY
6 LOSHACK, LORIE	286	SPTMALE40-49	00:09:18.00	2	00:39:32.30	2	00:28:32.50	4	01:17:22.80	EDMONTC
7 BARR, AL	263	SPTMALE20-29	00:11:45.00	3	00:44:31.40	1	00:22:05.20	1	01:18:21.60	LETH
8 WINGERTER, LES	296	SPTMALE50-59	00:09:05.00	2	00:43:04.70	2	00:27:35.00	2	01:19:44.70	LETH
9 ASUCHAK, JIM	268	SPTMALE30-39	00:10:46.00	5	00:45:11.60	5	00:24:57.20	3	01:20:54.80	LETH
10 TAYLOR, LOWELL	267	SPTMALE20-29	00:09:44.13	2	00:45:25.82	3	00:27:18.20	2	01:22:28.15	EDMONTC
11 VORNBROCK, RICK	290	SPTMALE40-49	00:09:29.26	3	00:45:42.24	4	00:27:17.10	3	01:22:28.60	LETH
12 MACLEAN, IAN	262	SPTMALE16-19	00:09:05.00	1	00:44:36.80	1	00:29:00.75	1	01:22:42.55	LETH
13 WENGER, PAUL	280	SPTMALE30-39	00:10:55.57	6	00:45:44.13	7	00:29:15.45	6	01:25:55.15	CALGARY
14 BOSCHEE, MARK	281	SPTMALE40-49	00:11:43.00	7	00:43:16.10	3	00:31:23.65	6	01:26:22.75	LETH
15 KEMPSTER, CODY	266	SPTMALE20-29	00:09:03.67	1	00:45:19.03	2	00:32:05.05	3	01:26:27.75	LETH
16 SHRINER, JASON	278	SPTMALE30-39	00:13:04.00	9	00:45:35.45	6	00:28:51.05	5	01:27:30.50	LETH
17 HUSCH, JEFF	273	SPTMALE30-39	00:12:32.00	8	00:44:48.20	4	00:30:26.15	8	01:27:46.35	LETH
18 PENNER, KEN	288	SPTMALE40-49	00:13:41.09	9	00:48:52.21	6	00:26:09.70	2	01:28:43.00	LETH
19 VUCUREVICH, JEFF	279	SPTMALE30-39	00:14:45.00	10	00:47:11.80	8	00:30:15.10	7	01:32:11.90	LETH
20 MARCOTTE, MICHAEL	287	SPTMALE40-49	00:12:54.74	8	00:47:26.26	5	00:33:19.65	7	01:33:40.65	LETH
21 HARRIS, STEPHEN	293	SPTMALE50-59	00:10:35.00	3	00:47:22.20	3	00:36:40.60	3	01:34:37.80	MONARCH
22 JANKUNIS, NED	284	SPTMALE40-49	00:10:15.38	5	00:49:00.07	7	00:36:09.50	8	01:35:24.95	LETH
23 HADLINGTON, GREG	272	SPTMALE30-39	00:11:03.00	7	00:49:01.35	10	00:35:27.05	9	01:35:31.40	CALGARY
24 KAWCHUK, LARRY	285	SPTMALE40-49	00:16:28.00	10	00:49:51.55	9	00:29:45.75	5	01:36:05.30	LETH
25 AUJESKY, RISHA	269	SPTMALE30-39	00:10:30.54	4	00:47:35.31	9	00:38:46.00	10	01:36:51.85	REDCLIFF
26 VEGTER, ED	289	SPTMALE40-49	00:09:17.04	1	00:51:19.46	10	00:38:29.25	9	01:39:05.75	LETH
27 NEVILLE, LEE	276	SPTFEMALE30-39	00:10:24.00	1	00:50:33.30	6	00:40:42.50	16	01:41:39.80	LETH
28 WATT, GORD	291	SPTMALE40-49	00:11:10.00	6	00:49:10.75	8	00:41:31.20	10	01:41:51.95	LETH
29 BROWN, JAMIE	264	SPTMALE20-29	00:13:46.00	4	00:49:27.65	4	00:39:26.05	4	01:42:39.70	AIRDRIE