

# 4th ANNUAL SOOKE SPRING SPRINT TRIATHLON

:: 2006 RESULTS ::

SORTED BY NAME, THEN CATEGORY

OVERALL	DIVISIONAL	CATEGORY	NAME	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
27	1/6	F20	ADRIENNE STEDFORD	43	11:50	29	39:39	29	20:55	1:12:23
100	5/6	F20	ANDRIA CLOSE	74	13:05	103	49:09	118	26:39	1:28:52
46	2/6	F20	CARLA RHODES	18	10:26	54	42:23	65	23:15	1:16:03
65	4/6	F20	CLAIRE DANIELS	51	12:06	72	44:48	66	23:18	1:20:12
57	3/6	F20	LYSANNE LAVIGNE	32	11:18	61	43:18	69	23:31	1:18:06
146	6/6	F20	STEPHANIE EBY	86	13:21	146	57:44	149	33:33	1:44:37
OVERALL	DIVISIONAL	CATEGORY	NAME	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
85	9/12	F25	ANDREA CAREY	53	12:15	89	47:13	106	26:17	1:25:45
41	4/12	F25	ANDREA SMITH	50	11:55	35	40:22	57	22:43	1:14:59
128	11/12	F25	CHANTAL LAVIGNE	77	13:07	135	54:10	131	28:16	1:35:32
71	8/12	F25	JILL OLSON	48	11:53	84	46:59	49	22:08	1:21:00
52	5/12	F25	LARISSA SHUMUK	59	12:28	63	43:43	30	20:57	1:17:07
138	12/12	F25	LEAH MOREAU	108	14:23	149	58:16	127	27:49	1:40:28
38	3/12	F25	MARIE-CLAUDE POIRIER	13	9:59	56	43:00	39	21:30	1:14:28
25	2/12	F25	MIRANDA ALLDRITT	49	11:55	27	39:27	25	20:47	1:12:09
15	1/12	F25	RACHEL MCBRIDE	23	10:42	24	39:12	14	19:30	1:09:24
105	10/12	F25	SARAH KORVEN	73	13:00	113	50:13	107	26:17	1:29:30
67	7/12	F25	TARALYN DAY	36	11:31	59	43:09	103	26:00	1:20:40
53	6/12	F25	THALIA CASTILLO	15	10:07	69	44:08	60	22:59	1:17:14
OVERALL	DIVISIONAL	CATEGORY	NAME	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
135	2/2	F30	CASEY TWEDDELL	141	17:25	133	52:39	125	27:43	1:37:46
84	1/2	F30	EVA VAN EMDEN	97	13:50	74	45:17	116	26:35	1:25:41
OVERALL	DIVISIONAL	CATEGORY	NAME	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
91	2/11	F35	ANTJE HELMUTH	72	12:57	98	48:26	100	25:52	1:27:15
101	4/11	F35	CHRISTINE MCAULEY	83	13:19	110	49:49	98	25:46	1:28:54
133	7/11	F35	DONNA CLOUTIER	119	15:07	118	50:41	147	31:49	1:37:36
141	8/11	F35	ERIN LEE	78	13:07	143	56:51	146	31:20	1:41:17
117	5/11	F35	GINA SICOTTE	125	15:38	116	50:37	117	26:39	1:32:53
156	11/11	F35	JOANN DIONNE	139	17:03	156	1:12:20	156	39:53	2:09:15
92	3/11	F35	LARA SINCLAIR	113	14:48	93	47:33	88	24:56	1:27:16
72	1/11	F35	NANCY AUSTIN	28	11:05	77	46:00	84	24:30	1:21:35
142	9/11	F35	SARA PARK	129	16:08	148	58:11	130	28:14	1:42:33

118	6/11	F35	SARAH BOURQUE	128	15:49	123	51:18	99	25:47	1:32:54
147	10/11	F35	WILLENE WONG	153	19:17	147	57:54	123	27:27	1:44:38
<b>OVERALL</b>	<b>DIVISIONAL</b>	<b>CATEGORY</b>	<b>NAME</b>	<b>SWIM</b>	<b>SWIM</b>	<b>BIKE</b>	<b>BIKE</b>	<b>RUN</b>	<b>RUN</b>	<b>OVERALL</b>
88	4/12	F40	DAWN KARDOS	114	14:49	94	47:37	74	23:55	1:26:21
93	5/12	F40	DOLORES FREIGANG	56	12:25	111	49:50	90	25:04	1:27:19
96	6/12	F40	EILEEN HARPER	95	13:47	87	47:04	120	26:58	1:27:48
59	3/12	F40	HEATHER CAMERON	65	12:39	47	41:32	81	24:20	1:18:30
150	12/12	F40	KATHRYN SCHONBERGER	155	22:05	142	56:14	136	28:55	1:47:13
140	11/12	F40	KRISTA SPINOY	148	18:43	141	55:59	101	25:52	1:40:33
42	2/12	F40	LOIS FEARON	14	10:06	51	42:01	64	23:12	1:15:18
40	1/12	F40	MICHELLE REAUME	47	11:52	37	40:34	52	22:28	1:14:54
115	7/12	F40	RITA KING	106	14:20	127	51:42	119	26:42	1:32:43
127	10/12	F40	SHARON HALL	99	13:52	124	51:22	138	29:24	1:34:38
119	8/12	F40	SUSAN PROSSER	126	15:41	131	52:23	87	24:55	1:32:59
120	9/12	F40	VAL CHURA	140	17:15	117	50:37	93	25:07	1:32:59
<b>OVERALL</b>	<b>DIVISIONAL</b>	<b>CATEGORY</b>	<b>NAME</b>	<b>SWIM</b>	<b>SWIM</b>	<b>BIKE</b>	<b>BIKE</b>	<b>RUN</b>	<b>RUN</b>	<b>OVERALL</b>
109	5/7	F45	DEBI WOOD	130	16:09	96	47:51	124	27:28	1:31:27
68	3/7	F45	JANICE MASON	25	11:02	71	44:22	96	25:25	1:20:48
76	4/7	F45	JANICE MCCAFFERY	84	13:20	101	49:04	21	20:34	1:22:58
62	1/7	F45	KATE WHITAKER	17	10:18	75	45:20	67	23:29	1:19:07
66	2/7	F45	LORI MORGAN	76	13:07	62	43:23	78	24:08	1:20:38
136	7/7	F45	MARU HARPER	89	13:30	138	55:03	141	29:56	1:38:28
134	6/7	F45	TREENA HANSEN	135	16:32	134	53:13	128	27:55	1:37:39
<b>OVERALL</b>	<b>DIVISIONAL</b>	<b>CATEGORY</b>	<b>NAME</b>	<b>SWIM</b>	<b>SWIM</b>	<b>BIKE</b>	<b>BIKE</b>	<b>RUN</b>	<b>RUN</b>	<b>OVERALL</b>
152	5/5	F50	BENTHE JANSEN-JONES	147	18:04	151	1:00:22	148	33:00	1:51:25
137	3/5	F50	JANE MCMULLIN	131	16:13	140	55:28	134	28:44	1:40:25
114	1/5	F50	KAREN ALLISON	134	16:26	126	51:41	83	24:29	1:32:35
144	4/5	F50	MARILYN SUTTON	54	12:16	144	56:56	150	33:40	1:42:51
122	2/5	F50	PAULINE STINES	149	18:50	119	51:02	72	23:46	1:33:38
<b>OVERALL</b>	<b>DIVISIONAL</b>	<b>CATEGORY</b>	<b>NAME</b>	<b>SWIM</b>	<b>SWIM</b>	<b>BIKE</b>	<b>BIKE</b>	<b>RUN</b>	<b>RUN</b>	<b>OVERALL</b>
106	1/1	F55	BONNIE ERVIN	81	13:11	115	50:33	110	26:26	1:30:09
<b>OVERALL</b>	<b>DIVISIONAL</b>	<b>CATEGORY</b>	<b>NAME</b>	<b>SWIM</b>	<b>SWIM</b>	<b>BIKE</b>	<b>BIKE</b>	<b>RUN</b>	<b>RUN</b>	<b>OVERALL</b>
155	1/1	F60	DYAN LYNCH	151	19:03	155	1:08:36	155	37:21	2:05:00
<b>OVERALL</b>	<b>DIVISIONAL</b>	<b>CATEGORY</b>	<b>NAME</b>	<b>SWIM</b>	<b>SWIM</b>	<b>BIKE</b>	<b>BIKE</b>	<b>RUN</b>	<b>RUN</b>	<b>OVERALL</b>
10	2/4	FE	ANNE-MARIE MADDEN	20	10:31	14	37:54	8	18:30	1:06:55
17	3/4	FE	DAWN BERG	30	11:09	28	39:30	17	20:08	1:10:46
5	1/4	FE	KIRSTEN SWEETLAND	6	8:28	9	36:54	5	17:27	1:02:49

18	4/4	FE	LAURA FLUIT	22	10:38	20	39:01	34	21:15	1:10:53
<b>OVERALL</b>	<b>DIVISIONAL</b>	<b>CATEGORY</b>	<b>NAME</b>	<b>SWIM</b>	<b>SWIM</b>	<b>BIKE</b>	<b>BIKE</b>	<b>RUN</b>	<b>RUN</b>	<b>OVERALL</b>
29	1/1	JFE	JESSICA DUDAS	9	9:23	52	42:03	36	21:26	1:12:52
<b>OVERALL</b>	<b>DIVISIONAL</b>	<b>CATEGORY</b>	<b>NAME</b>	<b>SWIM</b>	<b>SWIM</b>	<b>BIKE</b>	<b>BIKE</b>	<b>RUN</b>	<b>RUN</b>	<b>OVERALL</b>
7	2/3	JME	JEFFREY PHILLIPS	8	9:14	16	38:23	4	16:58	1:04:35
8	3/3	JME	KURTIS VALLEE	7	8:58	12	37:40	10	18:41	1:05:19
4	1/3	JME	SCOTT DAGNALL	3	8:09	6	36:02	7	18:08	1:02:19
<b>OVERALL</b>	<b>DIVISIONAL</b>	<b>CATEGORY</b>	<b>NAME</b>	<b>SWIM</b>	<b>SWIM</b>	<b>BIKE</b>	<b>BIKE</b>	<b>RUN</b>	<b>RUN</b>	<b>OVERALL</b>
20	1/2	M16	BRAEDEN ROCKLIFFE	11	9:42	38	40:37	23	20:42	1:11:00
151	2/2	M16	DAVID JACKSON	143	17:36	154	1:07:20	95	25:21	1:50:17
<b>OVERALL</b>	<b>DIVISIONAL</b>	<b>CATEGORY</b>	<b>NAME</b>	<b>SWIM</b>	<b>SWIM</b>	<b>BIKE</b>	<b>BIKE</b>	<b>RUN</b>	<b>RUN</b>	<b>OVERALL</b>
16	3/5	M20	JONATHAN CHESLEY	35	11:29	11	37:28	24	20:47	1:09:43
39	4/5	M20	NIC HAMILTON	92	13:45	36	40:27	18	20:17	1:14:28
9	1/5	M20	PATRICK NESBITT	31	11:18	4	35:41	13	18:50	1:05:48
14	2/5	M20	RICHARD HUNGERFORD	38	11:38	18	38:31	11	18:43	1:08:52
43	5/5	M20	RYAN BROWN	21	10:35	42	40:55	73	23:54	1:15:24
<b>OVERALL</b>	<b>DIVISIONAL</b>	<b>CATEGORY</b>	<b>NAME</b>	<b>SWIM</b>	<b>SWIM</b>	<b>BIKE</b>	<b>BIKE</b>	<b>RUN</b>	<b>RUN</b>	<b>OVERALL</b>
37	5/10	M25	ADAM KELLY	102	13:56	32	39:59	20	20:32	1:14:26
45	6/10	M25	ADAM SCHEUER	62	12:35	43	41:17	50	22:09	1:16:01
139	10/10	M25	CHRIS DUNN	101	13:54	150	58:51	126	27:44	1:40:29
94	8/10	M25	CONRAD KLUGE	103	14:00	125	51:23	47	21:59	1:27:22
32	4/10	M25	DAVID TRILL	24	11:02	26	39:27	63	23:08	1:13:36
63	7/10	M25	JAMES FURLAN	44	11:50	73	45:08	55	22:30	1:19:27
116	9/10	M25	JAMIE COOK	98	13:50	132	52:25	114	26:33	1:32:47
24	2/10	M25	JOHNATHAN TILLEY	33	11:22	23	39:06	38	21:29	1:11:57
26	3/10	M25	JONATHAN SMIRL	1	6:44	60	43:10	54	22:29	1:12:23
21	1/10	M25	LAUREN KILDAW	26	11:04	10	37:10	58	22:56	1:11:09
<b>OVERALL</b>	<b>DIVISIONAL</b>	<b>CATEGORY</b>	<b>NAME</b>	<b>SWIM</b>	<b>SWIM</b>	<b>BIKE</b>	<b>BIKE</b>	<b>RUN</b>	<b>RUN</b>	<b>OVERALL</b>
6	1/9	M30	ALLAN BOOS	12	9:59	5	35:54	6	18:03	1:03:55
64	6/9	M30	CARSTON ERBE	63	12:36	48	41:37	97	25:35	1:19:48
55	4/9	M30	JASON BALL	82	13:17	44	41:21	62	23:04	1:17:41
95	9/9	M30	JONATHAN KERR	71	12:56	80	46:29	132	28:17	1:27:41
60	5/9	M30	LORNE NEIL	19	10:29	79	46:19	45	21:52	1:18:39
73	7/9	M30	MARC RICCI	70	12:51	66	44:02	89	25:01	1:21:54
34	3/9	M30	MARCEL DUSSEAULT	60	12:33	30	39:46	37	21:28	1:13:46
13	2/9	M30	RHODES BROWN	10	9:32	15	38:10	28	20:50	1:08:32
77	8/9	M30	STEPHAN MOREAU	105	14:13	86	47:00	48	22:04	1:23:16

OVERALL	DIVISIONAL	CATEGORY	NAME	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
33	4/9	M35	ADAM LAWRENCE	91	13:41	22	39:03	31	20:59	1:13:43
11	1/9	M35	ANTHONY YUE	41	11:49	7	36:31	9	18:41	1:07:00
148	8/9	M35	BILL LANDREE	127	15:44	136	54:22	153	35:36	1:45:42
86	6/9	M35	BRIAN BOAKE	61	12:34	90	47:17	105	26:17	1:26:07
51	5/9	M35	DEREK OELMANN	88	13:30	53	42:15	32	21:04	1:16:48
12	2/9	M35	IAN GOARD	52	12:07	8	36:43	12	18:49	1:07:39
154	9/9	M35	RICHARD MACLEOD	69	12:49	153	1:07:06	151	34:41	1:54:36
130	7/9	M35	ROBERT BARRAND	110	14:36	122	51:17	143	30:02	1:35:55
22	3/9	M35	SHANE REAUME	29	11:08	25	39:22	33	21:06	1:11:35
OVERALL	DIVISIONAL	CATEGORY	NAME	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
44	2/10	M40	DEREK HOPKINS	42	11:49	31	39:49	76	23:59	1:15:37
47	3/10	M40	DON EBY	85	13:21	58	43:00	15	19:45	1:16:06
80	6/10	M40	DUNCAN JOHNSON	66	12:40	91	47:22	80	24:15	1:24:16
79	5/10	M40	GLEN FULLER	87	13:25	82	46:43	70	23:40	1:23:48
125	10/10	M40	IAIN MCAULEY	111	14:44	130	52:03	122	27:23	1:34:10
23	1/10	M40	KIRBY IRMSCHER	46	11:51	33	39:59	16	20:00	1:11:49
110	9/10	M40	KIRK LEWIS	124	15:26	100	49:04	121	27:05	1:31:35
102	8/10	M40	MARCHAND RENAAT	144	17:49	83	46:53	79	24:13	1:28:55
89	7/10	M40	MICHAEL ROTH	93	13:45	78	46:07	115	26:33	1:26:24
49	4/10	M40	PAUL FRANCIS	68	12:49	49	41:39	46	21:57	1:16:25
OVERALL	DIVISIONAL	CATEGORY	NAME	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
78	11/15	M45	BRUCE TURCOTTE	121	15:10	68	44:07	77	24:04	1:23:20
19	1/15	M45	CHRIS FLINT	34	11:24	13	37:44	44	21:46	1:10:54
30	3/15	M45	CHRIS WILLE	64	12:39	21	39:02	40	21:34	1:13:15
103	14/15	M45	DAVID OLSON	123	15:25	105	49:19	82	24:24	1:29:07
31	4/15	M45	DEREK PROUT	27	11:05	39	40:46	43	21:43	1:13:33
132	15/15	M45	DON TERLSON	146	18:00	108	49:36	133	28:22	1:35:57
36	5/15	M45	DOUGLAS RICHARDSON	115	14:55	17	38:30	26	20:48	1:14:12
81	12/15	M45	JOHN DENNY	40	11:47	81	46:35	111	26:30	1:24:51
56	8/15	M45	KEVIN TAYLOR	109	14:30	50	41:55	41	21:35	1:18:00
28	2/15	M45	MARCUS DURRANT	80	13:10	19	38:44	19	20:32	1:12:25
54	7/15	M45	MARK ALLISON	37	11:33	67	44:03	42	21:41	1:17:16
74	10/15	M45	NICK BENNETT	120	15:09	70	44:18	53	22:29	1:21:55
48	6/15	M45	PAUL KANE	96	13:48	46	41:32	27	20:48	1:16:07
61	9/15	M45	PAUL SMITH	90	13:39	57	43:00	51	22:15	1:18:53
98	13/15	M45	ROBERT SKINNER	75	13:06	114	50:16	92	25:06	1:28:28

OVERALL	DIVISIONAL	CATEGORY	NAME	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
58	3/11	M50	BARTON BOURASSA	104	14:08	55	42:41	35	21:22	1:18:11
131	9/11	M50	BILL CHALK	156	23:29	112	49:57	56	22:30	1:35:56
35	1/11	M50	DENNIS SUTTON	55	12:24	41	40:54	22	20:36	1:13:54
69	4/11	M50	GAR CHASE	39	11:39	34	40:15	135	28:55	1:20:49
149	10/11	M50	KIRK WESTERGAARD	152	19:05	145	57:42	140	29:48	1:46:34
50	2/11	M50	LAURIE BOYLE	67	12:43	40	40:49	59	22:58	1:16:29
113	7/11	M50	MICHAEL POOLE	154	20:04	106	49:24	61	23:03	1:32:31
111	6/11	M50	RANDY JACKSON	137	16:42	128	51:43	71	23:41	1:32:06
104	5/11	M50	ROBERT BOWDEN	94	13:45	107	49:30	104	26:08	1:29:22
153	11/11	M50	ROBIN WOLFENDEN	112	14:44	152	1:04:13	152	34:44	1:53:41
121	8/11	M50	TIM DOHERTY	132	16:16	129	51:59	86	24:55	1:33:10
OVERALL	DIVISIONAL	CATEGORY	NAME	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
87	2/5	M55	ALLAN HARRIS	100	13:53	95	47:45	85	24:40	1:26:17
129	5/5	M55	DON LOVELY	133	16:20	121	51:17	129	28:00	1:35:36
70	1/5	M55	JIM BRACKENBURY	79	13:08	45	41:25	108	26:21	1:20:53
123	4/5	M55	JUSTIN MARTIN	107	14:22	109	49:39	142	29:57	1:33:58
112	3/5	M55	PATRICK BROWN	150	18:58	92	47:24	102	25:53	1:32:14
OVERALL	DIVISIONAL	CATEGORY	NAME	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
83	1/2	M60	KEITH EVANS	136	16:40	64	43:53	94	25:07	1:25:40
90	2/2	M60	PETER JENSEN	117	15:01	99	48:41	68	23:31	1:27:12
OVERALL	DIVISIONAL	CATEGORY	NAME	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
143	4/4	M65	EVAN FAGAN	142	17:31	137	54:45	145	30:25	1:42:41
124	2/4	M65	MIKE ELLIS	145	17:55	120	51:02	91	25:06	1:34:03
108	1/4	M65	RINTJE RAAP	122	15:14	102	49:04	112	26:30	1:30:47
126	3/4	M65	TOM COLLINS	118	15:06	104	49:13	144	30:03	1:34:21
OVERALL	DIVISIONAL	CATEGORY	NAME	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
3	3/3	ME	COLIN JENKINS	4	8:16	3	33:37	3	16:40	58:32
2	2/3	ME	KYLE JONES	2	8:09	2	33:33	2	15:31	57:13
1	1/3	ME	SIMON WHITFIELD	5	8:19	1	33:33	1	14:57	56:48
OVERALL	DIVISIONAL	CATEGORY	TEAM	SWIM	SWIM	BIKE	BIKE	RUN	RUN	OVERALL
82	2/6	TEAM	CAORDA	45	11:50	65	43:58	139	29:40	1:25:27
99	4/6	TEAM	COAST CAPITAL SAVINGS	116	14:57	85	46:59	113	26:32	1:28:28
97	3/6	TEAM	NEVERBLUE MEDIA	16	10:16	97	48:24	137	29:14	1:27:54
75	1/6	TEAM	TEAM B.A.R.	58	12:27	76	45:59	75	23:57	1:22:23
107	5/6	TEAM	TEAM Y NOT	138	16:58	88	47:08	109	26:23	1:30:29
145	6/6	TEAM	THE RAJ	57	12:25	139	55:26	154	36:13	1:44:03