

## Overall Solo Gender Results

## Sprint 700M - 26K - 5K

## Female

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 LEGER, JANICE	230	SPR20-29F	00:10:55.80	1	00:47:09.70	1	00:26:40.85	7	01:24:46.35	LETH
2 KOKOTT, ANGELA	193	SPR40-49F	00:12:57.90	1	00:47:26.30	1	00:25:34.60	1	01:25:58.80	CALGARY
3 BULMER, ALICIA	112	SPR20-29F	00:14:06.50	5	00:49:17.90	2	00:23:55.95	2	01:27:20.35	CALGARY
4 GIBB, TONYA	151	SPR30-39F	00:16:47.40	12	00:50:39.20	2	00:20:18.75	1	01:27:45.35	LETH
5 BIRD, JANICE	186	SPR40-49F	00:15:00.35	3	00:47:42.45	2	00:27:25.50	3	01:30:08.30	STRATHM
6 TIDBALL, JOANNE	164	SPR30-39F	00:14:34.20	4	00:49:40.10	1	00:26:28.65	5	01:30:42.95	EDMONTON
7 HUTCHINGS, LAUREN	118	SPR20-29F	00:15:54.30	9	00:50:42.55	4	00:24:28.80	3	01:31:05.65	CALGARY
8 BURROWS, KRISTI	147	SPR30-39F	00:14:57.15	5	00:50:52.70	3	00:25:17.60	3	01:31:07.45	RAYMOND
9 JOWSY, JANIS	192	SPR40-49F	00:14:49.00	2	00:51:35.40	3	00:25:58.75	2	01:32:23.15	LETH
10 GLOVER, MEGAN	116	SPR20-29F	00:15:58.30	10	00:51:51.35	6	00:25:15.65	5	01:33:05.30	LETH
11 ACKERMAN, CATHERINE	143	SPR30-39F	00:15:10.75	6	00:53:21.25	7	00:24:48.90	2	01:33:20.90	LETH
12 BISHOP, ASHLEY	111	SPR20-29F	00:13:50.50	4	00:50:53.40	5	00:28:48.00	12	01:33:31.90	LETH
13 OVIATT, VIRGINIA	224	SPR20-29F	00:12:17.05	2	00:54:04.45	8	00:27:23.45	9	01:33:44.95	EDMONTON
14 ALSTON, JILL	231	SPR20-29F	00:16:19.95	11	00:55:02.75	12	00:24:39.40	4	01:36:02.10	CARDSTON
15 DEGENHARDT, CARLEE	113	SPR20-29F	00:15:49.55	8	00:56:36.25	14	00:23:40.70	1	01:36:06.50	LETH
16 MATTHEWS, JULIE	203	SPR50-59F	00:15:05.00	1	00:51:12.45	1	00:29:50.65	2	01:36:08.10	LETH
17 SHEEN, KENZIE	125	SPR20-29F	00:14:44.05	6	00:54:41.45	10	00:27:13.30	8	01:36:38.80	CARDSTON
18 WRIGHT, KARLEE	104	SPR16-19F	00:16:13.10	3	00:54:42.95	1	00:26:08.75	1	01:37:04.80	RAYMOND
19 JACOBS, AUBREY	152	SPR30-39F	00:18:05.55	15	00:51:57.95	4	00:27:28.35	6	01:37:31.85	MAGRATH
20 KUNTZ, APRIL	154	SPR30-39F	00:15:44.25	8	00:53:25.70	8	00:28:48.55	10	01:37:58.50	CLARESHO
21 SCHUCK, KATE	161	SPR30-39F	00:13:54.80	2	00:54:46.10	12	00:30:01.05	14	01:38:41.95	CHESTERI
22 KALISCHUK, MELANIE	153	SPR30-39F	00:19:02.65	17	00:54:07.40	9	00:25:54.95	4	01:39:05.00	LETH
23 DAHL, SHARON	187	SPR40-49F	00:15:06.50	4	00:55:54.45	4	00:28:08.75	4	01:39:09.70	MAGRATH
24 VANDELLEN, TARA	165	SPR30-39F	00:16:09.75	10	00:54:15.90	11	00:28:44.65	9	01:39:10.30	CLARESHO
25 WILLIAMS, SHANNON	132	SPR20-29F	00:17:01.95	13	00:52:14.10	7	00:30:26.45	15	01:39:42.50	EDMONTON
26 BRIDGE, CRYSTAL	146	SPR30-39F	00:16:34.95	11	00:55:17.35	14	00:28:51.00	11	01:40:43.30	RAYMOND
27 RUNQUIST, CATHY	160	SPR30-39F	00:14:23.35	3	00:58:56.90	18	00:28:06.95	7	01:41:27.20	RAYMOND
28 MURAKAMI, EVELYN	123	SPR20-29F	00:18:56.70	17	00:54:21.70	9	00:28:13.15	10	01:41:31.55	EDMONTON
29 MCINTYRE, KRISTEN	121	SPR20-29F	00:18:28.85	15	00:54:50.70	11	00:28:42.25	11	01:42:01.80	CALGARY
30 PYKERMAN, KAREN	124	SPR20-29F	00:22:35.15	22	00:50:05.25	3	00:29:21.95	13	01:42:02.35	LETH
31 MICHELSON, STEPHANIE	156	SPR30-39F	00:15:59.50	9	00:52:47.95	6	00:33:31.65	18	01:42:19.10	
32 OLCHOWECKI, SUZANNE	157	SPR30-39F	00:15:40.95	7	00:52:26.15	5	00:34:41.45	19	01:42:48.55	COALDALE
33 DEWACHT, AIMEE	150	SPR30-39F	00:13:32.15	1	01:01:24.30	19	00:29:44.15	13	01:44:40.60	LETH
34 GUSA, TARA	229	SPR16-19F	00:16:59.00	4	00:57:22.25	2	00:31:25.15	2	01:45:46.40	CRODDFIE
35 WILDE, LAURA	131	SPR20-29F	00:20:41.50	20	00:59:34.35	16	00:25:39.85	6	01:45:55.70	WELLING
36 BEAZER, ESTHER	101	SPR16-19F	00:14:07.65	2	00:58:45.50	3	00:33:16.15	3	01:46:09.30	CALGARY
37 BOLOKOSKI, TANYA	145	SPR30-39F	00:21:19.65	20	00:54:08.80	10	00:31:49.55	16	01:47:18.00	LETH
38 MCKEE, ALLISON	155	SPR30-39F	00:20:54.20	18	00:58:20.25	16	00:28:07.15	8	01:47:21.60	CLARESHO
39 DAVIDSON, KAREN	225	SPR30-39F	00:18:10.45	16	00:58:27.70	17	00:30:57.05	15	01:47:35.20	EDMONTON
40 LEAVITT, JADE	119	SPR20-29F	00:20:46.65	21	00:56:36.50	15	00:30:21.05	14	01:47:44.20	CARDSTON
41 WATT, MICHELLE	166	SPR30-39F	00:20:57.70	19	00:54:59.60	13	00:32:00.20	17	01:47:57.50	CLARESHO
42 DUPONT, KRISTI	114	SPR20-29F	00:17:53.00	14	00:59:40.55	17	00:30:29.95	16	01:48:03.50	SPRUCE C
43 WOOLFORD, TRUDY	206	SPR50-59F	00:15:47.85	2	00:55:33.65	2	00:37:01.25	5	01:48:22.75	CARDSTON
44 JENSEN, BRITTENY	102	SPR16-19F	00:12:54.80	1	00:59:28.00	4	00:37:07.55	4	01:49:30.35	LETH
45 WILLS, MAUREEN	194	SPR40-49F	00:18:08.85	5	01:00:20.70	6	00:32:14.75	5	01:50:44.30	LETH
46 SMITH, BEV	239	SPR50-59F	00:25:59.60	6	00:58:09.60	4	00:28:05.55	1	01:52:14.75	LETH
47 DOWNES, WENDY	188	SPR40-49F	00:18:17.30	6	01:00:18.00	5	00:33:40.30	7	01:52:15.60	CALGARY
48 MEHEW, KONNI	122	SPR20-29F	00:19:23.85	19	01:00:43.55	18	00:32:19.85	18	01:52:27.25	WELLING
49 MICHEL, DEE DEE	205	SPR50-59F	00:19:07.85	5	00:58:45.85	5	00:34:58.70	4	01:52:52.40	WELLING
50 RICHARDS, RENEE	159	SPR30-39F	00:26:28.40	21	00:58:19.95	15	00:29:33.35	12	01:54:21.70	LETH
51 DUPONT, LAURA	115	SPR20-29F	00:13:43.20	3	01:05:39.50	21	00:35:26.15	20	01:54:48.85	EDMONTON
52 DUPONT, PAMELA	189	SPR40-49F	00:20:21.45	8	01:06:10.65	8	00:32:23.05	6	01:58:55.15	EDMONTON
53 GILBERT, TERRY	190	SPR40-49F	00:18:20.20	7	01:05:39.80	7	00:35:13.80	8	01:59:13.80	CALGARY
54 WENDORFF, NAOMI	129	SPR20-29F	00:16:40.70	12	00:56:18.45	13	00:46:31.65	23	01:59:30.80	WELLING
55 LOWE, MACKENZIE	120	SPR20-29F	00:18:55.20	16	01:04:24.55	20	00:36:25.85	21	01:59:45.60	LETH
56 TINGLE, KATHRYN	127	SPR20-29F	00:18:57.20	18	01:08:40.90	22	00:32:09.40	17	01:59:47.50	CALGARY

## Overall Solo Gender Results

## Sprint 700M - 26K - 5K

## Female

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
57 WENDORFF, NIKKI	130	SPR20-29F	00:24:11.50	23	01:02:39.10	19	00:33:03.80	19	01:59:54.40	RAYMOND
58 SIMPSON, LAURA	162	SPR30-39F	00:17:27.70	13	01:02:49.65	20	00:45:12.70	20	02:05:30.05	RAYMOND
59 HAWKINS, MEGAN	117	SPR20-29F	00:14:52.15	7	01:12:00.25	23	00:40:41.55	22	02:07:33.95	EDMONTON
60 SHEEN, DANIELLE	103	SPR16-19F	00:19:25.85	5	01:15:13.10	5	00:38:26.45	5	02:13:05.40	CARDSTON
61 HARKER, PATTI	202	SPR50-59F	00:18:55.05	4	01:17:09.00	6	00:38:04.20	6	02:14:08.25	LACOMBE
62 POYSER, ANNA	158	SPR30-39F	00:17:54.20	14	01:16:29.75	21	00:46:57.15	21	02:21:21.10	LETHBRIDGE
63 SPENCER, SHAUNA	126	SPR20-29F	00:48:29.00	24	01:19:22.30	24	00:48:33.55	24	02:56:24.85	CALGARY

## Overall Solo Gender Results

## Sprint 700M - 26K - 5K

## Male

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 CHRISTIANSON, TODD	196	SPR40-49M	00:10:55.65	1	00:41:35.35	1	00:23:20.65	1	01:15:51.65	MED. HAT
2 WRIGHT, RYAN	185	SPR30-39M	00:10:42.55	1	00:44:28.10	3	00:21:52.80	2	01:17:03.45	EDMONTON
3 SOMMERFELDT, STEVEN	180	SPR30-39M	00:14:13.20	6	00:44:19.05	2	00:20:16.00	1	01:18:48.25	LETH
4 NICOL, CREGG	228	SPR30-39M	00:13:36.55	4	00:43:27.35	1	00:23:27.15	4	01:20:31.05	COALHUR
5 DAVIES, DYLAN	148	SPR30-39M	00:10:59.15	2	00:45:50.95	4	00:26:00.60	8	01:22:50.70	LETH
6 ADAMS, DAVE	226	SPR50-59M	00:16:07.55	3	00:44:22.45	1	00:23:42.75	1	01:24:12.75	LETH
7 ONTKEAN, NICK	110	SPR16-19M	00:14:01.90	3	00:46:39.85	1	00:24:19.05	1	01:25:00.80	LETH
8 WALLACE, ALEX	210	SPR50-59M	00:13:21.80	1	00:46:05.05	2	00:26:13.65	2	01:25:40.50	VERNON
9 JENSEN, ANDY	138	SPR20-29M	00:12:21.80	1	00:48:45.05	3	00:25:04.25	3	01:26:11.10	EDMONTON
10 ORR, DUSTIN	142	SPR20-29M	00:14:08.90	2	00:49:51.15	4	00:22:24.35	1	01:26:24.40	FT. MACLE
11 JENSEN, JONATHAN	232	SPR30-39M	00:14:28.20	7	00:47:05.70	5	00:24:58.95	6	01:26:32.85	KAMLOOP
12 GLOVER, AARON	137	SPR20-29M	00:15:09.95	5	00:46:39.70	1	00:26:15.55	6	01:28:05.20	LETH
13 BLUMEL, JIM	195	SPR40-49M	00:16:53.70	6	00:47:25.95	3	00:24:18.95	2	01:28:38.60	
14 HENINGER, CARSON	107	SPR16-19M	00:14:45.05	4	00:48:41.95	2	00:25:44.15	3	01:29:11.15	MAGRATH
15 DERRY, ADAM	134	SPR20-29M	00:14:53.85	4	00:50:06.35	5	00:25:28.60	5	01:30:28.80	CALGARY
16 WILLIAMSON, MIKE	183	SPR30-39M	00:15:57.55	9	00:49:17.15	6	00:25:37.35	7	01:30:52.05	COALDALE
17 JENSEN, BLAKE	109	SPR16-19M	00:13:28.75	1	00:51:54.05	3	00:26:02.75	4	01:31:25.55	LETH
18 DERRY, MICHAEL	135	SPR20-29M	00:18:03.00	7	00:48:39.25	2	00:25:26.35	4	01:32:08.60	MED. HAT
19 ANDERSON, RYAN	167	SPR30-39M	00:14:40.30	8	00:52:15.90	11	00:26:16.50	9	01:33:12.70	MAGRATH
20 EVANS, JOHN	197	SPR40-49M	00:16:43.90	5	00:45:13.55	2	00:32:23.60	9	01:34:21.05	
21 AITCHISON, KENT	105	SPR16-19M	00:13:48.80	2	00:54:19.10	4	00:26:13.55	5	01:34:21.45	LETH
22 SHARP, ROB	178	SPR30-39M	00:16:49.90	12	00:50:39.75	10	00:27:15.65	10	01:34:45.30	LETH
23 BOND, TROY	238	SPR30-39M	00:14:09.80	5	00:49:46.95	8	00:31:45.35	18	01:35:42.10	FORT MAC
24 HENINGER, JAMES	233	SPR40-49M	00:19:09.55	7	00:50:25.15	5	00:26:28.25	7	01:36:02.95	MAGRATH
25 GIESBRECHT, DUSTIN	136	SPR20-29M	00:14:16.30	3	00:53:07.80	7	00:29:44.80	9	01:37:08.90	REDCLIFF
26 STEVENS, SCOTT	181	SPR30-39M	00:18:44.20	17	00:49:26.65	7	00:28:58.75	14	01:37:09.60	TABER
27 BENNETT, ARLEN	207	SPR50-59M	00:15:46.95	2	00:54:47.95	4	00:26:40.80	3	01:37:15.70	MAGRATH
28 WILLIAMSON, ROB	184	SPR30-39M	00:16:32.25	10	00:50:32.80	9	00:30:53.85	17	01:37:58.90	LETH
29 TIDBALL, KEVIN	182	SPR30-39M	00:13:20.35	3	00:54:25.45	14	00:30:44.95	16	01:38:30.75	EDMONTON
30 MO, BRYAN	140	SPR20-29M	00:19:47.45	8	00:52:14.50	6	00:26:29.70	7	01:38:31.65	EDMONTON
31 SHRINER, JASON	179	SPR30-39M	00:17:30.70	13	00:57:48.70	19	00:23:16.30	3	01:38:35.70	LETH
32 DAHL, REGAN	171	SPR30-39M	00:17:50.95	14	00:56:12.15	17	00:24:47.55	5	01:38:50.65	LETH
33 SCHREMPF, HANS	227	SPR40-49M	00:15:56.75	3	00:57:54.50	9	00:25:12.25	3	01:39:03.50	LETH
34 POLLOCK, GRANT	209	SPR50-59M	00:18:53.90	4	00:52:09.00	3	00:28:21.85	4	01:39:24.75	CALGARY
35 MCLEOD, SEAN	234	SPR40-49M	00:21:10.90	8	00:52:56.05	6	00:25:21.80	4	01:39:28.75	LETH
36 POLLOCK, ROCKWELL	175	SPR30-39M	00:16:46.85	11	00:52:43.05	12	00:30:13.60	15	01:39:43.50	LETH
37 SMITH, BRADLEY	223	SPR16-19M	00:15:40.10	5	00:56:33.95	6	00:27:37.30	6	01:39:51.35	MAGRATH
38 JANKUNIS, FRANK	198	SPR40-49M	00:16:38.60	4	00:54:23.60	7	00:29:04.25	8	01:40:06.45	LETH
39 HAWKINS, DEAN	172	SPR30-39M	00:18:21.60	16	00:53:03.85	13	00:28:50.15	13	01:40:15.60	LETH
40 KAWCHUK, LAWRENCE	199	SPR40-49M	00:23:35.95	10	00:50:23.45	4	00:26:19.50	6	01:40:18.90	LETH
41 MACDONALD, MAUREEN	204	SPR50-59F	00:16:13.70	3	00:56:19.05	3	00:31:03.85	3	01:43:36.60	CALGARY
42 HILL, JOEL	108	SPR16-19M	00:24:22.60	6	00:55:39.10	5	00:25:11.60	2	01:45:13.30	
43 STEVENS, HENRY	201	SPR40-49M	00:21:48.95	9	00:57:47.75	8	00:26:18.60	5	01:45:55.30	CALGARY
44 BEAZER, RUSS	133	SPR20-29M	00:21:01.85	9	00:54:50.20	8	00:30:16.95	10	01:46:09.00	CALGARY
45 PURNELL, BRIAN	176	SPR30-39M	00:23:30.95	22	00:56:08.35	16	00:27:34.30	12	01:47:13.60	EDMONTON
46 BOLOKOSKI, TODD	169	SPR30-39M	00:18:12.85	15	00:57:15.30	18	00:31:49.50	19	01:47:17.65	LETH
47 RUNQUIST, TYLER	177	SPR30-39M	00:22:43.10	21	00:58:15.00	20	00:27:32.80	11	01:48:30.90	RAYMOND
48 BOWDEN, STEPHEN	170	SPR30-39M	00:20:30.60	18	00:55:39.60	15	00:34:31.00	21	01:50:41.20	ROCKEYVI
49 MEHEW, MARK	174	SPR30-39M	00:21:42.00	19	00:58:26.00	21	00:32:19.15	20	01:52:27.15	WELLING
50 GRANT, BENNY	236	SPR20-29M	00:22:48.10	10	01:04:14.70	9	00:27:26.30	8	01:54:29.10	ELKFORD
51 LEE, CALEB	139	SPR20-29M	00:17:03.80	6	01:16:23.60	10	00:22:42.15	2	01:56:09.55	LETH
52 MURRAY, LARRY	200	SPR40-49M	00:14:58.25	2	01:12:09.20	10	00:34:10.70	10	02:01:18.15	MAGRATH
53 MANDIN, RHETT	173	SPR30-39M	00:22:13.50	20	01:11:18.30	22	00:37:19.60	22	02:10:51.40	LETH