

Blitz Duathlon

Solo Category Results

Male 20 - 29

Pos	Bib #	Name	Time	Categ	O.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
1	841	Curtis Fong	01:33:41	M20-29	12	00:34:23	6	1	00:42:07	14	1	00:17:10	12	1
2	888	Calvin Luck	01:37:50	M20-29	16	00:37:08	14	2	00:42:17	19	2	00:18:25	16	2

Female 20 - 29

Pos	Bib #	Name	Time	Categ	O.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
1	827	Kyla Cox	01:53:29	F20-29	44	00:42:15	37	1	00:49:09	44	1	00:22:04	44	1
2	911	Mackenzie Parish	02:15:37	F20-29	85	00:46:00	58	2	01:04:58	87	2	00:24:38	85	2
3	938	Laura Stretch	02:34:14	F20-29	107	00:57:02	107	3	01:07:21	107	3	00:29:50	107	3

Blitz Duathlon

Solo Category Results

Male 30 - 39

Pos	Bib #	Name	Time	Categ	O.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
1	896	Neil McCann	01:23:05	M30-39	2	00:32:13	2	1	00:35:07	2	1	00:15:44	2	1
2	881	Benoit Legare	01:26:48	M30-39	5	00:34:34	7	2	00:35:20	5	2	00:16:53	5	2
3	933	Mark Segarra	01:37:58	M30-39	17	00:38:12	20	4	00:40:23	17	3	00:19:23	17	3
4	834	Ruben Dominguez	01:42:04	M30-39	25	00:37:09	16	3	00:47:16	30	5	00:17:38	25	4
5	823	George Colbert	01:46:10	M30-39	30	00:42:23	38	6	00:38:28	23	4	00:25:18	30	5
6	907	Paul OGrady	01:47:22	M30-39	31	00:38:47	22	5	00:48:03	32	7	00:20:31	31	6
7	856	Eric Goulden	01:47:24	M30-39	32	00:42:27	40	7	00:43:15	31	6	00:21:41	32	7
8	861	Doug Hafichuk	01:54:08	M30-39	45	00:43:50	49	8	00:49:34	49	8	00:20:44	45	8
9	840	William Foley	01:56:03	M30-39	48	00:46:20	61	9	00:47:16	51	9	00:22:25	48	9
10	931	Isaac Sayles	02:07:23	M30-39	73	00:48:10	69	10	00:52:31	72	10	00:26:42	73	10
11	838	Jason Dwyer	02:09:03	M30-39	75	00:52:12	87	11	00:51:56	76	11	00:24:54	75	11
12	805	Stan Bissell	02:24:26	M30-39	96	00:53:56	92	12	00:58:10	89	12	00:32:20	96	12

Female 30 - 39

Pos	Bib #	Name	Time	Categ	O.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
1	913	Suzie Poirier	01:36:17	F30-39	15	00:37:09	15	1	00:39:37	16	1	00:19:30	15	1
2	943	Sonia Theberge	01:41:28	F30-39	24	00:39:53	27	2	00:41:52	24	2	00:19:42	24	2
3	816	Tamara Champagne	01:49:06	F30-39	35	00:42:44	43	5	00:44:49	33	3	00:21:32	35	3
4	930	Ashley Sayles	01:51:19	F30-39	37	00:43:46	46	7	00:47:23	41	4	00:20:10	37	4
5	828	Alyssa Crerar	01:52:24	F30-39	40	00:42:32	42	4	00:49:34	47	5	00:20:18	40	5
6	868	Jessica Jeffrey	01:57:37	F30-39	54	00:42:51	44	6	00:50:37	50	6	00:24:09	54	6
7	928	Aimey Sashuk	01:58:50	F30-39	56	00:49:04	74	11	00:46:44	58	7	00:23:01	56	7
8	934	Alison Shurvell	02:01:49	F30-39	60	00:45:07	53	8	00:54:10	66	9	00:22:32	60	8
9	819	Shauna Cingel	02:01:55	F30-39	62	00:46:51	65	10	00:52:03	65	8	00:23:00	62	9
10	891	Amy Mach	02:02:29	F30-39	65	00:42:28	41	3	00:57:02	67	10	00:22:58	65	10
11	829	Krista Crerar	02:07:07	F30-39	72	00:49:07	75	12	00:54:01	74	11	00:23:58	72	11
12	951	Katrina Watson	02:09:02	F30-39	74	00:52:13	88	14	00:51:11	75	12	00:25:38	74	12
13	831	Adriana Danard	02:12:25	F30-39	79	00:49:41	82	13	00:55:51	79	13	00:26:52	79	13
14	807	Tricia Boukall	02:16:37	F30-39	87	00:55:09	100	16	00:57:49	95	16	00:23:38	87	14
15	848	Donna Gage	02:17:31	F30-39	89	00:53:57	93	15	00:56:45	85	14	00:26:49	89	15
16	944	Desiree THomas	02:20:32	F30-39	91	00:46:50	64	9	01:06:03	93	15	00:27:38	91	16
17	912	Alana Phillips	02:40:02	F30-39	110	00:59:41	111	17	01:08:59	112	17	00:31:20	110	17
18	952	Sara Webster	02:49:05	F30-39	113	01:03:39	115	18	01:08:12	113	18	00:37:13	113	18

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Solo Category Results

Male 40 - 49

Pos	Bib #	Name	Time	Categ	O.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
1	902	Ashley Myers	01:23:02	M40-49	1	00:32:12	1	1	00:34:23	1	1	00:16:26	1	1
2	916	Ian Pritchard	01:24:42	M40-49	3	00:32:30	3	2	00:36:02	3	2	00:16:08	3	2
3	941	Serge Tessier	01:26:08	M40-49	4	00:33:58	4	3	00:35:10	4	3	00:16:59	4	3
4	809	Keith Taylor	01:28:39	M40-49	6	00:35:30	11	7	00:35:31	6	4	00:17:37	6	4
5	946	Mike Trofimuk	01:29:20	M40-49	7	00:35:07	10	6	00:35:57	7	5	00:18:14	7	5
6	909	Adam Oster	01:32:36	M40-49	9	00:34:21	5	4	00:40:16	10	7	00:17:57	9	6
7	864	Willem Henning	01:32:42	M40-49	10	00:35:02	9	5	00:39:31	9	6	00:18:07	10	7
8	873	Chris Kadijk	01:35:18	M40-49	14	00:37:02	13	8	00:39:04	13	8	00:19:11	14	8
9	915	Nick Powers	01:46:07	M40-49	29	00:41:28	32	10	00:42:10	29	9	00:22:28	29	9
10	884	Ian Long	01:48:48	M40-49	34	00:41:54	33	11	00:45:53	35	10	00:21:00	34	10
11	875	Greg Kanashiro	01:51:17	M40-49	36	00:43:46	45	14	00:44:50	36	11	00:22:41	36	11
12	954	Joe Wipf	01:52:47	M40-49	41	00:43:49	48	15	00:47:22	42	14	00:21:35	41	12
13	821	Darren Coen	01:53:09	M40-49	42	00:40:40	28	9	00:50:13	39	12	00:22:16	42	13
14	870	Bob Jessey	01:56:16	M40-49	49	00:44:18	51	16	00:46:42	40	13	00:25:15	49	14
15	867	Trevor Hofer	01:56:28	M40-49	50	00:42:10	36	13	00:49:43	46	15	00:24:34	50	15
16	857	David Graham	01:56:33	M40-49	51	00:45:59	57	18	00:48:08	53	16	00:22:25	51	16
17	844	Mike Foran	01:58:54	M40-49	57	00:42:09	35	12	00:52:48	56	17	00:23:55	57	17
18	810	Mike BRUNEDER	02:02:24	M40-49	64	00:49:32	78	21	00:46:37	60	18	00:26:13	64	18
19	869	David Jenniex	02:03:17	M40-49	67	00:45:17	54	17	00:53:32	64	19	00:24:28	67	19
20	939	Mike Styczen	02:06:31	M40-49	71	00:50:10	83	22	00:50:30	71	20	00:25:49	71	20
21	936	Kerry Statham	02:09:03	M40-49	76	00:48:58	72	19	00:55:23	77	21	00:24:42	76	21
22	926	Balwinder Sandhu	02:18:13	M40-49	90	00:51:17	85	23	00:59:53	88	22	00:27:02	90	22

Female 40 - 49

Pos	Bib #	Name	Time	Categ	O.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
1	813	Kris Cannon	01:33:17	F40-49	11	00:37:02	12	1	00:38:35	12	1	00:17:39	11	1
2	863	Elize Henning	01:38:28	F40-49	19	00:37:53	18	2	00:41:35	20	2	00:18:59	19	2
3	871	Mary Jessey	01:40:03	F40-49	21	00:41:08	30	6	00:39:32	22	3	00:19:22	21	3
4	890	Angela MacDonald	01:42:20	F40-49	26	00:39:24	24	3	00:42:46	25	4	00:20:10	26	4
5	920	Sasha Reffo	01:42:53	F40-49	27	00:39:26	25	4	00:43:34	27	6	00:19:52	27	5
6	929	Natalie Sawatzky	01:43:19	F40-49	28	00:41:08	29	5	00:41:27	26	5	00:20:43	28	6
7	885	Jodi Long	01:47:34	F40-49	33	00:41:23	31	7	00:46:18	34	7	00:19:51	33	7
8	901	Pamela MOORES	01:52:22	F40-49	39	00:42:26	39	8	00:48:19	38	9	00:21:36	39	8
9	905	Lea Norris	01:53:19	F40-49	43	00:43:48	47	9	00:46:34	37	8	00:22:56	43	9
10	843	Christine Foran	01:56:47	F40-49	52	00:44:50	52	11	00:49:41	54	11	00:22:15	52	10
11	802	Judy Aldous	01:56:51	F40-49	53	00:44:09	50	10	00:49:43	52	10	00:22:57	53	11
12	883	Candice Li	01:59:48	F40-49	58	00:48:10	70	14	00:46:31	55	12	00:25:06	58	12
13	917	Tina Shipley	02:02:01	F40-49	63	00:47:09	67	13	00:49:46	61	13	00:25:05	63	13
14	858	Teresa Graham	02:03:44	F40-49	69	00:46:33	62	12	00:53:54	70	15	00:23:16	69	14
15	895	Susan Marshall	02:09:03	F40-49	77	00:48:58	73	16	00:55:23	78	16	00:24:42	77	15
16	836	Heather Dorscher	02:11:13	F40-49	78	00:49:35	80	17	00:57:03	80	17	00:24:34	78	16
17	906	Nicole O'Brien	02:12:48	F40-49	80	00:48:38	71	15	00:51:21	69	14	00:32:48	80	17
18	874	Junko Kai	02:13:34	F40-49	82	00:51:11	84	18	00:56:24	84	18	00:25:59	82	18
19	942	Tracey Tessier	02:21:13	F40-49	92	00:51:46	86	19	01:00:59	92	19	00:28:27	92	19
20	904	Kyla Newman	02:23:22	F40-49	95	00:56:18	104	25	00:56:38	94	20	00:30:25	95	20
21	815	Andrea Caraca-Hart	02:26:41	F40-49	97	00:55:11	101	24	01:00:52	98	21	00:30:37	97	21
22	866	Tammy Hildreth	02:28:34	F40-49	101	00:54:11	96	21	01:04:46	100	22	00:29:36	101	22

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Solo Category Results

Female 40 - 49

Pos	Bib #	Name	Time	Categ	O.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
23	950	Susan Watkins	02:30:53	F40-49	103	00:54:27	97	22	01:08:07	106	25	00:28:18	103	23
24	803	Amanda Bailer	02:31:25	F40-49	104	00:54:29	98	23	01:08:04	105	24	00:28:51	104	24
25	927	Teena sandhu	02:37:09	F40-49	109	00:58:28	109	26	01:07:21	110	27	00:31:20	109	25
26	925	Stephanie Russell	02:40:52	F40-49	111	00:54:05	95	20	01:10:41	109	26	00:36:05	111	26
27	824	Cheryl Comeau	02:40:53	F40-49	112	01:02:53	114	28	00:57:59	103	23	00:39:59	112	27
28	822	Jackie Coen	02:55:20	F40-49	114	01:10:33	117	30	01:06:11	115	29	00:38:36	114	28
29	894	Anna Marshall	02:56:40	F40-49	115	01:00:41	112	27	01:19:02	116	30	00:36:56	115	29
30	1000	Bev Boehm	03:00:20	F40-49	116	01:09:23	116	29	01:04:16	114	28	00:46:40	116	30

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Solo Category Results

Male 50 - 59

Pos	Bib #	Name	Time	Categ	O.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
1	900	Anthony MOORES	01:32:26	M50-59	8	00:34:38	8	1	00:39:17	8	1	00:18:30	8	1
2	862	Kb Heinze	01:38:17	M50-59	18	00:38:29	21	4	00:38:16	15	2	00:21:31	18	2
3	955	Donald Workman	01:38:29	M50-59	20	00:38:08	19	3	00:40:37	18	3	00:19:42	20	3
4	842	Kenddy Fong	01:40:52	M50-59	22	00:37:22	17	2	00:45:47	28	5	00:17:41	22	4
5	853	Manuel Gonzalez	01:41:23	M50-59	23	00:39:31	26	5	00:40:54	21	4	00:20:57	23	5
6	830	David currie	01:52:00	M50-59	38	00:45:24	55	7	00:45:49	43	6	00:20:47	38	6
7	892	John Macneil	01:54:32	M50-59	46	00:42:08	34	6	00:50:37	48	7	00:21:47	46	7
8	919	Sandro Reffo	01:58:49	M50-59	55	00:46:15	60	9	00:48:44	57	8	00:23:49	55	8
9	893	Brent Marchand	02:01:52	M50-59	61	00:46:57	66	10	00:52:42	68	9	00:22:12	61	9
10	918	Robert Prus	02:13:04	M50-59	81	00:49:25	77	11	00:57:38	82	11	00:25:59	81	10
11	876	David King King	02:14:47	M50-59	83	00:52:19	89	12	00:54:32	81	10	00:27:55	83	11
12	910	Kevin Parish	02:15:37	M50-59	86	00:46:00	59	8	01:04:58	86	12	00:24:38	86	12
13	924	Andy Russell	02:26:54	M50-59	98	00:53:58	94	13	01:05:01	101	14	00:27:55	98	13
14	940	Howard Tanner	02:29:37	M50-59	102	01:01:05	113	14	00:54:33	97	13	00:33:59	102	14

Female 50 - 59

Pos	Bib #	Name	Time	Categ	O.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
1	854	Susan Gorman	01:54:59	F50-59	47	00:46:47	63	1	00:44:58	45	1	00:23:12	47	1
2	897	Karen McGrath	02:02:44	F50-59	66	00:49:37	81	4	00:47:54	62	2	00:25:12	66	2
3	806	Sylvie Boivin	02:03:25	F50-59	68	00:49:33	79	3	00:48:55	63	3	00:24:57	68	3
4	812	Shannon Burnard	02:06:17	F50-59	70	00:47:23	68	2	00:54:46	73	4	00:24:07	70	4
5	833	Carol Denholm	02:15:27	F50-59	84	00:53:44	90	5	00:53:36	83	5	00:28:06	84	5
6	914	Diane Poon	02:17:16	F50-59	88	00:55:05	99	7	00:58:56	96	8	00:23:14	88	6
7	878	Kimberley Klassen	02:21:29	F50-59	93	00:53:46	91	6	00:58:53	91	7	00:28:49	93	7
8	898	Kim Meadows-Boudreau	02:23:00	F50-59	94	00:57:24	108	9	00:55:03	90	6	00:30:32	94	8
9	908	Bridget Orr	02:32:44	F50-59	105	00:58:43	110	10	01:02:25	104	9	00:31:35	105	9
10	845	Pam Frey	02:35:19	F50-59	108	00:56:48	105	8	01:10:10	111	10	00:28:20	108	10

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Solo Category Results

Male 60+

Pos	Bib #	Name	Time	Categ	O.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
1	826	Richard Cound	01:34:55	M60+	13	00:39:08	23	1	00:36:21	11	1	00:19:25	13	1
2	851	Peter Glossop	02:27:26	M60+	100	00:56:12	102	2	01:03:51	102	2	00:27:22	100	2

Female 60+

Pos	Bib #	Name	Time	Categ	O.Pos	Run1	Pos	C.Pos	Cycle	Pos	C.Pos	Run2	Pos	C.Pos
1	818	Karen Chugg	02:00:02	F60+	59	00:45:40	56	1	00:50:20	59	1	00:24:01	59	1
2	852	Sharon Glossop	02:27:26	F60+	99	00:56:13	103	2	01:02:30	99	2	00:28:42	99	2
3	937	Betti Stretch	02:34:13	F60+	106	00:56:59	106	3	01:07:24	108	3	00:29:49	106	3