

Blitz Duathlon

Saturday

Overall Results

Pos	No	Name	Time	Gender	Categ	C.Pos	G.Pos	Run 1	Bike	Run 2
1	243	Trev Williams	01:12:14	Male	Ages 30 - 39	1	1	00:28:39	00:31:29	00:12:08
2	235	Waldo Volschenk	01:18:51	Male	Ages 20 - 29	1	2	00:30:28	00:35:34	00:12:50
3	181	David Langille	01:21:31	Male	Ages 20 - 29	2	3	00:32:23	00:35:43	00:13:26
4	142	Shawn Dowling	01:21:59	Male	Ages 30 - 39	2	4	00:29:43	00:39:43	00:12:35
5	182	Curtis Samson	01:25:04	Male	Ages 40 - 49	1	5	00:31:49	00:39:57	00:13:19
6	198	Tony Moores	01:28:02	Male	Ages 50 - 59	1	6	00:34:53	00:38:25	00:14:45
7	147	Stuart Evans	01:28:10	Male	Ages 30 - 39	3	7	00:33:46	00:39:46	00:14:40
8	251	Stuart Gardner / Barb Howard	01:28:34	Mixed	Team	1	1	00:34:45	00:40:06	00:13:45
9	183	Darren Lazaruk	01:28:48	Male	Ages 50 - 59	2	8	00:34:17	00:40:09	00:14:23
10	187	Chuck Downie	01:29:17	Male	Ages 50 - 59	3	9	00:36:08	00:38:55	00:14:15
11	200	Jeff Mysyk	01:29:58	Male	Ages 40 - 49	2	10	00:36:52	00:36:39	00:16:27
12	116	Stuart Branagan	01:31:02	Male	Ages 30 - 39	4	11	00:34:41	00:40:22	00:15:59
13	103	Curtis Arling	01:32:54	Male	Ages 40 - 49	3	12	00:39:09	00:37:28	00:16:17
14	225	Claus Sitzler	01:33:23	Male	Ages 40 - 49	4	13	00:35:00	00:43:42	00:14:42
15	132	Simon Cresswell	01:33:27	Male	Ages 40 - 49	5	14	00:37:10	00:41:02	00:15:15
16	155	Jenna Gallant	01:33:33	Female	Ages 20 - 29	1	1	00:36:14	00:43:15	00:14:05
17	259	Jeff Stokoe / Marni Stokoe	01:34:00	Mixed	Team	2	2	00:34:40	00:45:12	00:14:10
18	104	Rick Artus	01:34:51	Male	Ages 50 - 59	4	15	00:38:12	00:40:43	00:15:57
19	110	Stefanie Bichsel	01:35:04	Female	Ages 30 - 39	1	2	00:40:13	00:39:53	00:14:58
20	224	Tanya Sego	01:35:15	Female	Ages 30 - 39	2	3	00:37:17	00:43:04	00:14:54
21	127	Julie Cook	01:35:30	Female	Ages 20 - 29	2	4	00:37:18	00:42:44	00:15:29
22	210	Charlie Paliwoda	01:36:18	Male	Ages 40 - 49	6	16	00:39:59	00:38:48	00:17:32
23	157	Eric Goulden	01:36:58	Male	Ages 30 - 39	5	17	00:39:59	00:40:29	00:16:31
24	202	Brad Nelson	01:38:22	Male	Ages 20 - 29	3	18	00:35:59	00:47:41	00:14:43
25	135	Jason Danard	01:38:26	Male	Ages 40 - 49	7	19	00:38:46	00:42:54	00:16:48
26	186	Ian Long	01:38:55	Male	Ages 30 - 39	6	20	00:40:34	00:41:36	00:16:47
27	120	Derrick Carleton	01:39:03	Male	Ages 30 - 39	7	21	00:37:14	00:46:04	00:15:46
28	178	Jeff Konoff	01:39:56	Male	Ages 40 - 49	8	22	00:41:55	00:39:00	00:19:02
29	209	Isabel Ostrom	01:40:04	Female	Ages 50 - 59	1	5	00:40:41	00:42:24	00:16:59
30	220	Paolo Ravina	01:40:16	Male	Ages 30 - 39	8	23	00:40:45	00:42:16	00:17:15
31	256	Lance Petan / Toby Wilson	01:40:57	Mixed	Team	3	3	00:36:54	00:49:34	00:14:31
32	257	Luke Petan / Caty Auld	01:41:06	Mixed	Team	4	4	00:40:56	00:44:18	00:15:53
33	211	Corina Paliwoda	01:41:28	Female	Ages 40 - 49	1	6	00:41:21	00:42:44	00:17:24
34	149	Shelly Fleming	01:42:17	Female	Ages 30 - 39	3	7	00:39:18	00:46:04	00:16:56
35	206	Paul O'Grady	01:42:58	Male	Ages 30 - 39	9	24	00:40:11	00:45:44	00:17:04
36	133	Jackie Crooks	01:43:32	Female	Ages 30 - 39	4	8	00:41:07	00:45:25	00:17:01
37	141	Rick Doll	01:44:14	Male	Ages 60+	1	25	00:41:45	00:44:29	00:18:02
38	146	Dean Duncan	01:45:35	Male	Ages 40 - 49	9	26	00:40:27	00:48:24	00:16:44
39	174	Shawn Kelm	01:46:04	Male	Ages 30 - 39	10	27	00:42:54	00:44:23	00:18:48
40	338	Don King	01:46:25	Male	Ages 50 - 59	5	28	00:41:38	00:45:13	00:19:35
41	245	Gordon Yorke	01:46:19	Male	Ages 50 - 59	6	29	00:44:14	00:43:32	00:18:34
42	260	Terry Toffelmire	01:46:38	Female	Ages 30 - 39	5	9	00:40:35	00:49:11	00:16:54
43	161	Kim Haverluck	01:47:11	Female	Ages 40 - 49	2	10	00:44:46	00:43:45	00:18:41
44	196	Joe Moores	01:47:34	Male	Ages 19 & under	1	30	00:40:34	00:45:35	00:21:27
45	239	Susan Watkins	01:48:04	Female	Ages 40 - 49	3	11	00:42:07	00:48:00	00:17:58
46	170	Greg Kanashiro	01:48:32	Male	Ages 40 - 49	10	31	00:43:33	00:45:04	00:19:56
47	234	Lori Vickerman	01:48:43	Female	Ages 30 - 39	6	12	00:40:35	00:51:42	00:16:28
48	296	Jason Vanbuskirk	01:49:17	Male	Ages 30 - 39	11	32	00:41:07	00:50:25	00:17:45
49	212	Dave Parasynchuk	01:49:09	Male	Ages 40 - 49	11	33	00:46:05	00:45:35	00:17:29
50	184	Dawn Lemkes	01:49:41	Female	Ages 40 - 49	4	13	00:46:05	00:44:41	00:18:56
51	138	Duncan Dillabough	01:50:18	Male	Ages 19 & under	2	34	00:40:39	00:50:56	00:18:44
52	255	Zach Macdonald / Kelly Montford	01:50:15	Mixed	Team	5	5	00:46:08	00:47:13	00:16:55
53	151	Mike Fox	01:50:47	Male	Ages 30 - 39	12	35	00:45:30	00:45:10	00:20:08
54	199	Mirja Mundt	01:50:52	Female	Ages 30 - 39	7	14	00:44:01	00:48:42	00:18:10
55	197	Pam Moores	01:51:00	Female	Ages 40 - 49	5	15	00:43:37	00:48:47	00:18:37
56	171	Lawrence Keller	01:51:32	Male	Ages 50 - 59	7	36	00:45:58	00:45:23	00:20:12
57	130	Anjali Coyle	01:51:39	Female	Ages 30 - 39	8	16	00:44:30	00:46:57	00:20:13

Blitz Duathlon

Saturday

Overall Results

Pos	No	Name	Time	Gender	Categ	C.Pos	G.Pos	Run 1	Bike	Run 2
58	194	Kyla McGillis	01:51:39	Female	Ages 30 - 39	9	17	00:44:21	00:47:40	00:19:40
59	118	Mike Bruneder	01:51:57	Male	Ages 40 - 49	12	37	00:46:05	00:45:00	00:20:54
60	112	Shanna Bishell	01:52:12	Female	Ages 30 - 39	10	18	00:44:13	00:47:51	00:20:08
61	249	Alyssa Crerar / Lawrence Crerar	01:52:37	Mixed	Team	6	6	00:43:11	00:52:17	00:17:10
62	188	Alison Humphries	01:52:59	Female	Ages 40 - 49	6	19	00:42:44	00:53:30	00:16:46
63	173	Heather Kelm	01:53:33	Female	Ages 40 - 49	7	20	00:46:26	00:47:35	00:19:32
64	101	Louise Affleck Hall	01:54:39	Female	Ages 40 - 49	8	21	00:42:45	00:53:30	00:18:25
65	179	Emm Kutryk	01:55:07	Female	Ages 40 - 49	9	22	00:42:40	00:53:52	00:18:36
66	115	Dave Boyko / Mary-Jo Lough	01:55:19	Mixed	Team	7	7	00:45:16	00:52:33	00:17:31
67	144	Doug Dresler	01:56:10	Male	Ages 60+	2	38	00:46:41	00:49:25	00:20:05
68	121	Tyra Carleton / Sherri Swayne	01:56:12	Female	Team	1	23	00:46:28	00:51:11	00:18:34
69	448	Sue Anderson	01:56:28	Female	Ages 50 - 59	2	24	00:48:07	00:47:57	00:20:26
70	395	Gayle Teuling / Ken Teuling	01:56:52	Mixed	Team	8	8	00:48:50	00:48:51	00:19:13
71	252	Curtis Johnson / Curtis Gellings	01:57:02	Male	Team	1	39	00:45:36	00:47:39	00:23:49
72	111	Cheryl Bickford	01:57:07	Female	Ages 40 - 49	10	25	00:47:02	00:48:15	00:21:50
73	172	Susan Keller	01:57:27	Female	Ages 50 - 59	3	26	00:47:36	00:49:45	00:20:07
74	248	Heather Cooley / Chad Cooley	01:57:50	Mixed	Team	9	9	00:54:11	00:41:18	00:22:22
75	153	Carie Frizzell	01:58:47	Female	Ages 30 - 39	11	27	00:47:46	00:48:47	00:22:14
76	213	Kelly Parasynchuk	01:59:39	Female	Ages 40 - 49	11	28	00:48:53	00:50:08	00:20:39
77	159	Tamara Grigor	02:00:07	Female	Ages 40 - 49	12	29	00:49:10	00:48:35	00:22:23
78	113	Deb Blackwell	02:00:12	Female	Ages 40 - 49	13	30	00:46:53	00:54:10	00:19:10
79	109	Mike Bett	02:00:30	Male	Ages 40 - 49	13	40	00:48:03	00:51:10	00:21:18
80	241	Ryan Williams	02:00:47	Male	Ages 30 - 39	13	41	00:49:57	00:49:20	00:21:31
81	150	Ashley Fox	02:01:18	Female	Ages 20 - 29	3	31	00:48:25	00:51:37	00:21:17
82	125	Jana Cook	02:02:31	Female	Ages 30 - 39	12	32	00:49:27	00:52:40	00:20:26
83	221	Sophie Robinson	02:04:33	Female	Ages 20 - 29	4	33	00:49:10	00:53:40	00:21:44
84	246	Patti Zobot	02:05:43	Female	Ages 40 - 49	14	34	00:50:35	00:51:22	00:23:47
85	102	Christine Archibald	02:05:36	Female	Ages 40 - 49	15	35	00:49:14	00:53:42	00:22:41
86	176	Barbara King / Ken Crerar	02:07:12	Mixed	Team	10	10	00:47:11	01:01:03	00:18:59
87	164	Theresa Huarte	02:07:28	Female	Ages 50 - 59	4	36	00:49:00	00:56:32	00:21:57
88	227	Mary Starnino	02:07:24	Female	Ages 40 - 49	16	37	00:50:32	00:53:07	00:23:47
89	201	Renee Deveau	02:07:24	Female	Ages 50 - 59	5	38	00:50:32	00:53:07	00:23:47
90	117	Robin Brisebois	02:08:49	Male	Ages 50 - 59	8	42	00:50:24	00:55:43	00:22:44
91	108	Karee Bett	02:11:35	Female	Ages 40 - 49	17	39	00:48:13	01:01:04	00:22:19
92	107	Brad Bett	02:11:34	Male	Ages 40 - 49	14	43	00:48:13	01:01:03	00:22:19
93	219	Dan Ptycia	02:13:01	Male	Ages 20 - 29	4	44	00:51:48	00:57:18	00:23:56
94	229	Howard Tanner	02:13:07	Male	Ages 50 - 59	9	45	00:54:14	00:52:50	00:26:04
95	266	Robin Curtis / Sarah Curtis	02:15:57	Mixed	Team	11	11	01:00:30	00:48:53	00:26:34
96	244	Karla Wingate	02:17:45	Female	Ages 30 - 39	13	40	00:52:41	01:00:24	00:24:42
97	152	Karin Fraser	02:18:53	Female	Ages 40 - 49	18	41	00:56:26	00:56:45	00:25:43
98	129	Stacey Cowie	02:18:58	Female	Ages 40 - 49	19	42	00:55:13	00:59:08	00:24:38
99	177	Elise Konoff	02:20:04	Female	Ages 30 - 39	14	43	00:50:41	00:53:54	00:35:29
100	204	Kyla Newman	02:20:47	Female	Ages 30 - 39	15	44	00:56:16	00:59:08	00:25:23
101	162	Julie Hirsche	02:22:21	Female	Ages 40 - 49	20	45	00:46:28	01:13:53	00:22:00
102	122	Bev Carlson	02:22:21	Female	Ages 40 - 49	21	46	00:49:33	01:10:48	00:22:00
103	223	Sandie Searle	02:27:59	Female	Ages 40 - 49	22	47	01:02:15	00:56:42	00:29:03
104	143	Angele Downie	02:28:27	Female	Ages 50 - 59	6	48	00:56:12	01:04:18	00:27:59
105	193	Amy Matthews	02:28:46	Female	Ages 30 - 39	16	49	00:58:54	01:01:09	00:28:44
106	233	Elly VandenEenden	02:37:17	Female	Ages 60+	1	50	00:56:18	01:08:34	00:32:26
107	148	Lynda Fielder	02:38:56	Female	Ages 60+	2	51	01:03:04	01:06:26	00:29:28
108	114	Stephanie Blake	02:38:57	Female	Ages 30 - 39	17	52	01:03:05	01:06:25	00:29:29
109	163	Doris House	02:27:30	Female	Ages 40 - 49	23	53	00:54:22	01:10:38	00:22:31
110	166	Roxane Hume	02:27:31	Female	Ages 40 - 49	24	54	00:54:21	01:10:36	00:22:35
111	126	Joan Cook	02:44:02	Female	Ages 50 - 59	7	55	01:13:44	00:57:07	00:33:12
112	105	Tania Averill	02:45:07	Female	Ages 40 - 49	25	56	00:50:22	01:29:59	00:24:47
113	169	Sarah Johnston	02:46:10	Female	Ages 50 - 59	8	57	01:02:28	01:16:37	00:27:07
114	156	Fiona Garforth-Bles	02:46:11	Female	Ages 50 - 59	9	58	01:02:28	01:16:37	00:27:07

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Saturday

Overall Results

Pos	No	Name	Time	Gender	Categ	C.Pos	G.Pos	Run 1	Bike	Run 2
115	192	Bonnie Martin	02:50:09	Female	Ages 60+	3	59	01:00:33	01:21:26	00:28:11
116	106	Devin Barnes	03:02:20	Female	Ages 40 - 49	26	60	01:09:00	01:16:24	00:36:57