

Overall Results

Olympic 1.5K - 40K - 10K

Name	Bib#	Category	Swim	O/A	Bike	O/A	Run	O/A	Finish	City
1 LOSHACK, KRIS	550	OLYMALE20-29	00:19:53.00	2	01:09:10.95	6	00:36:14.60	6	02:05:18.55	EDMONTON
2 SCHAERZ, SIMON	553	OLYMALE20-29	00:21:19.00	6	01:07:39.10	2	00:38:31.60	2	02:07:29.70	LETH
3 SMITH, TONY	578	OLYMALE40-49	00:20:54.00	4	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	3	01:09:10.60	5	00:40:23.40	5	02:09:38.00	EDMONTON
5 KRAR, JEFF	560	OLYMALE30-39	00:21:07.00	5	01:12:16.90	12	00:39:52.70	12	02:13:16.60	CALGARY
6 WILKINSON, JOEL	581	OLYMALE40-49	00:22:50.00	9	01:08:20.45	4	00:42:51.35	4	02:14:01.80	COCHRANE
7 TEASDALE, ADAM	554	OLYMALE20-29	00:19:45.00	1	01:14:39.15	13	00:42:52.00	13	02:17:16.15	CALGARY
8 EMERSON, BARRY	588	OLYMALE50-59	00:21:48.00	7	01:10:44.45	7	00:45:05.00	7	02:17:37.45	LETH
9 ELSE, TREVOR	545	OLYMALE20-29	00:22:56.00	10	01:11:17.90	10	00:46:12.10	10	02:20:26.00	CALGARY
10 HUMPHREY, MIKE	547	OLYMALE20-29	00:27:34.03	23	01:08:07.12	3	00:46:08.25	3	02:21:49.40	LETH
11 ELM, IAN	523	OLYMALE30-39	00:25:07.37	11	01:11:33.83	11	00:46:01.35	11	02:22:42.55	EDMONTON
12 BRADLEY, GREG	555	OLYMALE30-39	00:27:28.15	20	01:10:50.15	8	00:46:15.60	8	02:24:33.90	CALGARY
13 HAYNER, DARREN	557	OLYMALE30-39	00:28:54.70	26	01:16:19.80	15	00:41:41.10	15	02:26:55.60	CALGARY
14 MILLER, CARL	561	OLYMALE30-39	00:27:36.56	24	01:15:07.99	14	00:45:47.15	14	02:28:31.70	CALGARY
15 WILKINSON, KENTON	543	OLYMALE16-19	00:25:12.37	12	01:22:15.78	25	00:41:14.35	25	02:28:42.50	COCHRANE
16 ERICKSON, DREW	546	OLYMALE20-29	00:36:51.59	72	01:10:55.21	9	00:43:50.40	9	02:31:37.20	LETH
17 MCWILLIAMS, KEN	576	OLYMALE40-49	00:31:46.00	53	01:17:02.35	17	00:44:31.10	17	02:33:19.45	CALGARY
18 CLACK, JACK	587	OLYMALE50-59	00:27:33.00	22	01:20:25.70	20	00:46:15.30	20	02:34:14.00	LETH
19 SLEIK, RYAN	567	OLYMALE30-39	00:30:42.60	47	01:16:24.25	16	00:48:10.95	16	02:35:17.80	CRANBROO
20 ARNOLD, RALPH	568	OLYMALE40-49	00:30:37.67	46	01:21:07.78	23	00:45:41.30	23	02:37:26.75	LETH
21 MACKEITH, IONA	505	OLYFEMALE20-29	00:26:11.49	15	01:20:57.16	22	00:50:33.20	22	02:37:41.85	CALGARY
22 KRUSHEL, ROBERT	574	OLYMALE40-49	00:25:32.97	14	01:25:29.28	36	00:46:41.85	36	02:37:44.10	YELLOWKNI
23 GRANLEY, DARCEY	572	OLYMALE40-49	00:29:40.00	36	01:24:23.50	31	00:46:05.50	31	02:40:09.00	AIRDRIE
24 JISKOOT, HESTER	516	OLYFEMALE30-39	00:29:29.00	29	01:19:11.90	18	00:51:37.35	18	02:40:18.25	LETH
25 NAPHIN, MARK	563	OLYMALE30-39	00:28:59.00	27	01:19:51.75	19	00:52:45.00	19	02:41:35.75	CALGARY
26 MENTA, ROGER	551	OLYMALE20-29	00:26:21.43	16	01:23:32.62	28	00:52:12.55	28	02:42:06.60	CALGARY
27 MCCULLOCH, ROBIN	521	OLYFEMALE30-39	00:26:50.27	18	01:26:35.43	39	00:48:51.65	39	02:42:17.35	LETH
28 SMITH, BRENT	593	OLYMALE50-59	00:29:38.89	35	01:22:56.51	27	00:52:19.20	27	02:44:54.60	CALGARY
29 ANDERSON, JULIE	510	OLYFEMALE30-39	00:30:55.00	49	01:20:52.85	21	00:53:33.65	21	02:45:21.50	BLAIRMORE
30 NICOL, CREGG	565	OLYMALE30-39	00:30:31.00	45	01:22:33.75	26	00:52:48.55	26	02:45:53.30	COALHURST
31 VINCENT, ALEX	595	OLYMALE50-59	00:30:19.39	42	01:23:33.66	29	00:52:16.10	29	02:46:09.15	CALGARY
32 HAYWARD, MARC	573	OLYMALE40-49	00:38:22.00	75	01:25:29.40	37	00:42:19.15	37	02:46:10.55	LETH
33 ARMSTRONG, DWAYNE	582	OLYMALE50-59	00:29:35.00	31	01:21:30.65	24	00:55:25.35	24	02:46:31.00	LETH
34 ROWNTREE, WARREN	577	OLYMALE40-49	00:22:38.81	8	01:24:50.59	34	00:59:52.80	34	02:47:22.20	LETH
35 CRAIG, STEVE	556	OLYMALE30-39	00:29:50.00	39	01:25:17.85	35	00:53:15.85	35	02:48:23.70	LETH
36 HAZLET, RACHEL	503	OLYFEMALE20-29	00:31:10.00	50	01:24:40.75	32	00:53:57.85	32	02:49:48.60	CALGARY
37 THURBER, BRUCE	579	OLYMALE40-49	00:29:46.00	38	01:24:13.30	30	00:57:16.40	30	02:51:15.70	MED. HAT
38 DALPHOND, LOUISE	531	OLYFEMALE40-49	00:27:30.06	21	01:29:39.44	46	00:54:11.35	46	02:51:20.85	LETH
39 PATTERSON, ERIN	507	OLYFEMALE20-29	00:25:20.24	13	01:24:41.71	33	01:03:24.25	33	02:53:26.20	LETH
40 KEITH, PATRICIA	539	OLYFEMALE50-59	00:32:26.00	59	01:33:20.45	55	00:48:12.35	55	02:53:58.80	LETH
41 MASON, TRUDI	520	OLYFEMALE30-39	00:30:23.00	44	01:28:46.45	44	00:55:31.20	44	02:54:40.65	LETH
42 TOWNLEY, MIKE	594	OLYMALE50-59	00:29:19.86	28	01:27:40.74	41	00:58:11.05	41	02:55:11.65	LETH
43 BOMHOF, ARIE	585	OLYMALE50-59	00:26:38.00	17	01:26:24.55	38	01:02:35.35	38	02:55:37.90	LETH
44 WILLIAMS, CAROL	541	OLYFEMALE50-59	00:32:07.00	56	01:30:43.45	49	00:53:12.25	49	02:56:02.70	LETH
45 SWEDLO, AMY	526	OLYFEMALE30-39	00:28:47.79	25	01:28:36.46	43	01:01:32.15	43	02:58:56.40	COCHRANE
46 BROWN, LESLEY	530	OLYFEMALE40-49	00:32:24.28	58	01:30:36.42	48	00:56:10.30	48	02:59:11.00	LETH
47 KENNES, LEON	591	OLYMALE50-59	00:32:16.00	57	01:33:15.10	54	00:54:13.10	54	02:59:44.20	LETH
48 KEITH, KEVIN	590	OLYMALE50-59	00:33:43.00	62	01:28:12.70	42	00:58:17.55	42	03:00:13.25	LETH
49 LANGHOFER, CAMERON	548	OLYMALE20-29	00:30:22.04	43	01:35:41.06	61	00:54:13.60	61	03:00:16.70	LETH
50 LEE, CALEB	549	OLYMALE20-29	00:35:48.00	70	01:38:45.45	69	00:46:01.35	69	03:00:34.80	LETH
51 KEMMET, ELLIOTT	562	OLYMALE16-19	00:27:19.00	19	01:36:05.50	62	00:58:08.90	62	03:01:33.40	LETH

Overall Results

Olympic 1.5K - 40K - 10K

Name	Bib#	Category	Swim	O/A	Bike	O/A	Run	O/A	Finish	City
52 DEBEURS, MICHELLE	513	OLYFEMALE30-39	00:32:06.00	55	01:35:04.80	59	00:55:00.90	59	03:02:11.70	COCHRANE
53 RUDD, LESLIE	508	OLYFEMALE20-29	00:29:43.00	37	01:32:02.85	51	01:00:29.65	51	03:02:15.50	CALGARY
54 BARKLEY, LISA	512	OLYFEMALE30-39	00:29:38.11	34	01:33:44.49	57	00:59:29.60	57	03:02:52.20	COCHRANE
55 QUICK, DEB	536	OLYFEMALE40-49	00:33:12.09	60	01:30:06.66	47	00:59:54.70	47	03:03:13.45	CALGARY
56 ROEMMELE, TRACEY	524	OLYFEMALE30-39	00:35:49.92	71	01:32:59.13	53	00:58:21.15	53	03:07:10.20	LETH
57 MYLES, CHARLIE	592	OLYMALE50-59	00:29:55.00	40	01:39:30.05	70	00:58:25.40	70	03:07:50.45	LETH
58 ARTHUR, JENNIFER	511	OLYFEMALE30-39	00:35:12.55	69	01:29:30.65	45	01:03:58.15	45	03:08:41.35	LETH
59 ONTKEAN, NICHOLAS	542	OLYMALE16-19	00:34:25.00	66	01:38:14.85	68	00:56:24.90	68	03:09:04.75	LETH
60 EMERSON, TRISH	538	OLYFEMALE50-59	00:30:43.00	48	01:32:50.35	52	01:05:45.00	52	03:09:18.35	LETH
61 MENTANKO-TIEFENBACH, DONNA	511	OLYFEMALE40-49	00:37:01.00	73	01:37:52.75	67	00:54:35.65	67	03:09:29.40	LETH
62 SIMPSON, DEBORAH	537	OLYFEMALE40-49	00:39:42.00	77	01:27:40.25	40	01:03:22.55	40	03:10:44.80	CALGARY
63 STICKEL, JEN	525	OLYFEMALE30-39	00:29:35.00	32	01:39:38.35	71	01:02:39.70	71	03:11:53.05	LETH
64 PATERSON, KYLE	552	OLYMALE20-29	00:33:58.00	63	01:37:22.75	66	01:03:18.40	66	03:14:39.15	LETH
65 VUCUREVICH, ALLISON	528	OLYFEMALE30-39	00:40:44.00	79	01:36:24.60	64	00:57:46.55	64	03:14:55.15	LETH
66 HILLIARD, FRANCINE	515	OLYFEMALE30-39	00:29:59.00	41	01:46:25.35	76	01:00:21.40	76	03:16:45.75	CALGARY
67 LARSON, LISA	518	OLYFEMALE30-39	00:31:50.00	54	01:35:17.40	60	01:10:37.70	60	03:17:45.10	BLAIRMORE
68 KELEMEN, AVA	504	OLYFEMALE20-29	00:31:23.46	51	01:33:29.04	56	01:14:23.45	56	03:19:15.95	LETH
69 LARSON, ADA	517	OLYFEMALE30-39	00:29:32.98	30	01:42:33.17	73	01:07:50.85	73	03:19:57.00	LETH
70 BOYD, PATRICK	544	OLYMALE20-29	00:38:42.00	76	01:34:25.70	58	01:08:44.80	58	03:21:52.50	MED. HAT
71 FLAIG, DON	589	OLYMALE50-59	00:34:13.00	64	01:42:50.25	74	01:05:33.95	74	03:22:37.20	LETH
72 PATTERSON, SANDY	535	OLYFEMALE40-49	00:33:29.00	61	01:36:06.55	63	01:15:52.50	63	03:25:28.05	LETH
73 DEERHAWKE, PHOENIX	514	OLYFEMALE30-39	00:34:24.00	65	01:44:42.55	75	01:06:32.05	75	03:25:38.60	CALGARY
74 ISFELD, JASON	558	OLYMALE30-39	00:29:38.00	33	01:36:55.55	65	01:20:28.50	65	03:27:02.05	LETH
75 SHARP, ROB	566	OLYMALE30-39	00:40:38.00	78	01:30:48.65	50	01:16:42.25	50	03:28:08.90	LETH
76 NORSGARD, BARB	540	OLYFEMALE50-59	00:34:30.00	67	01:46:37.25	77	01:07:35.85	77	03:28:43.10	FT. MACLEOD
77 BISSONETTE, CHRIS	584	OLYMALE50-59	00:31:42.45	52	01:40:18.90	72	01:22:27.05	72	03:34:28.40	ELKFORD
78 VOREL, NICHOLE	527	OLYFEMALE30-39	00:37:57.45	74	01:51:19.70	78	01:05:23.25	78	03:34:40.40	CALGARY
79 FRANTZ, DON	596	OLYMALE60+	00:34:32.00	68	01:54:19.85	79	01:20:44.60	79	03:49:36.45	LETH

Overall Results

Super Sprint .2K - 15K - 3K

Name	Bib#	Category	Swim	O/A	Bike	O/A	Run	O/A	Finish	City
1 ABELLS, JOEL	364	SSMALE20-29	00:02:24.00	1	00:37:21.35	2	00:18:20.45	2	00:58:05.80	LETH
2 VARTY, MELISSA	314	SSFEMALE20-29	00:04:02.12	16	00:38:00.03	3	00:16:38.05	3	00:58:40.20	LETH
3 DAVIES, DYLAN	375	SSMALE30-39	00:02:58.00	3	00:36:58.15	1	00:19:13.85	1	00:59:10.00	LETH
4 MORIELLO, DINO	390	SSMALE40-49	00:05:15.35	50	00:39:04.20	5	00:16:24.30	5	01:00:43.85	CALGARY
5 KINDLEY, KEVIN	394	SSMALE50-59	00:03:52.00	12	00:39:36.90	8	00:17:56.65	8	01:01:25.55	LETH
6 MONAGHAN, MIKE	371	SSMALE20-29	00:05:23.44	51	00:39:36.86	7	00:16:38.65	7	01:01:38.95	CALGARY
7 JOWSY, JANIS	349	SSFEMALE40-49	00:03:47.71	11	00:41:29.34	22	00:17:04.25	22	01:02:21.30	LETH
8 LIVINGSTON, KIRK	389	SSMALE40-49	00:05:10.00	49	00:40:49.10	15	00:16:24.45	15	01:02:23.55	COALDALE
9 KWASNY, JASON	380	SSMALE30-39	00:04:24.00	24	00:39:22.20	6	00:18:46.80	6	01:02:33.00	LETH
10 KEITH, DAWN MARIE	350	SSFEMALE40-49	00:04:12.30	18	00:40:50.50	16	00:17:46.50	16	01:02:49.30	LETHBRIDGI
11 ACKERMAN, CATHERINE	316	SSFEMALE30-39	00:04:17.00	20	00:40:48.90	14	00:17:59.60	14	01:03:05.50	LETH
12 NICOL, ALASTAIR	363	SSMALE16-19	00:02:35.00	2	00:41:56.30	27	00:18:59.85	27	01:03:31.15	LETH
13 REINDL, KYLE	372	SSMALE20-29	00:03:28.00	7	00:41:00.35	19	00:19:17.30	19	01:03:45.65	LETH
14 POLLMULLER, JOSEF	362	SSMALE14-15	00:04:24.00	23	00:40:22.85	11	00:19:18.20	11	01:04:05.05	LETH
15 GEIGER, CHAD	368	SSMALE20-29	00:06:25.00	69	00:40:03.55	9	00:17:42.40	9	01:04:10.95	CROSSFIELI
16 HAWKINS, DEAN	328	SSMALE30-39	00:04:08.00	17	00:40:36.85	12	00:20:07.95	12	01:04:52.80	LETH
17 VANDER VEEN, KLASS	395	SSMALE50-59	00:05:07.00	47	00:41:39.75	25	00:18:06.55	25	01:04:53.30	PICTURE BL
18 GOING, WENDY	326	SSFEMALE30-39	00:04:44.00	35	00:40:14.35	10	00:20:18.50	10	01:05:16.85	
19 STIEFENHOFER, KARIN	354	SSFEMALE40-49	00:04:26.00	26	00:41:09.30	21	00:20:08.60	21	01:05:43.90	CALGARY
20 TETZLAFF, CAREY	387	SSMALE30-39	00:05:02.06	44	00:40:39.44	13	00:20:14.30	13	01:05:55.80	WATERTON
21 JONES-HUSCH, KATHY	332	SSFEMALE30-39	00:05:05.07	46	00:41:08.78	20	00:20:13.45	20	01:06:27.30	LETH.
22 VANDERVEEN, GEORGE	393	SSMALE40-49	00:04:54.00	38	00:38:47.25	4	00:23:09.25	4	01:06:50.50	PICTURE BL
23 GALLOWAY, WADE	376	SSMALE30-39	00:06:19.00	64	00:40:53.10	17	00:19:52.20	17	01:07:04.30	LETH
24 MILLER, LIZ	360	SSFEMALE50-59	00:04:59.00	43	00:41:36.10	24	00:20:29.90	24	01:07:05.00	LETH
25 CHAPMAN, DAN	374	SSMALE30-39	00:05:56.00	61	00:42:10.70	29	00:19:03.00	29	01:07:09.70	COALHURST
26 WILLS, MAUREEN	356	SSFEMALE40-49	00:04:24.00	21	00:40:58.65	18	00:22:13.80	18	01:07:36.45	LETH
27 GOING, TIANNA	302	SSFEMALE14-15	00:02:58.00	4	00:47:22.05	38	00:17:22.50	38	01:07:42.55	
28 MCINTYRE, KRISTEN	308	SSFEMALE20-29	00:03:56.21	13	00:44:16.94	32	00:19:51.00	32	01:08:04.15	CALGARY
29 BLACK, JAMES	373	SSMALE30-39	00:05:35.30	55	00:41:31.50	23	00:21:17.45	23	01:08:24.25	LETH.
30 HUBER, DWAYNE	377	SSMALE30-39	00:04:35.00	31	00:41:40.10	26	00:22:29.15	26	01:08:44.25	CARDSTON
31 KOSSUTH, VIVIEN	333	SSFEMALE30-39	00:04:16.89	19	00:43:30.51	30	00:21:10.50	30	01:08:57.90	LETH
32 JOHNSTON, BERNADETTE	348	SSFEMALE40-49	00:05:35.80	56	00:43:32.55	31	00:20:22.95	31	01:09:31.30	LETH
33 PEDERSON, CHELSEA	310	SSFEMALE20-29	00:05:03.24	45	00:46:23.21	37	00:19:35.90	37	01:11:02.35	LETH
34 LIVINGSTON, KHASON	361	SSMALE14-15	00:04:37.00	32	00:49:37.35	48	00:17:07.70	48	01:11:22.05	COALDALE
35 GOODFELLOW, PIPPA	346	SSFEMALE40-49	00:03:24.00	5	00:44:45.55	33	00:23:31.60	33	01:11:41.15	DIAMOND CI
36 BALDREY, ROD	388	SSMALE40-49	00:03:57.00	15	00:47:33.85	40	00:20:19.15	40	01:11:50.00	CALGARY
37 BENZIE, ALEXA	301	SSFEMALE14-15	00:03:28.00	6	00:49:01.35	44	00:19:45.35	44	01:12:14.70	LETH
38 GILLETT, SHARON	345	SSFEMALE40-49	00:04:53.00	37	00:44:55.70	34	00:23:10.05	34	01:12:58.75	LETH
39 ABBOTT, EILEEN	339	SSFEMALE40-49	00:06:25.00	68	00:44:55.75	35	00:21:54.55	35	01:13:15.30	LETH
40 TAMS, SID	386	SSMALE30-39	00:06:12.37	63	00:42:07.13	28	00:25:45.60	28	01:14:05.10	TABER
41 SHIGEHIRO, MICHELE	312	SSFEMALE20-29	00:04:57.21	42	00:47:43.74	42	00:21:40.50	42	01:14:21.45	DESERT BLU
42 MERESKA, PAULA	352	SSFEMALE40-49	00:05:50.00	59	00:47:24.35	39	00:22:24.35	39	01:15:38.70	LETH
43 WHITE, LISA	355	SSFEMALE40-49	00:05:53.00	60	00:45:12.90	36	00:24:38.70	36	01:15:44.60	LETH
44 VISSER, SABINA	337	SSFEMALE30-39	00:06:02.00	62	00:49:21.05	46	00:20:34.35	46	01:15:57.40	LETH
45 LOSEY, MEAGAN	307	SSFEMALE20-29	00:03:36.56	8	00:50:07.64	49	00:22:21.45	49	01:16:05.65	LETH
46 POLLMULLER, CHERYL	353	SSFEMALE40-49	00:06:53.62	71	00:47:47.38	43	00:22:14.10	43	01:16:55.10	LETH
47 ALFORD, TRINA	317	SSFEMALE30-39	00:05:24.00	52	00:50:54.35	51	00:20:47.15	51	01:17:05.50	LETH
48 EMERY, MANDY	304	SSFEMALE20-29	00:04:31.12	28	00:53:10.28	62	00:20:09.60	62	01:17:51.00	LETH
49 HOOD, SHAWNA	329	SSFEMALE30-39	00:06:21.50	66	00:50:40.95	50	00:20:58.35	50	01:18:00.80	LETH
50 BOISVERT, SHERYL	341	SSFEMALE40-49	00:04:40.06	33	00:49:23.84	47	00:24:12.70	47	01:18:16.60	EDMONTON
51 GREIDANUS, BETTE	357	SSFEMALE50-59	00:07:45.62	75	00:47:41.43	41	00:23:52.45	41	01:19:19.50	LETH

Overall Results

Super Sprint .2K - 15K - 3K

Name	Bib#	Category	Swim	O/A	Bike	O/A	Run	O/A	Finish	City
52 TANIS, LIZ	313	SSFEMALE20-29	00:03:57.00	14	00:54:53.60	65	00:21:29.75	65	01:20:20.35	PICTURE BL
53 HAUSER, CAROL	358	SSFEMALE50-59	00:06:25.00	67	00:52:39.40	59	00:21:17.30	59	01:20:21.70	LETH
54 BERG, GEORGE	396	SSMALE60+	00:03:36.81	9	00:52:32.29	57	00:24:26.10	57	01:20:35.20	LETH
55 FRENCH, SUSAN	344	SSFEMALE40-49	00:04:24.21	25	00:49:17.19	45	00:27:13.20	45	01:20:54.60	LETH
56 HUGH, AMANDA	305	SSFEMALE20-29	00:03:43.90	10	00:52:48.55	60	00:25:45.05	60	01:22:17.50	LETH
57 BABE, NORMA	318	SSFEMALE30-39	00:04:52.03	36	00:55:01.32	67	00:22:28.50	67	01:22:21.85	LETH
58 KINCAID, JOHN	378	SSMALE30-39	00:04:35.00	30	00:52:08.40	56	00:25:53.30	56	01:22:36.70	LETH
59 GOODYEAR, NICOLE	327	SSFEMALE30-39	00:05:31.00	54	00:50:56.40	52	00:26:35.55	52	01:23:02.95	LETH
60 CHAPMAN, MONIQUE	323	SSFEMALE30-39	00:05:26.00	53	00:54:55.80	66	00:22:52.15	66	01:23:13.95	COALHURST
61 WARKENTIN, RACHEL	315	SSFEMALE20-29	00:04:33.00	29	00:52:57.65	61	00:27:07.95	61	01:24:38.60	LETH
62 CASTONGUAY, MONIQUE	322	SSFEMALE30-39	00:07:41.00	74	00:54:09.30	63	00:23:36.70	63	01:25:27.00	CALGARY
63 JESSOP, LYNNETTE	347	SSFEMALE40-49	00:07:20.58	72	00:51:28.37	54	00:26:39.05	54	01:25:28.00	
64 GERBER, LORI	325	SSFEMALE30-39	00:04:57.00	41	00:56:11.60	69	00:26:01.40	69	01:27:10.00	COALDALE
65 NIEBOR, ANDREA	309	SSFEMALE20-29	00:04:56.00	40	00:52:39.30	58	00:29:53.20	58	01:27:28.50	IRON SPRIN
66 HOUSTON, ERIN	330	SSFEMALE30-39	00:04:28.00	27	00:58:07.10	70	00:26:26.85	70	01:29:01.95	LETH
67 ECKLUND, JANINE	343	SSFEMALE40-49	00:06:48.28	70	00:51:14.87	53	00:31:23.65	53	01:29:26.80	LETH
68 CHAKI-FARRINGTON, LORI	342	SSFEMALE40-49	00:06:20.00	65	00:51:47.85	55	00:31:24.35	55	01:29:32.20	LETH
69 LOCKHART, BARBARA	359	SSFEMALE50-59	00:04:42.43	34	00:59:16.12	71	00:25:41.95	71	01:29:40.50	LETH
70 HUBER, LINDA	331	SSFEMALE30-39	00:09:13.00	76	00:55:21.90	68	00:26:13.65	68	01:30:48.55	CARDSTON
71 SHIGEHIRO, MAGGIE	336	SSFEMALE30-39	00:05:43.00	57	01:01:05.00	73	00:25:23.30	73	01:32:11.30	LETH
72 IWAASA, APRIL	306	SSFEMALE20-29	00:05:46.49	58	01:00:15.51	72	00:26:42.20	72	01:32:44.20	LETH
73 IWAASA, COLE	369	SSMALE20-29	00:04:24.00	22	01:01:56.80	76	00:26:43.15	76	01:33:03.95	LETH
74 FITCHETT, AARON	367	SSMALE20-29	00:05:08.00	48	01:01:18.15	75	00:26:42.40	75	01:33:08.55	LETH
75 SEIBEL, CARY	392	SSMALE40-49	00:04:54.45	39	00:54:19.45	64	00:34:49.20	64	01:34:03.10	LETH
76 LOHMANN, COLLEEN	351	SSFEMALE40-49	00:07:28.00	73	01:01:10.65	74	00:28:56.85	74	01:37:35.50	AIRDRIE

Overall Results

Sprint .5K - 20K - 5K

Name	Bib#	Category	Swim	O/A	Bike	O/A	Run	O/A	Finish	City
1 BRYANT, JEFF	292	SPTMALE50-59	00:07:55.00	3	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	4	00:24:46.95	4	01:09:07.00	LETH
3 MOTT, ROB	274	SPTMALE30-39	00:09:05.51	9	00:36:30.59	3	00:24:19.80	3	01:09:55.90	CALGARY
4 DIMMELL, PETER	282	SPTMALE40-49	00:09:37.00	14	00:35:51.35	2	00:24:49.75	2	01:10:18.10	CALGARY
5 ENGLISH, JASON	270	SPTMALE30-39	00:08:27.00	4	00:40:49.05	6	00:26:09.35	6	01:15:25.40	CALGARY
6 LEGER, JANICE	208	SPTFEMALE20-29	00:07:34.00	2	00:41:40.05	7	00:27:07.55	7	01:16:21.60	LETH
7 LOSHACK, LORIE	286	SPTMALE40-49	00:09:18.00	12	00:39:32.30	5	00:28:32.50	5	01:17:22.80	EDMONTON
8 BARR, AL	263	SPTMALE20-29	00:11:45.00	49	00:44:31.40	11	00:22:05.20	11	01:18:21.60	LETH
9 WINGERTER, LES	296	SPTMALE50-59	00:09:05.00	8	00:43:04.70	8	00:27:35.00	8	01:19:44.70	LETH
10 ASUCHAK, JIM	268	SPTMALE30-39	00:10:46.00	27	00:45:11.60	16	00:24:57.20	16	01:20:54.80	LETH
11 KOENIG, KAREN	243	SPTFEMALE40-49	00:10:41.00	25	00:45:09.70	15	00:26:05.95	15	01:21:56.65	LETH
12 TAYLOR, LOWELL	267	SPTMALE20-29	00:09:44.13	15	00:45:25.82	18	00:27:18.20	18	01:22:28.15	EDMONTON
13 VORNBROCK, RICK	290	SPTMALE40-49	00:09:29.26	13	00:45:42.24	20	00:27:17.10	20	01:22:28.60	LETH
14 MACLEAN, IAN	262	SPTMALE16-19	00:09:05.00	7	00:44:36.80	12	00:29:00.75	12	01:22:42.55	LETH
15 BALDREY, SUE	237	SPTFEMALE40-49	00:10:32.67	23	00:43:12.23	9	00:31:20.40	9	01:25:05.30	CALGARY
16 WENGER, PAUL	280	SPTMALE30-39	00:10:55.57	29	00:45:44.13	21	00:29:15.45	21	01:25:55.15	CALGARY
17 BOSCHEE, MARK	281	SPTMALE40-49	00:11:43.00	47	00:43:16.10	10	00:31:23.65	10	01:26:22.75	LETH
18 KEMPSTER, CODY	266	SPTMALE20-29	00:09:03.67	6	00:45:19.03	17	00:32:05.05	17	01:26:27.75	LETH
19 KUCHARSKI, STEPHANIE	222	SPTFEMALE30-39	00:13:45.04	69	00:45:00.06	14	00:28:00.90	14	01:26:46.00	CANMORE
20 SHRINER, JASON	278	SPTMALE30-39	00:13:04.00	62	00:45:35.45	19	00:28:51.05	19	01:27:30.50	LETH
21 THIBERT, CAROL	261	SPTFEMALE50-59	00:10:18.57	18	00:46:24.78	23	00:30:52.10	23	01:27:35.45	LETH
22 HUSCH, JEFF	273	SPTMALE30-39	00:12:32.00	56	00:44:48.20	13	00:30:26.15	13	01:27:46.35	LETH
23 PENNER, KEN	288	SPTMALE40-49	00:13:41.09	68	00:48:52.21	37	00:26:09.70	37	01:28:43.00	LETH
24 DEBLOIS, CATHERINE	214	SPTFEMALE30-39	00:11:11.00	35	00:46:55.85	26	00:31:06.45	26	01:29:13.30	LETH
25 MCPIKE, CARLA	227	SPTFEMALE30-39	00:11:06.00	32	00:48:45.15	36	00:29:56.95	36	01:29:48.10	COCHRANE
26 HENDERSON, AMBER	206	SPTFEMALE20-29	00:11:13.00	36	00:47:49.15	32	00:31:09.90	32	01:30:12.05	CALGARY
27 OHLMANN, NIKI	209	SPTFEMALE20-29	00:11:01.00	30	00:49:37.20	43	00:29:38.25	43	01:30:16.45	LETH
28 ALINSAMG, NANCY	211	SPTFEMALE20-29	00:15:34.00	74	00:50:34.45	49	00:24:46.40	49	01:30:54.85	CALGARY
29 CALE, MARCELLE	239	SPTFEMALE40-49	00:13:24.00	65	00:46:31.20	24	00:31:18.60	24	01:31:13.80	COALDALE
30 VEGTER, MELANIE	250	SPTFEMALE40-49	00:11:19.00	39	00:49:33.85	42	00:30:52.15	42	01:31:45.00	LETH
31 VUCUREVICH, JEFF	279	SPTMALE30-39	00:14:45.00	72	00:47:11.80	27	00:30:15.10	27	01:32:11.90	LETH
32 FRENCH, BROOKE	201	SPTFEMALE14-15	00:08:36.00	5	00:51:16.55	56	00:32:41.85	56	01:32:34.40	LETH
33 GIRARD, NICOLE	207	SPTFEMALE20-29	00:09:15.00	10	00:50:40.55	50	00:32:59.95	50	01:32:55.50	MED. HAT
34 BOURDON-HARRIS, MARQUIS	288	SPTFEMALE40-49	00:12:25.00	55	00:47:21.40	28	00:33:33.00	28	01:33:19.40	MONARCH
35 SCHUCK, KATE	232	SPTFEMALE30-39	00:11:24.00	41	00:45:51.70	22	00:36:24.20	22	01:33:39.90	CHESTERM
36 MARCOTTE, MICHAEL	287	SPTMALE40-49	00:12:54.74	59	00:47:26.26	30	00:33:19.65	30	01:33:40.65	LETH
37 KALISCHUK, MELANIE	220	SPTFEMALE30-39	00:11:34.00	45	00:48:23.70	35	00:34:09.45	35	01:34:07.15	LETH
38 MATTHEWS, JULIE	256	SPTFEMALE50-59	00:10:23.97	19	00:48:12.33	34	00:35:36.10	34	01:34:12.40	LETH
39 MURPHY, KATHY	246	SPTFEMALE40-49	00:11:27.35	43	00:53:24.75	62	00:29:21.95	62	01:34:14.05	CALGARY
40 HARRIS, STEPHEN	293	SPTMALE50-59	00:10:35.00	24	00:47:22.20	29	00:36:40.60	29	01:34:37.80	MONARCH
41 FRIESEN, WENDY	217	SPTFEMALE30-39	00:11:19.00	38	00:50:48.85	51	00:32:57.80	51	01:35:05.65	CALGARY
42 HAMILTON, SHAWN	252	SPTFEMALE50-59	09:34:47.00	79	08:31:43.90	79	00:32:09.75	79	01:35:12.85	LETHBRIDGI
43 TRAVIS, EMILY	210	SPTFEMALE20-29	00:11:15.00	37	00:52:48.75	61	00:31:10.10	61	01:35:13.85	LETH
44 JANKUNIS, NED	284	SPTMALE40-49	00:10:15.38	17	00:49:00.07	38	00:36:09.50	38	01:35:24.95	LETH
45 BARNES, MONICA	212	SPTFEMALE30-39	00:12:46.00	57	00:51:46.45	60	00:30:57.70	60	01:35:30.15	CHESTERM
46 HADLINGTON, GREG	272	SPTMALE30-39	00:11:03.00	31	00:49:01.35	39	00:35:27.05	39	01:35:31.40	CALGARY
47 KAWCHUK, LARRY	285	SPTMALE40-49	00:16:28.00	75	00:49:51.55	45	00:29:45.75	45	01:36:05.30	LETH
48 PRICE, MARION	247	SPTFEMALE40-49	00:12:16.00	54	00:49:43.25	44	00:34:22.85	44	01:36:22.10	LETH
49 WATERS, KATHY	234	SPTFEMALE30-39	00:13:10.00	64	00:51:15.95	55	00:32:24.00	55	01:36:49.95	CALGARY
50 AUJESKY, RISHA	269	SPTMALE30-39	00:10:30.54	21	00:47:35.31	31	00:38:46.00	31	01:36:51.85	REDCLIFF
51 MARCOTTE, DENISE	224	SPTFEMALE30-39	00:11:46.48	50	00:51:00.72	52	00:34:25.90	52	01:37:13.10	LETH

Overall Results

Sprint .5K - 20K - 5K

Name	Bib#	Category	Swim	O/A	Bike	O/A	Run	O/A	Finish	City
52 MAY, FRANCINE	225	SPTFEMALE30-39	00:12:05.00	53	00:51:13.25	54	00:35:06.85	54	01:38:25.10	CALGARY
53 GRANGER, MICHELE	251	SPTFEMALE50-59	00:10:12.92	16	00:50:11.28	47	00:38:04.60	47	01:38:28.80	EDMONTON
54 DRAPER, MELISSA	240	SPTFEMALE40-49	00:11:44.00	48	00:51:37.55	59	00:35:23.55	59	01:38:45.10	CANMORE
55 HALLADAY, BARB	241	SPTFEMALE40-49	00:13:52.09	71	00:46:49.86	25	00:38:04.55	25	01:38:46.50	LETH
56 SMITH, BEV	259	SPTFEMALE50-59	00:17:12.00	76	00:48:10.25	33	00:33:25.20	33	01:38:47.45	LETH
57 OWEN, RENA	230	SPTFEMALE30-39	00:13:39.00	66	00:54:23.85	66	00:31:01.50	66	01:39:04.35	AIRDRIE
58 VEGTER, ED	289	SPTMALE40-49	00:09:17.04	11	00:51:19.46	57	00:38:29.25	57	01:39:05.75	LETH
59 DEAN, BRANDEE	233	SPTFEMALE30-39	00:11:26.00	42	00:51:06.45	53	00:37:09.85	53	01:39:42.30	MED.HAT
60 ELLEFSON, JANA	215	SPTFEMALE30-39	00:10:43.03	26	00:51:27.17	58	00:38:13.25	58	01:40:23.45	LETH
61 NEVILLE, LEE	276	SPTFEMALE30-39	00:10:24.00	20	00:50:33.30	48	00:40:42.50	48	01:41:39.80	LETH
62 WATT, GORD	291	SPTMALE40-49	00:11:10.00	34	00:49:10.75	40	00:41:31.20	40	01:41:51.95	LETH
63 KING, ANGE	255	SPTFEMALE50-59	00:11:54.00	51	00:53:59.40	64	00:36:18.35	64	01:42:11.75	CALGARY
64 KRUSHEL, ANDREA	221	SPTFEMALE30-39	00:11:06.13	33	00:53:59.42	65	00:37:18.60	65	01:42:24.15	YELLOWKN
65 MACLEAN, PADDY	244	SPTFEMALE40-49	00:11:34.00	44	00:53:54.85	63	00:36:56.30	63	01:42:25.15	LETH
66 BROWN, JAMIE	264	SPTMALE20-29	00:13:46.00	70	00:49:27.65	41	00:39:26.05	41	01:42:39.70	AIRDRIE
67 PENNINGTON, BRENDA	257	SPTFEMALE50-59	00:13:41.00	67	00:50:04.15	46	00:42:42.05	46	01:46:27.20	LETH
68 OLCHOWECKI, SUZANNE	228	SPTFEMALE30-39	00:11:21.00	40	00:54:33.75	67	00:40:58.15	67	01:46:52.90	LETH
69 LETH, CORALEE	223	SPTFEMALE30-39	00:10:32.42	22	00:59:40.58	74	00:37:08.05	74	01:47:21.05	
70 KENNES, MARY	253	SPTFEMALE50-59	00:13:06.00	63	00:58:52.10	72	00:36:19.85	72	01:48:17.95	LETH
71 ROWNTREE, MARIA	248	SPTFEMALE40-49	00:10:52.13	28	00:55:42.77	68	00:42:09.40	68	01:48:44.30	LETH
72 HARMATIUK, CARLEY	202	SPTFEMALE16-19	00:13:04.00	61	01:01:47.45	75	00:34:52.95	75	01:49:44.40	LETH
73 SISSON, JULIE	249	SPTFEMALE40-49	00:14:46.00	73	00:58:18.55	71	00:37:21.20	71	01:50:25.75	LETH
74 SAUER, RUTH	258	SPTFEMALE50-59	00:17:17.00	77	00:58:56.55	73	00:37:53.30	73	01:54:06.85	KIMBERLEY
75 HAYWARD, JESSIKA	203	SPTFEMALE16-19	00:12:59.00	60	01:05:35.85	77	00:37:16.85	77	01:55:51.70	LETH
76 GALL, EVA	218	SPTFEMALE30-39	00:11:39.14	46	00:57:39.21	70	00:47:14.60	70	01:56:32.95	CALGARY
77 MCGAFFEY, VANYA	226	SPTFEMALE30-39	00:11:56.00	52	01:03:37.90	76	00:44:14.90	76	01:59:48.80	LETH
78 GOKARN, STEPHANIE	219	SPTFEMALE30-39	00:30:26.00	78	00:57:36.90	69	00:45:21.90	69	02:13:24.80	LETH
79 SMITH, IRENE	260	SPTFEMALE50-59	00:12:46.00	58	01:09:25.95	78	00:51:42.40	78	02:13:54.35	CALGARY