

5th Annual Sooke Spring Sprint Triathlon

April 22, 2007

Results by Raceday.ca

OVERALL RESULTS

OA	Division			SWIM		BIKE		RUN		OVERALL	
Place	Place	Division	NAME	Place	Time	Place	Time	Place	Time	Place	Time
===	=====	= ===	=====	===	=====	===	=====	===	=====	===	=====
1	1/3	ME	Andrew Russell	4	8:26	1	33:04	1	16:38	1	58:07
2	1/7	JME	Jeff Phillips	8	8:52	2	34:23	2	17:08	2	1:00:22
3	2/3	ME	Stephen Kilshaw	5	8:35	5	35:26	3	17:36	3	1:01:37
4	2/7	JME	Scott Dagnall	2	8:02	7	35:57	4	18:27	4	1:02:26
5	3/7	JME	Aaron Thomas	3	8:24	10	36:13	7	18:42	5	1:03:19
6	4/7	JME	Matt Sharpe	7	8:48	9	36:10	5	18:41	6	1:03:38
7	1/19	M35	Allan Boos	20	10:07	8	36:07	10	19:55	7	1:06:08
8	2/19	M35	Lance Watson	12	9:39	14	37:05	12	20:08	8	1:06:51
9	1/10	M25	Kurt Woytiuk	23	10:38	17	37:40	6	18:41	9	1:06:59
10	1/8	M30	Nathaniel Stoffelsma	31	10:53	11	36:26	9	19:44	10	1:07:03
11	3/3	ME	Scott McMillan	13	9:42	6	35:46	44	22:05	11	1:07:32
12	1/1	FE	Rachel McBride	14	9:52	20	38:16	8	19:33	12	1:07:41
13	1/17	M45	Brent Rogers	28	10:49	4	35:09	43	22:03	13	1:08:00
14	5/7	JME	Cole Stewart	1	7:57	29	40:05	11	20:05	14	1:08:06
15	6/7	JME	Andrew Hall	11	9:33	27	39:44	15	20:19	15	1:09:36
16	3/19	M35	Charles Nelson	47	11:32	12	36:36	38	21:57	16	1:10:05
17	1/10	M40	Dan Smith	68	12:21	13	36:39	31	21:20	17	1:10:20
18	1/12	M50	Patrick Maguire	53	11:43	15	37:23	33	21:21	18	1:10:26
19	7/7	JME	Taylor Lick	15	9:53	30	40:27	16	20:26	19	1:10:45
20	2/10	M40	Darwyn Rowland	19	9:57	16	37:33	73	23:40	20	1:11:10
21	1/6	F20	Adrienne Stedford	33	11:00	23	38:58	32	21:20	21	1:11:18
22	2/8	M30	Johnathan Tillie	34	11:02	24	39:14	24	21:11	22	1:11:26
23	3/10	M40	Derek Hopkins	24	10:43	26	39:41	23	21:09	23	1:11:32
24	2/10	M25	Adam Kelly	96	13:30	18	37:58	14	20:13	24	1:11:41
25	1/6	M20	Jake Garrett	60	12:02	28	40:04	13	20:10	25	1:12:16
26	2/6	M20	Dan Frey	69	12:22	25	39:20	18	20:40	26	1:12:22
27	2/17	M45	Rob Dibden	80	13:06	19	38:07	25	21:12	27	1:12:24
28	1/13	F25	Paige Gardiner	25	10:43	31	40:28	29	21:16	28	1:12:26
29	4/10	M40	Steve Keeler	71	12:25	21	38:32	48	22:09	29	1:13:05
30	3/17	M45	Chris Wille	75	12:39	22	38:42	51	22:28	30	1:13:48
31	1/13	F30	Sarah Peters	48	11:32	40	41:23	22	21:01	31	1:13:56
32	1/16	F35	Christine Suter	27	10:48	33	40:32	61	22:54	32	1:14:13
33	3/10	M25	Lacalan Downie	29	10:49	37	41:16	50	22:12	33	1:14:17
34	2/13	F30	Sarah McMillan	35	11:04	36	41:13	52	22:29	34	1:14:46
35	2/13	F25	Stephanie Pink	22	10:10	63	43:40	34	21:23	35	1:15:12
36	2/6	F20	Kylie Acford	10	9:27	64	43:54	49	22:11	36	1:15:31
37	4/17	M45	Ron Mierau	78	12:49	34	41:04	36	21:40	37	1:15:33
38	4/19	M35	Kevin Murdoch	94	13:25	44	41:47	17	20:38	38	1:15:49
39	4/10	M25	Jeff Duyndam	46	11:31	45	41:47	53	22:32	39	1:15:50
40	2/12	M50	Denis Sutton	118	14:23	32	40:30	28	21:15	40	1:16:07
41	5/10	M25	Chris Jarvis	104	13:39	46	41:49	19	20:42	41	1:16:10
42	3/13	F25	Kimberly Beare	30	10:50	52	42:45	55	22:42	42	1:16:16
43	3/12	M50	Barton Bourassa	99	13:31	39	41:19	35	21:37	43	1:16:26
44	5/10	M40	Dave Robertson	56	11:51	53	42:48	39	21:57	44	1:16:36
45	4/12	M50	Derek Prout	40	11:16	50	42:24	63	23:11	45	1:16:50
46	3/13	F30	Tammy Kovaluk-Boos	54	11:44	59	43:32	37	21:47	46	1:17:03
47	5/17	M45	Kevin Taylor	108	13:52	38	41:18	41	21:59	47	1:17:08
48	6/17	M45	Paul s Smith	86	13:19	48	42:02	46	22:07	48	1:17:27
49	7/17	M45	Paul Kane	95	13:26	47	41:58	45	22:06	49	1:17:30
50	5/19	M35	Chris Gress	72	12:26	71	44:18	20	20:49	50	1:17:32

51	5/12	M50	Laurie Boyle	51	11:36	49	42:19	75	23:44	51	1:17:39
52	1/2	JFE	Rebecca Staynor	16	9:55	67	44:08	81	24:03	52	1:18:06
53	1/3	F45	Dawn Titus	26	10:46	35	41:05	120	26:31	53	1:18:22
54	3/6	F20	Carla Rhodes	44	11:25	42	41:43	100	25:15	54	1:18:23
55	2/16	F35	Monique Larche	50	11:35	75	44:57	42	22:01	55	1:18:33
56	3/16	F35	D'arcey Musselman	9	9:04	72	44:36	94	24:58	56	1:18:38
57	6/10	M25	Andrew Wilkinson	73	12:31	70	44:13	47	22:07	57	1:18:51
58	4/13	F25	Caylee Wasilenko	17	9:55	73	44:37	88	24:36	58	1:19:07
59	1/7	F40	Alisa Brownlee	49	11:33	55	43:20	83	24:16	59	1:19:09
60	3/6	M20	Mike Janes	58	11:55	61	43:38	74	23:40	60	1:19:13
61	7/10	M25	Dave Dallin	87	13:20	41	41:42	90	24:38	61	1:19:40
62	1/1	M16	Robbie Williamson	6	8:35	114	48:00	68	23:24	62	1:19:58
63	8/17	M45	John Braun	117	14:17	51	42:35	62	23:07	63	1:19:58
64	6/19	M35	Ben Fecht	136	15:23	56	43:24	26	21:14	64	1:20:00
65	2/3	F45	Janice Mason	38	11:15	54	42:52	110	25:56	65	1:20:03
66	9/17	M45	Bob Langelo	43	11:21	66	43:56	93	24:50	66	1:20:06
67	2/2	JFE	Christy Drever	61	12:04	76	45:00	65	23:14	67	1:20:18
68	1/3	TEA	M 3 Fast People	124	14:43	43	41:46	80	23:57	68	1:20:25
69	7/19	M35	Sean Evans	32	10:56	101	46:55	59	22:52	69	1:20:42
70	4/6	F20	Megan Towns	52	11:38	65	43:55	103	25:27	70	1:21:00
71	8/10	M25	Ashley Perry	59	11:56	117	48:10	21	20:55	71	1:21:00
72	5/6	F20	Karen Forsman	64	12:13	110	47:39	27	21:14	72	1:21:06
73	8/19	M35	Michael Lawless	176	23:07	3	34:37	67	23:23	73	1:21:07
74	5/13	F25	Karmen Jongewaard	36	11:04	97	46:39	69	23:26	74	1:21:09
75	1/1	F16	Allegra Rogers	18	9:55	82	45:26	109	25:48	75	1:21:09
76	9/19	M35	John Langard	63	12:11	77	45:05	78	23:54	76	1:21:09
77	10/17	M45	Dewain Emrich	74	12:37	62	43:39	101	25:16	77	1:21:31
78	2/7	F40	Dolores Freigang	41	11:19	79	45:07	98	25:12	78	1:21:37
79	6/12	M50	Bruce Turcotte	120	14:33	57	43:27	71	23:39	79	1:21:38
80	4/13	F30	Christina Kadin	55	11:44	74	44:48	97	25:10	80	1:21:41
81	5/13	F30	Orla MacSweeney	107	13:51	78	45:06	57	22:45	81	1:21:42
82	6/13	F30	Pascale Houde	39	11:15	91	46:04	105	25:32	82	1:22:50
83	4/16	F35	Nancy Austin	37	11:13	104	47:10	85	24:29	83	1:22:51
84	5/16	F35	Kathleen Brandsma	85	13:17	58	43:29	114	26:13	84	1:22:59
85	6/10	M40	Tony Dobos	109	13:52	86	45:49	70	23:35	85	1:23:15
86	11/17	M45	Ray Baker	113	13:59	92	46:11	64	23:14	86	1:23:24
87	6/13	F25	Melanie Irvine	84	13:16	112	47:41	58	22:50	87	1:23:47
88	7/13	F25	Kathryn Ward	81	13:08	100	46:54	76	23:46	88	1:23:47
89	6/16	F35	Imelda Wong	21	10:08	96	46:34	129	27:13	89	1:23:54
90	3/3	F45	Sue Bennett	79	12:57	94	46:19	92	24:47	90	1:24:03
91	7/10	M40	Glen Fuller	114	14:02	84	45:35	91	24:46	91	1:24:22
92	1/2	M60	Jim Brackenbury	102	13:35	60	43:37	128	27:13	92	1:24:24
93	10/19	M35	Marco Nordio	110	13:52	87	45:59	89	24:36	93	1:24:27
94	7/12	M50	George Szwender	105	13:40	93	46:18	87	24:34	94	1:24:31
95	1/5	F50	Judy Thompson	45	11:28	98	46:42	121	26:32	95	1:24:42
96	8/10	M40	Rob Williamson	76	12:41	85	45:36	119	26:27	96	1:24:43
97	9/10	M25	Nathan Cardinal	88	13:21	105	47:15	84	24:22	97	1:24:58
98	3/7	F40	Daphne Dobko Walsh	92	13:23	89	45:59	106	25:37	98	1:24:59
99	2/5	F50	Wendy McBride	65	12:13	107	47:23	104	25:31	99	1:25:06
100	1/5	M55	Gary Vermette	159	16:54	81	45:26	60	22:52	100	1:25:11
101	2/5	M55	Lorne Semenowich	67	12:19	103	47:08	107	25:46	101	1:25:12
102	8/12	M50	Bill Chalk	160	16:54	99	46:50	40	21:57	102	1:25:41
103	3/5	M55	Chuck Garrett	101	13:33	83	45:34	122	26:34	103	1:25:41
104	12/17	M45	Renaat Marchand	155	16:32	68	44:10	95	25:00	104	1:25:42
105	8/13	F25	Jessa Degen	66	12:16	124	48:38	96	25:00	105	1:25:54
106	4/6	M20	Paul Hayes	144	15:31	102	47:07	66	23:20	106	1:25:58
107	7/13	F30	Andrea Carey	57	11:54	109	47:39	126	26:57	107	1:26:29
108	9/13	F25	Julio Moreno	125	14:46	138	50:48	30	21:16	108	1:26:49
109	11/19	M35	Cliff Kennelly	122	14:39	88	45:59	115	26:22	109	1:26:59

110	8/13	F30	Kim Hurley	97	13:30	80	45:16	144	28:26	110	1:27:12
111	12/19	M35	Colin Ash	89	13:21	113	47:52	112	26:04	111	1:27:16
112	13/17	M45	Chris Bocking	90	13:22	134	50:15	77	23:51	112	1:27:27
113	3/8	M30	Edwin Betinol	174	20:49	69	44:12	56	22:42	113	1:27:43
114	13/19	M35	David Collombin	91	13:22	121	48:20	116	26:22	114	1:28:04
115	3/5	F50	Julie Langelo	83	13:11	116	48:10	125	26:48	115	1:28:08
116	14/19	M35	Ivan Lang	142	15:30	90	46:03	123	26:43	116	1:28:16
117	10/13	F25	Sara Korven	100	13:31	106	47:16	138	27:43	117	1:28:30
118	9/10	M40	Andrew Crowe	134	15:21	108	47:28	108	25:46	118	1:28:35
119	15/19	M35	Russ Mounsey	121	14:37	95	46:26	137	27:33	119	1:28:36
120	9/13	F30	Kim Ricci	77	12:44	127	49:29	118	26:25	120	1:28:38
121	10/13	F30	Casey Tweddell	137	15:24	115	48:06	102	25:19	121	1:28:48
122	4/8	M30	Nathan Georgesen	103	13:35	123	48:32	131	27:20	122	1:29:26
123	10/10	M25	Peter Holmes	132	15:18	146	51:44	54	22:41	123	1:29:42
124	4/7	F40	Meigel Lund	42	11:20	122	48:29	155	29:55	124	1:29:43
125	1/1	F60	Bonny Ervin	93	13:24	139	50:50	117	26:24	125	1:30:37
126	5/7	F40	Rita King	106	13:42	126	49:12	147	28:44	126	1:31:38
127	10/10	M40	John Kinahan	145	15:33	118	48:16	142	28:11	127	1:31:59
128	1/2	M65	Rintje Raap	129	15:13	128	49:39	139	28:01	128	1:32:52
129	11/13	F25	Bethany Smith	135	15:21	136	50:20	130	27:13	129	1:32:54
130	5/6	M20	Mike Fenn	139	15:28	140	50:53	124	26:47	130	1:33:08
131	14/17	M45	Scott Finlayson	158	16:48	148	52:27	79	23:55	131	1:33:09
132	9/12	M50	Tim Doherty	164	17:32	120	48:18	132	27:23	132	1:33:13
133	7/16	F35	Tammy Lang	165	18:20	131	49:57	99	25:15	133	1:33:31
134	16/19	M35	Mark Harris	133	15:20	135	50:16	140	28:07	134	1:33:43
135	10/12	M50	Russell Archer	152	16:20	151	53:00	86	24:30	135	1:33:49
136	4/5	M55	Justin Martin	127	15:06	129	49:48	149	29:08	136	1:34:01
137	8/16	F35	Karen Leavitt	173	19:50	132	50:00	82	24:15	137	1:34:04
138	11/12	M50	Stewart Parkinson	128	15:06	125	48:54	158	30:54	138	1:34:54
139	5/8	M30	Chris Dunn	111	13:53	152	53:02	145	28:30	139	1:35:24
140	17/19	M35	Sean Wilson	146	15:39	130	49:56	154	29:54	140	1:35:29
141	6/8	M30	Jeffrey Stephen	149	16:04	141	50:56	146	28:32	141	1:35:32
142	12/13	F25	Oona Jean	130	15:14	160	54:44	111	26:03	142	1:36:01
143	18/19	M35	Kevin Suckling	153	16:28	147	52:11	134	27:25	143	1:36:04
144	7/8	M30	Quentin Liedtke	166	18:41	111	47:41	153	29:43	144	1:36:04
145	5/5	M55	Michael Poole	175	21:15	143	51:12	72	23:39	145	1:36:06
146	4/5	F50	Ann Laidman	138	15:26	150	52:32	141	28:09	146	1:36:07
147	11/13	F30	Julie Simpson	140	15:28	155	53:39	135	27:28	147	1:36:34
148	9/16	F35	Lisa Hopkins	148	15:50	157	53:50	127	26:59	148	1:36:39
149	6/6	M20	Steve Roberts	169	19:33	119	48:17	150	29:08	149	1:36:58
150	10/16	F35	Kimberly Chaisson	172	19:47	142	51:00	113	26:12	150	1:36:58
151	19/19	M35	Bill Landree	112	13:57	137	50:41	164	32:22	151	1:37:00
152	12/13	F30	Suzy Barcelos	126	15:01	162	55:20	136	27:33	152	1:37:53
153	11/16	F35	Sara Park	123	14:40	158	54:26	151	29:17	153	1:38:22
154	2/3	TEA	M Mud Brothers	62	12:10	154	53:07	167	33:12	154	1:38:29
155	8/8	M30	Mark Hopkins	141	15:29	144	51:15	161	31:46	155	1:38:30
156	6/6	F20	Fumi Sutoh	119	14:24	168	56:44	133	27:25	156	1:38:33
157	12/12	M50	Bob Duggan	151	16:16	159	54:35	143	28:14	157	1:39:05
158	12/16	F35	Suzanne Bate	115	14:03	156	53:50	165	32:31	158	1:40:23
159	13/13	F25	Flora Wood	98	13:30	166	56:12	159	30:59	159	1:40:41
160	2/2	M65	Maurice Robinson	162	17:09	149	52:32	160	31:24	160	1:41:05
161	6/7	F40	Krista Spinoy	167	18:53	153	53:06	152	29:26	161	1:41:24
162	1/2	M70	Mike Ellis	168	19:16	133	50:00	163	32:17	162	1:41:33
163	13/16	F35	Linda Sutherland	143	15:30	165	56:02	157	30:29	163	1:42:00
164	15/17	M45	Dave Cox	156	16:42	172	58:23	148	28:49	164	1:43:53
165	2/2	M70	Evan Fagan	157	16:44	171	57:59	156	30:05	165	1:44:47
166	16/17	M45	Ross Wallace	154	16:31	164	55:44	168	33:20	166	1:45:35
167	3/3	TEA	M The Bonnie Lassies	161	17:05	161	54:59	169	33:36	167	1:45:39
168	14/16	F35	Vanessa Lee	116	14:13	170	57:49	170	33:56	168	1:45:57

169	5/5	F50	Jill McDonell	170	19:43	169	57:43	162	32:04	169	1:49:29
170	15/16	F35	Tracey Thompson	131	15:14	173	59:43	172	37:24	170	1:52:21
171	1/1	F55	Leigh Blaney	163	17:29	174	1:02:34	166	32:39	171	1:52:42
172	2/2	M60	Jim Henry	171	19:43	163	55:23	174	40:24	172	1:55:29
173	17/17	M45	Rob Ward	70	12:22	167	56:28	175	47:33	173	1:56:22
174	7/7	F40	Carrie Elrick	150	16:10	175	1:05:24	171	36:42	174	1:58:15
175	16/16	F35	Joann Dionne	147	15:44	176	1:06:37	173	37:55	175	2:00:16
176	13/13	F30	Allison Andrew	82	13:10	145	51:42				

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