

**3rd ANNUAL SPRING SPRINT TRIATHLON**  
**15-May-05**

OA Plc	Div Plc	Div'n	NAME	SWIM		BIKE		RUN		OVERALL	
				Plc	Time	Plc	Time	Plc	Time	Plc	Time
1	1/4	EM	COLIN JENKINS		1 8:19		2 34:04		2 16:20		1 58:42
2	2/4	EM	TRAVIS CHATER		4 8:27		1 34:03		1 16:18		2 58:47
3	1/3	EJM	MATHIEU O'HALLORAN		2 8:20		3 35:03		5 16:58		3 1:00:20
4	1/4	M20	STEPHEN KILSHAW		13 10:12		6 36:31		3 16:44		4 1:03:26
5	3/4	EM	MARK REGENSBURG		8 9:34		9 36:46		6 17:18		5 1:03:38
6	4/4	EM	FRED HINES		7 9:10		13 37:58		4 16:44		6 1:03:51
7	1/12	M30	ALLAN BOOS		15 10:20		11 37:26		7 18:12		7 1:05:58
8	1/3	EF	LAUREN GROVES		5 8:42		20 38:46		11 18:53		8 1:06:21
9	2/12	M30	MARK SCHURCH		28 10:42		5 36:19		19 19:55		9 1:06:55
10	3/12	M30	BOB YARISH		43 11:38		7 36:33		10 18:53		10 1:07:04
11	2/3	EF	DAWN BERG		12 10:10		16 38:15		12 19:04		11 1:07:29
12	2/3	EJM	JEFFREY PHILLIPS		9 9:38		24 39:13		9 18:43		12 1:07:34
13	4/12	M30	NATHANIEL STOFELSMAN		26 10:41		17 38:20		8 18:40		13 1:07:40
14	1/14	M35	TONY PARKS		24 10:36		15 37:59		13 19:07		14 1:07:42
15	1/15	M45	PATRICK MAGUIRE		32 11:07		4 36:18		27 20:28		15 1:07:52
16	1/8	M25	NATHANIEL VAANDERING		23 10:34		12 37:45		21 20:01		16 1:08:20
17	3/3	EF	PAMELA ENS		14 10:13		19 38:40		17 19:45		17 1:08:37
18	3/3	EJM	KURTIS VALLEE		6 9:07		22 38:50		34 20:55		18 1:08:51
19	1/14	M40	ROB DIBDEN		63 12:33		10 37:11		15 19:17		19 1:09:01
20	2/14	M35	STEVE MACKENZIE		38 11:32		21 38:48		20 19:57		20 1:10:17
21	5/12	M30	DAVID O'COFFEY		18 10:28		26 39:21		31 20:41		21 1:10:29
22	3/14	M35	ADAM LAWRENCE		93 13:46		8 36:38		23 20:08		22 1:10:32
23	6/12	M30	MORGAN HARKER		17 10:26		31 39:59		24 20:12		23 1:10:37
24	2/14	M40	KIRBY IRMSCHER		50 12:06		25 39:17		18 19:45		24 1:11:08
25	1/7	F35	ELIZABETH LYNAM		35 11:25		28 39:41		22 20:03		25 1:11:09
26	2/15	M45	CHRIS FLINT		41 11:36		18 38:25		39 21:11		26 1:11:11
27	3/14	M40	DAVID KAZAKOFF		20 10:30		34 40:33		25 20:18		27 1:11:21
28	2/8	M25	JON SMIRL		10 9:44		23 38:59		59 22:41		28 1:11:23
29	7/12	M30	BRETT CREED		3 8:24		41 41:19		53 22:15		29 1:11:58
30	4/14	M40	GREGORY SHIMIZU		33 11:12		27 39:30		49 21:54		30 1:12:35
31	1/7	F20	JEN WESTNEDGE		45 11:51		33 40:24		26 20:28		31 1:12:42
32	3/15	M45	BRUCE COOK		22 10:33		32 39:59		52 22:11		32 1:12:43
33	3/8	M25	JAMES PRICE		89 13:29		36 40:34		14 19:08		33 1:13:11
34	4/8	M25	JEREMY WATTS		55 12:15		37 40:41		37 21:02		34 1:13:57
35	5/14	M40	STEVE KEELER		39 11:32		35 40:34		50 21:59		35 1:14:04
36	2/7	F35	WENDY COCKSEGE		69 12:50		42 41:54		16 19:42		36 1:14:26
37	4/15	M45	CHRIS WILLE		79 13:17		30 39:49		43 21:22		37 1:14:27
38	5/8	M25	ADAM SCHEUER		58 12:23		40 41:15		41 21:12		38 1:14:49
39	1/7	F30	TAMMY KOVALUK		40 11:35		47 42:58		33 20:50		39 1:15:23
40	2/7	F20	ADRIENNE STEDFORD		51 12:07		39 41:10		57 22:37		40 1:15:54
41	5/15	M45	PAUL KANE		80 13:17		45 42:10		29 20:37		41 1:16:03
42	6/8	M25	JORDAN HURDAL		27 10:41		62 44:45		32 20:48		42 1:16:13
43	1/7	F25	KRISTA POWELL		19 10:28		54 43:45		55 22:19		43 1:16:32
44	6/14	M40	SCOTT MACDONALD		66 12:42		48 43:04		36 20:58		44 1:16:44
45	7/14	M40	DEREK HOPKINS		62 12:31		38 40:51		76 23:34		45 1:16:55
46	2/4	M20	MIKE HOUSTON		98 14:13		43 41:55		45 21:39		46 1:17:47
47	6/15	M45	MARK ALLISON		52 12:09		65 44:51		35 20:55		47 1:17:55
48	3/7	F20	CARLA RHODES		21 10:30		60 44:19		75 23:32		48 1:18:21
49	2/7	F25	SARAH PETERS		71 12:53		59 44:18		42 21:12		49 1:18:23
50	8/14	M40	NICK BYE		65 12:39		58 44:15		47 21:42		50 1:18:35
51	4/14	M35	DAVE ROBERTSON		72 12:56		50 43:31		54 22:17		51 1:18:43
52	5/14	M35	MATT MORTENSON		34 11:14		64 44:48		62 22:53		52 1:18:55

53 7/15	M45	NICK BENNETT	81 13:18	57 44:10	46 21:41	<b>53</b> 1:19:08
54 6/14	M35	CHRIS GRESS	49 12:05	81 46:34	30 20:39	<b>54</b> 1:19:17
55 1/6	F40	HEATHER CAMERON	46 11:52	53 43:44	79 23:54	<b>55</b> 1:19:30
56 4/7	F20	SHAILIE SANBROOKS	16 10:20	56 44:08	93 25:04	<b>56</b> 1:19:31
57 1/3	F45	KATE WHITAKER	29 10:43	70 45:36	69 23:16	<b>57</b> 1:19:34
58 2/6	F40	KATHY HENDERSON	54 12:11	55 44:00	71 23:23	<b>58</b> 1:19:34
59 3/7	F25	SARA MACKENZIE	47 11:53	46 42:57	90 24:56	<b>59</b> 1:19:46
60 8/15	M45	RAY BAKER	97 14:12	61 44:28	40 21:12	<b>60</b> 1:19:51
61 4/7	F25	LARISSA SHUMUK	56 12:20	84 47:04	28 20:29	<b>61</b> 1:19:52
62 3/6	F40	DIANNE DENNIS	85 13:22	71 45:41	38 21:07	<b>62</b> 1:20:09
63 8/12	M30	DAVE BOYCHUK	82 13:19	44 42:08	87 24:46	<b>63</b> 1:20:12
64 1/5	M50	GEORGE SZWENDEN	95 13:51	51 43:35	64 23:01	<b>64</b> 1:20:26
65 7/14	M35	TROY LANIGAN	83 13:19	52 43:35	80 23:54	<b>65</b> 1:20:48
66 9/12	M30	DOUG SCHNEIDER	70 12:51	67 45:00	65 23:05	<b>66</b> 1:20:55
67 2/7	F30	JEN BELL	30 10:48	86 47:16	66 23:06	<b>67</b> 1:21:09
68 9/15	M45	DAVID DENNIS	84 13:19	49 43:28	86 24:39	<b>68</b> 1:21:25
69 7/8	M25	MARK JESS	108 15:17	72 45:45	44 21:27	<b>69</b> 1:22:28
70 2/5	M50	FRANK GIGLIOTTI	76 13:09	73 45:52	73 23:30	<b>70</b> 1:22:31
71 1/1	XTEAM	Aud and the Boys	67 12:44	77 46:09	77 23:40	<b>71</b> 1:22:32
72 10/15	M45	MICHAEL MAREK	88 13:28	83 46:57	51 22:10	<b>72</b> 1:22:34
73 3/7	F30	KRISTA DOBBIN	36 11:28	92 48:05	70 23:19	<b>73</b> 1:22:51
74 1/4	M55	CHUCK GARRETT	74 12:59	63 44:45	95 25:10	<b>74</b> 1:22:54
75 8/14	M35	DEREK OELMANN	75 13:07	89 47:56	48 21:52	<b>75</b> 1:22:54
76 5/7	F20	MEGAN RATHWELL	73 12:57	66 44:54	94 25:05	<b>76</b> 1:22:55
77 10/12	M30	DUNCAN SELWOOD	59 12:26	69 45:35	92 25:03	<b>77</b> 1:23:03
78 2/3	F45	LORI MORGAN	86 13:23	68 45:06	96 25:13	<b>78</b> 1:23:42
79 11/15	M45	ROB BOWDEN	78 13:13	82 46:44	88 24:46	<b>79</b> 1:24:43
80 6/7	F20	ROBYN BATES	64 12:37	90 47:58	84 24:13	<b>80</b> 1:24:47
81 4/7	F30	CAROLYN COOPER	60 12:26	74 45:54	106 26:30	<b>81</b> 1:24:50
82 3/7	F35	ANTJE HELMUTH	61 12:30	91 48:04	85 24:23	<b>82</b> 1:24:56
83 5/7	F25	JILL OLSON	44 11:44	107 50:23	61 22:50	<b>83</b> 1:24:57
84 1/7	F50	WENDY MCBRIDE	53 12:09	97 49:18	74 23:31	<b>84</b> 1:24:58
85 4/6	F40	DAPHNE DOBKO	100 14:32	79 46:25	82 24:09	<b>85</b> 1:25:05
86 12/15	M45	TIM GAGNE	96 14:01	76 46:08	91 25:01	<b>86</b> 1:25:09
87 9/14	M40	PAUL SMITH	109 15:21	75 45:58	81 24:00	<b>87</b> 1:25:19
88 1/3	M60	BOB MCDONALD	37 11:29	95 49:04	89 24:55	<b>88</b> 1:25:27
89 2/4	M55	DAN DUNAWAY	119 16:21	80 46:28	63 22:55	<b>89</b> 1:25:44
90 2/3	M60	PETER JENSEN	92 13:44	96 49:15	68 23:09	<b>90</b> 1:26:07
91 13/15	M45	BRUCE TURCOTTE	110 15:21	85 47:13	78 23:52	<b>91</b> 1:26:26
92 11/12	M30	MARC RICCI	77 13:09	93 48:10	108 26:35	<b>92</b> 1:27:54
93 3/3	M60	KEITH EVANS	121 16:36	78 46:17	98 25:32	<b>93</b> 1:28:25
94 1/3	M65	MIKE ELLIS	133 17:43	87 47:29	72 23:26	<b>94</b> 1:28:38
95 10/14	M40	JOHN KINAHAN	101 14:34	88 47:42	111 26:55	<b>95</b> 1:29:11
96 11/14	M40	CHRIS SULLIVAN	113 15:35	109 50:43	67 23:08	<b>96</b> 1:29:26
97 5/6	F40	ALISON DICKSON	90 13:32	100 50:06	112 26:57	<b>97</b> 1:30:35
98 6/7	F25	CAROLINA MADRID	48 12:01	101 50:10	120 28:34	<b>98</b> 1:30:44
99 1/3	F55	LILIANA TABORDA-LIPKA	107 15:16	113 51:19	83 24:11	<b>99</b> 1:30:46
100 3/3	F45	ELEANOR LIDDY	105 15:00	102 50:11	100 25:52	<b>100</b> 1:31:02
101 2/3	M65	RINTJE RAAP	106 15:11	104 50:18	99 25:43	<b>101</b> 1:31:11
102 4/7	F35	SHERYL CARR	128 17:16	112 51:19	60 22:45	<b>102</b> 1:31:20
103 5/7	F30	EVA VAN EMDEN	102 14:41	108 50:29	104 26:17	<b>103</b> 1:31:27
104 9/14	M35	CAM SHANKLAND	87 13:27	103 50:13	115 27:58	<b>104</b> 1:31:38
105 12/14	M40	KEVIN STADMYK	94 13:47	99 49:42	122 28:49	<b>105</b> 1:32:18
106 7/7	F25	TARALYN DAY	68 12:48	116 52:12	119 28:31	<b>106</b> 1:33:31
107 3/4	M55	RALPH ZBARSKY	103 14:41	98 49:26	127 29:32	<b>107</b> 1:33:39
108 3/5	M50	DENIS SUTTON	104 14:51	120 53:30	97 25:24	<b>108</b> 1:33:45
109 3/3	M65	EVAN FAGAN	131 17:37	105 50:19	102 26:05	<b>109</b> 1:34:00
110 3/4	M20	JACK BATES	137 18:53	94 48:47	105 26:22	<b>110</b> 1:34:02
111 2/7	F50	DOMINIQUE QUILLEVERE	116 16:06	115 52:02	101 25:56	<b>111</b> 1:34:04
112 4/4	M55	DANNY EDDY	111 15:30	118 52:48	103 26:05	<b>112</b> 1:34:23
113 14/15	M45	PIERRE CAYER	99 14:19	119 53:14	110 26:51	<b>113</b> 1:34:23

114 15/15	M45	TIM DOHERTY	129 17:18	110 50:45	107 26:31	<b>114</b> 1:34:34
115 6/6	F40	MICHELE SHORTER	127 17:09	114 51:28	109 26:43	<b>115</b> 1:35:19
116 5/7	F35	SHELLEY EDDY	130 17:19	125 56:12	58 22:38	<b>116</b> 1:36:08
117 6/7	F35	JODI MUCHA	123 16:50	106 50:23	124 29:07	<b>117</b> 1:36:20
118 13/14	M40	STUART WALKER	126 17:00	130 58:12	56 22:30	<b>118</b> 1:37:41
119 4/5	M50	STEPHEN CLARKE	57 12:20	123 55:54	126 29:32	<b>119</b> 1:37:46
120 10/14	M35	DONOVAN TAIT	125 16:58	117 52:17	121 28:44	<b>120</b> 1:37:59
121 5/5	M50	TED JONES	139 19:25	111 51:06	113 27:34	<b>121</b> 1:38:05
122 6/7	F30	CASEY TWEDDELL	118 16:19	121 54:13	116 28:19	<b>122</b> 1:38:51
123 3/7	F50	JANE MCMULLIN	120 16:29	122 54:25	123 29:03	<b>123</b> 1:39:57
124 4/7	F50	ANN LAIDMAN	115 15:57	124 56:11	117 28:22	<b>124</b> 1:40:29
125 5/7	F50	JANET RENTON	122 16:45	126 56:34	130 30:39	<b>125</b> 1:43:57
126 11/14	M35	SHAYNE EDDY	117 16:17	128 57:52	129 30:15	<b>126</b> 1:44:24
127 12/14	M35	JOHN FERGUSON	112 15:30	134 1:01:35	125 29:24	<b>127</b> 1:46:29
128 13/14	M35	LEN CHURCH	136 18:48	129 58:09	128 29:52	<b>128</b> 1:46:49
129 6/7	F50	BENTHE JANSEN-JONES	135 18:33	127 57:44	133 32:34	<b>129</b> 1:48:51
130 2/3	F55	LOIS FREEMAN	114 15:46	131 58:29	134 34:45	<b>130</b> 1:49:00
131 3/3	F55	DANIELLE BOUCHARD	132 17:40	133 1:01:18	131 30:57	<b>131</b> 1:49:55
132 7/7	F30	RUTH WHYTE	124 16:52	135 1:02:19	132 31:05	<b>132</b> 1:50:15
133 7/7	F50	MELANIE CUNNINGHAM	138 19:11	136 1:03:16	114 27:51	<b>133</b> 1:50:18
134 14/14	M40	RENAAT MARCHAND	140 21:40	132 1:01:15	118 28:28	<b>134</b> 1:51:22
135 7/7	F20	STEPHANIE EBY	91 13:34	137 1:03:38	135 36:59	<b>135</b> 1:54:11
136 7/7	F35	JOANN DIONNE	134 18:15	138 1:11:52	136 39:00	<b>136</b> 2:09:06
137 12/12	M30	ADRIAN WALTON	31 11:03	14 37:59		
138 4/4	M20	JONATHAN CHESLEY	42 11:37	29 39:47		
139 8/8	M25	RHODES BROWN	11 9:47			
140 14/14	M35	DENNIS PARADINE	25 10:38			