

Sylvan Lake  
 Half Iron  
 Sylvan Lake, AB  
 July 26, 2009

Timing by "Results Canada" 780-416-5124

Half Iron Competition

-----FINAL-----							1.9KM				90 km				21.1km				
Pos	Time	Name	City	Category		#	-----SWIM-----				-----BIKE-----				-----RUN-----				
				Plc/Total	Category		Cat	Ovr	Time	/100m	Cat	Ovr	Time	Km/Hr	Cat	Ovr	Time	/km	
1	4:16:34	Scott TREMBLAY	Kaleden	1/22	Male 35-39	27	11	29:46	1:34			2	2:22:41	37.8			1	1:24:08	4:00
2	4:17:29	Dallas CAIN	Rossland	1/11	Male 30-34	209	12	29:46	1:34			1	2:20:13	38.5			4	1:27:31	4:09
3	4:22:47	Travis ELTOM	Edmonton	2/22	Male 35-39	212	23	30:28	1:37			3	2:24:24	37.4			5	1:27:57	4:11
4	4:30:04	Seth BITTING	Rossland	3/22	Male 35-39	225	9	29:42	1:34			4	2:25:42	37.1			12	1:34:42	4:30
5	4:31:34	Shawn PINDER	Lethbridge	2/11	Male 30-34	16	1	24:15	1:17			8	2:31:31	35.6			16	1:35:50	4:33
6	4:33:01	Jared GREEN	Calgary	3/11	Male 30-34	211	24	30:36	1:37			5	2:27:10	36.7			14	1:35:16	4:31
7	4:34:57	Gary BARNES	Saskatoon	1/6	Male 25-29	223	10	29:43	1:34			7	2:30:34	35.9			11	1:34:41	4:30
8	4:36:57	TWO LOONIES MAKE A TO		1/22	Mixed Team	194	56	32:48	1:44			9	2:31:39	35.6			7	1:32:31	4:24
9	4:37:12	FINS WHEELS & FEET		2/22	Mixed Team	179	5	28:20	1:30			34	2:44:26	32.8			2	1:24:27	4:01
10	4:38:27	Graham DOODY	Edmonton	4/11	Male 30-34	210	3	26:33	1:24			24	2:40:16	33.7			6	1:31:39	4:21
11	4:46:44	Mark FAAS	Wainwright	1/3	Male 19-24	1	2	26:30	1:24			30	2:43:34	33.0			18	1:36:41	4:35
12	4:47:16	Bernard MAILLET	Chestermere	1/23	Male 45-49	226	17	30:00	1:35			19	2:37:25	34.3			24	1:39:53	4:44
13	4:48:09	Mark WOOD	Edmonton	2/23	Male 45-49	67	40	31:52	1:41			25	2:40:59	33.5			15	1:35:19	4:32
14	4:48:44	Jennifer MANSELL	Calgary	1/14	Female 30-34	124	67	33:54	1:48			12	2:36:22	34.5			21	1:38:28	4:40
15	4:48:57	David JACKMAN	Calgary	4/22	Male 35-39	29	78	34:21	1:49			14	2:36:32	34.5			19	1:38:05	4:39
16	4:50:04	Dwayne LOYEK	Red Deer	1/14	Male 40-44	51	61	33:09	1:45			6	2:30:30	35.9			44	1:46:26	5:03
17	4:50:22	John WINTERDYK	Calgary	1/9	Male 55-59	94	47	32:05	1:42			15	2:36:49	34.4			27	1:41:28	4:49
18	4:51:17	Gordon MORRISON	Edmonton	1/13	Male 50-54	81	18	30:03	1:35			11	2:35:25	34.7			42	1:45:49	5:01
19	4:51:45	Martin COURTENAY	Kelowna	3/23	Male 45-49	58	7	29:37	1:34			20	2:37:38	34.3			37	1:44:31	4:58
20	4:53:40	Jerry MURPHY	Edmonton	4/23	Male 45-49	70	85	34:39	1:50			18	2:37:07	34.4			29	1:41:55	4:50
21	4:54:52	Bryan VAN BOOM	Edmonton	2/6	Male 25-29	5	19	30:13	1:36			23	2:39:44	33.8			39	1:44:57	4:59
22	4:54:56	TEAM LARSEN		3/22	Mixed Team	201	25	31:02	1:38			45	2:50:35	31.7			8	1:33:20	4:26
23	4:55:44	Glenn SLOMAN	Sherwood Park	5/22	Male 35-39	35	149	39:07	2:04			21	2:37:54	34.2			23	1:38:44	4:41
24	4:55:55	Megan ELLIOTT	Lloydminster	1/10	Female 25-29	112	32	31:30	1:40			37	2:46:19	32.5			20	1:38:07	4:39
25	4:56:38	Catherine BROWN	Calgary	2/10	Female 25-29	220	14	29:52	1:35			32	2:44:13	32.9			30	1:42:33	4:52
26	4:57:23	Graham ROGERS	Edmonton	5/11	Male 30-34	17	21	30:19	1:36			26	2:41:18	33.5			41	1:45:48	5:01
27	5:00:35	Dusty SPILLER	Killam	2/3	Male 19-24	2	49	32:11	1:42			88	3:01:43	29.7			3	1:26:42	4:07
28	5:01:11	Darren BERRETH	Calgary	5/23	Male 45-49	68	36	31:45	1:41			58	2:55:06	30.8			10	1:34:22	4:29
29	5:01:15	Glenn MASON	Edmonton	6/22	Male 35-39	34	68	33:57	1:48			17	2:36:59	34.4			56	1:50:20	5:14
30	5:01:22	Jen PANTELUK	Edmonton	3/10	Female 25-29	114	33	31:35	1:40			61	2:55:43	30.7			9	1:34:05	4:28
31	5:03:38	Brad PACHAL	Calgary	6/23	Male 45-49	71	82	34:29	1:49			22	2:38:56	34.0			55	1:50:14	5:14
32	5:05:48	Michael BERGERON	Calgary	7/23	Male 45-49	218	38	31:50	1:41			44	2:50:32	31.7			33	1:43:26	4:55
33	5:06:14	ORIGINAL JFORCERS		4/22	Mixed Team	185	6	29:28	1:34			27	2:41:19	33.5			81	1:55:27	5:29
34	5:06:54	Jason NADEAU	Calgary	2/14	Male 40-44	48	112	36:05	1:54			29	2:42:49	33.2			46	1:48:01	5:08
35	5:07:26	JFORCE WINNERS		5/22	Mixed Team	183	132	37:45	2:00			51	2:53:33	31.1			17	1:36:10	4:34
36	5:08:33	Trevor HANNA	Calgary	7/22	Male 35-39	38	52	32:15	1:42			47	2:51:41	31.5			38	1:44:37	4:58
37	5:08:49	Joseph POWER	Hinton	8/23	Male 45-49	72	91	34:58	1:51			50	2:52:47	31.3			26	1:41:05	4:48
38	5:08:50	Ross THOMPSON	Lloydminster	2/13	Male 50-54	84	118	36:17	1:55			46	2:51:04	31.6			28	1:41:29	4:49
39	5:09:10	Kevin STALKER	Rocky Mnt House	3/13	Male 50-54	83	48	32:09	1:42			53	2:53:45	31.1			32	1:43:17	4:54

40	5:09:26	Carl SOUCHEREAU	Calgary	9/23	Male 45-49	59	15	29:54	1:35	31	2:44:07	32.9	80	1:55:26	5:29
41	5:09:48	Dave NOONAN	Okotoks	3/14	Male 40-44	49	22	30:20	1:36	28	2:41:56	33.3	86	1:57:33	5:35
42	5:10:44	Gergely HEGEDUS	Edmonton	3/6	Male 25-29	4	108	35:58	1:54	79	2:59:59	30.0	13	1:34:48	4:30
43	5:10:54	Nolan SACKNEY	Calgary	8/22	Male 35-39	43	44	32:02	1:42	41	2:49:02	31.9	53	1:49:51	5:13
44	5:11:52	Guy MILNER	Edmonton	4/13	Male 50-54	228	104	35:47	1:53	38	2:47:07	32.3	51	1:48:59	5:10
45	5:11:57	Allan MCINTOSH	Edmonton	2/9	Male 55-59	92	63	33:24	1:46	39	2:47:34	32.2	62	1:51:00	5:16
46	5:12:43	THE TRIATH ELITES		6/22	Mixed Team	190	26	31:04	1:39	56	2:54:59	30.9	45	1:46:41	5:04
47	5:13:31	Teresa RICHER	Red Deer	1/11	Female 35-39	138	79	34:23	1:49	52	2:53:40	31.1	40	1:45:29	5:00
48	5:15:02	TEAM JAY INFORCEABLES		7/22	Mixed Team	198	95	35:27	1:52	67	2:56:37	30.6	31	1:42:58	4:53
49	5:15:21	Stephen WEBER	Calgary	10/23	Male 45-49	66	4	26:56	1:26	42	2:49:39	31.8	89	1:58:47	5:38
50	5:15:42	Stephen PAIANO	Edmonton	4/6	Male 25-29	222	69	34:00	1:48	13	2:36:23	34.5	112	2:05:20	5:57
51	5:16:21	Elise GAUDET	Edmonton	1/13	Female 45-49	163	41	31:53	1:41	54	2:53:47	31.1	58	1:50:42	5:15
52	5:16:23	IBI ROADRUNNERS		1/3	Male Team	173	8	29:41	1:34	55	2:53:54	31.1	69	1:52:49	5:21
53	5:17:44	Patrick HEWITT	Red Deer	9/22	Male 35-39	40	72	34:11	1:48	48	2:51:44	31.4	63	1:51:50	5:18
54	5:17:52	Kate MACPHERSON	Calgary	2/14	Female 30-34	205	16	29:57	1:35	94	3:03:38	29.4	36	1:44:18	4:57
55	5:19:43	BIG JIM AND THE SPEED		2/3	Male Team	171	183	46:09	2:26	57	2:55:05	30.8	22	1:38:31	4:41
56	5:20:42	Tracey ROEMMELE	Lethbridge	2/11	Female 35-39	135	127	36:54	1:57	43	2:50:31	31.7	71	1:53:18	5:23
57	5:21:32	Jack VAN DYKE	Calgary	10/22	Male 35-39	36	53	32:18	1:42	33	2:44:14	32.9	111	2:05:01	5:56
58	5:22:11	Angus SCOTT	Edmonton	11/22	Male 35-39	44	73	34:12	1:48	49	2:52:16	31.3	82	1:55:44	5:30
59	5:22:25	Roger HARRISON	Red Deer	12/22	Male 35-39	39	34	31:39	1:40	35	2:44:33	32.8	117	2:06:14	5:59
60	5:22:27	BORDER BABES		1/6	Female Team	195	29	31:21	1:39	81	3:00:15	30.0	61	1:50:52	5:16
61	5:23:39	Aaron MCQUEEN	Ft. McMurray	13/22	Male 35-39	21	148	39:05	2:04	83	3:00:17	30.0	35	1:44:17	4:57
62	5:24:08	Laura MACKAY	Edmonton	3/11	Female 35-39	134	74	34:15	1:49	69	2:57:00	30.5	70	1:52:54	5:22
63	5:24:38	Mike WHITTLE	Calgary	5/6	Male 25-29	8	98	35:31	1:53	65	2:56:32	30.6	68	1:52:36	5:21
64	5:25:16	HERE GOES		2/6	Female Team	196	138	38:11	2:01	76	2:59:01	30.2	47	1:48:05	5:08
65	5:25:49	Rita MCNULTY	Sylvan Lake	2/13	Female 45-49	156	124	36:41	1:56	68	2:56:42	30.6	66	1:52:26	5:20
66	5:26:33	Scott MANN	Medicine Hat	14/22	Male 35-39	33	113	36:06	1:54	80	3:00:02	30.0	57	1:50:26	5:14
67	5:26:38	Ollie NAGY	Banff	4/10	Female 25-29	107	92	34:59	1:51	85	3:00:54	29.9	60	1:50:46	5:15
68	5:26:56	Mark PEVERETT	Calgary	15/22	Male 35-39	31	66	33:47	1:47	87	3:01:20	29.8	64	1:51:50	5:18
69	5:27:20	Robin MCCULLOCH	Leth	3/14	Female 30-34	131	62	33:21	1:46	100	3:05:35	29.1	49	1:48:25	5:09
70	5:27:31	TALISMAN		8/22	Mixed Team	188	27	31:07	1:39	40	2:48:58	32.0	121	2:07:27	6:03
71	5:28:00	Kathy MEAD	Edmonton	3/13	Female 45-49	157	55	32:31	1:43	92	3:03:02	29.5	67	1:52:28	5:20
72	5:28:42	Lorne SUNDBY	St Albert	11/23	Male 45-49	60	86	34:41	1:50	63	2:56:26	30.6	87	1:57:35	5:35
73	5:28:45	Stephanie DUMONT	Calgary	4/11	Female 35-39	144	150	39:15	2:04	71	2:57:20	30.5	65	1:52:11	5:19
74	5:29:13	Jeff MATHER	Rocky Mnt. Hous	16/22	Male 35-39	25	109	36:00	1:54	103	3:07:19	28.8	43	1:45:55	5:02
75	5:29:30	Nancy LYNCH	Calgary	5/11	Female 35-39	140	102	35:38	1:53	74	2:58:57	30.2	78	1:54:57	5:27
76	5:29:50	Harold ARGUE	Lloydminster	4/14	Male 40-44	50	57	32:54	1:44	82	3:00:17	30.0	85	1:56:39	5:32
77	5:29:55	Doug URNESS	Red deer	5/13	Male 50-54	219	64	33:36	1:47	36	2:45:55	32.5	130	2:10:25	6:11
78	5:31:51	SEMI LUCK		9/22	Mixed Team	187	35	31:43	1:41	114	3:12:02	28.1	48	1:48:07	5:08
79	5:32:29	Bryan HICKEY	Sylvan Lake	5/14	Male 40-44	53	160	41:24	2:11	86	3:01:19	29.8	52	1:49:48	5:13
80	5:32:44	Tim TOOHEY	Emonton	12/23	Male 45-49	65	75	34:16	1:49	78	2:59:31	30.1	90	1:58:58	5:39
81	5:33:35	Gord MARK	Edmonton	6/13	Male 50-54	227	105	35:48	1:53	77	2:59:22	30.1	88	1:58:26	5:37
82	5:34:56	Michael EDMONDS	Calgary	7/13	Male 50-54	79	142	38:40	2:03	89	3:01:46	29.7	76	1:54:31	5:26
83	5:35:45	FINS AND PADDLES		10/22	Mixed Team	178	97	35:30	1:53	64	2:56:28	30.6	104	2:03:48	5:52
84	5:37:32	Cam BATY	Canmore	17/22	Male 35-39	23	101	35:37	1:53	72	2:57:44	30.4	106	2:04:12	5:54
85	5:38:01	Kevin WIENS	Calgary	18/22	Male 35-39	32	71	34:08	1:48	109	3:09:47	28.5	75	1:54:06	5:25
86	5:38:12	BARNYARDIGANS		11/22	Mixed Team	203	169	43:14	2:17	124	3:14:20	27.8	25	1:40:39	4:47
87	5:38:25	Lyn BECKWITH	Eckville	1/6	Female 50-54	165	155	40:40	2:09	93	3:03:07	29.5	77	1:54:39	5:26
88	5:39:55	Lida FRYDRYCHOVA	Calgary	4/14	Female 30-34	118	89	34:53	1:51	113	3:11:23	28.2	74	1:53:41	5:24
89	5:39:59	Lou HETKE	Edmonton	8/13	Male 50-54	231	110	36:02	1:54	98	3:04:58	29.2	91	1:59:00	5:39
90	5:41:13	Ed RECHNITZER	Calgary	6/14	Male 40-44	214	58	32:57	1:45	95	3:04:34	29.3	103	2:03:43	5:52
91	5:42:06	Marshall SLATER	Calgary	7/14	Male 40-44	54	153	39:41	2:06	66	2:56:35	30.6	114	2:05:51	5:58

92	5:42:25	TWO DOTS AND A DASH		12/22	Mixed Team	200	179	45:26	2:24	62	2:55:55	30.7	96	2:01:06	5:45
93	5:43:39	Steve TAYLOR	Calgary	13/23	Male 45-49	61	125	36:44	1:56	112	3:11:10	28.2	83	1:55:46	5:30
94	5:44:08	FELLOWMAN		3/3	Male Team	172	178	45:23	2:24	75	2:58:59	30.2	94	1:59:47	5:41
95	5:44:12	Shelley MACAULEY	Sylvan Lake	4/13	Female 45-49	155	96	35:28	1:52	101	3:05:50	29.1	100	2:02:55	5:50
96	5:44:23	Nancy BARNES	Banff	5/13	Female 45-49	158	116	36:13	1:55	121	3:12:54	28.0	79	1:55:17	5:28
97	5:45:12	TEAM J.P.B.		3/6	Female Team	204	30	31:23	1:40	106	3:08:55	28.6	110	2:04:54	5:56
98	5:45:55	Patrick COPPENS	Grande Prairie	3/9	Male 55-59	95	93	35:11	1:52	105	3:08:33	28.6	98	2:02:12	5:48
99	5:46:20	Sandra SPITERI	Calgary	5/14	Female 30-34	132	45	32:03	1:42	120	3:12:48	28.0	97	2:01:30	5:46
100	5:46:41	Carolyn HILES	Calgary	6/13	Female 45-49	208	87	34:50	1:50	97	3:04:44	29.2	119	2:07:08	6:02
101	5:46:53	THE WOODS CONNECTION		13/22	Mixed Team	191	28	31:18	1:39	104	3:08:26	28.7	120	2:07:10	6:02
102	5:47:54	Sonya ELIAS	Standard	6/14	Female 30-34	126	119	36:18	1:55	117	3:12:34	28.0	92	1:59:03	5:39
103	5:48:43	Mchael BROWN	Edmonton	4/9	Male 55-59	96	43	32:01	1:42	60	2:55:39	30.7	154	2:21:04	6:42
104	5:49:17	Brooke CAMPBELL	Calgary	5/10	Female 25-29	105	54	32:24	1:43	99	3:05:31	29.1	134	2:11:22	6:14
105	5:49:17	Christine MURRAY	Edmonton	6/10	Female 25-29	106	77	34:21	1:49	91	3:03:02	29.5	137	2:11:55	6:16
106	5:49:26	GET IT DONE		14/22	Mixed Team	229	130	37:41	1:59	139	3:21:39	26.8	54	1:50:08	5:14
107	5:49:29	Leon KENNES	Lethbridge	9/13	Male 50-54	87	117	36:15	1:55	131	3:17:06	27.4	84	1:56:10	5:31
108	5:50:05	Ross SALMON	Calgary	14/23	Male 45-49	74	136	37:55	2:00	136	3:18:46	27.2	73	1:53:25	5:23
109	5:51:14	Corey ESSAR	Lac La Biche	19/22	Male 35-39	37	154	40:08	2:07	134	3:17:46	27.3	72	1:53:21	5:23
110	5:52:02	Craig WERBICKI	Calgary	6/11	Male 30-34	14	115	36:11	1:55	96	3:04:40	29.2	132	2:11:11	6:14
111	5:53:23	Kathy RICE	Prince George	6/11	Female 35-39	206	59	33:05	1:45	102	3:06:34	28.9	138	2:13:45	6:21
112	5:54:04	Barb PENNEY	Edmonton	2/6	Female 50-54	169	76	34:20	1:49	123	3:13:47	27.9	115	2:05:58	5:59
113	5:55:01	Gabriel BUDZINSKI	Edmonton	15/23	Male 45-49	69	157	40:54	2:10	110	3:10:06	28.4	105	2:04:02	5:53
114	5:57:31	Neana LINTOTT	Fort Saskatchewan	7/14	Female 30-34	130	114	36:08	1:55	129	3:16:53	27.4	107	2:04:30	5:55
115	5:58:16	Josephine TRACZ	Calgary	1/5	Female 19-24	117	81	34:27	1:49	145	3:23:12	26.6	95	2:00:37	5:43
116	5:59:03	IRIE IRENE & THE JFOR		15/22	Mixed Team	181	133	37:48	2:00	157	3:32:21	25.4	50	1:48:55	5:10
117	5:59:08	Don LAING	Prince Albert	10/13	Male 50-54	86	147	39:00	2:04	115	3:12:22	28.1	122	2:07:47	6:04
118	6:00:33	Dean FADDEN	Edmonton	6/6	Male 25-29	6	134	37:50	2:00	118	3:12:41	28.0	127	2:10:02	6:10
119	6:02:13	Brian COSTELLO	Cold Lake	16/23	Male 45-49	63	122	36:39	1:56	108	3:09:35	28.5	144	2:16:00	6:27
120	6:03:36	Jamey HEATON	Edmonton	8/14	Male 40-44	213	143	38:42	2:03	107	3:08:59	28.6	143	2:15:56	6:27
121	6:03:44	TWO GIRLS AND A GUY		16/22	Mixed Team	193	120	36:28	1:56	84	3:00:45	29.9	166	2:26:32	6:57
122	6:04:57	Becky BURBANK	Sylvan Lake	7/10	Female 25-29	115	37	31:47	1:41	144	3:23:04	26.6	128	2:10:06	6:10
123	6:05:31	James LOGGIE	Calgary	5/9	Male 55-59	100	70	34:07	1:48	59	2:55:26	30.8	173	2:35:59	7:24
124	6:05:55	Marc BESSETTE	Edmonton	7/11	Male 30-34	15	123	36:40	1:56	126	3:14:53	27.7	140	2:14:23	6:23
125	6:06:41	THE MERMAID CLYDESDAL		17/22	Mixed Team	189	158	41:01	2:10	165	3:34:55	25.1	59	1:50:46	5:15
126	6:07:16	Bill PRESHING	Edmonton	17/23	Male 45-49	73	94	35:27	1:52	147	3:24:54	26.4	118	2:06:57	6:01
127	6:07:50	Ella ROKOSH	St. Albert	1/5	Female 40-44	147	159	41:05	2:10	127	3:15:06	27.7	136	2:11:41	6:15
128	6:08:25	TRIPLE THREAT		18/22	Mixed Team	192	173	45:09	2:23	125	3:14:31	27.8	124	2:08:46	6:07
129	6:09:10	Rebecca HEEMERYCK	Rocky Mountin H	8/14	Female 30-34	120	145	38:55	2:03	152	3:26:48	26.1	101	2:03:27	5:52
130	6:09:39	Sabrina COLANGELO	Calgary	9/14	Female 30-34	125	164	42:00	2:13	148	3:25:00	26.3	99	2:02:40	5:49
131	6:09:52	Stephan REEKIE	Edmonton	6/9	Male 55-59	93	50	32:12	1:42	130	3:17:00	27.4	152	2:20:41	6:41
132	6:10:12	Carla JACKMAN	Calgary	10/14	Female 30-34	127	128	36:56	1:57	111	3:10:10	28.4	160	2:23:08	6:47
133	6:10:33	Vaughn COOPER	Vermillion	11/13	Male 50-54	88	129	36:56	1:57	142	3:22:17	26.7	133	2:11:21	6:14
134	6:11:10	Kevin LANES	Calgary	20/22	Male 35-39	41	90	34:54	1:51	90	3:01:57	29.7	170	2:34:20	7:19
135	6:11:29	TEAM J FORCE - CANMOR		4/6	Female Team	199	111	36:03	1:54	179	3:51:26	23.3	34	1:44:01	4:56
136	6:11:42	Matt OLDHAM	Edmonton	8/11	Male 30-34	12	139	38:17	2:01	132	3:17:10	27.4	145	2:16:16	6:28
137	6:13:18	Nina REID	Ft. Saskatchewan	2/5	Female 40-44	146	166	42:35	2:15	150	3:25:51	26.2	109	2:04:53	5:56
138	6:14:07	Jocelyn REEKIE	Edmonton	3/6	Female 50-54	170	161	41:25	2:11	122	3:13:03	28.0	148	2:19:40	6:38
139	6:14:26	Leslie RUDD	Crossfield	8/10	Female 25-29	110	121	36:32	1:56	159	3:33:08	25.3	108	2:04:46	5:55
140	6:16:21	Irvin GARRIES	Calgary	9/14	Male 40-44	46	186	46:34	2:28	137	3:19:24	27.1	129	2:10:24	6:11
141	6:16:31	Darcy GOLDEN	Wainwright	21/22	Male 35-39	28	131	37:43	2:00	119	3:12:45	28.0	164	2:26:04	6:56
142	6:17:22	Haithem AL-SALAM	Calgary	10/14	Male 40-44	56	103	35:45	1:53	116	3:12:25	28.1	168	2:29:13	7:05
143	6:17:54	Randall PENNEY	Edmonton	7/9	Male 55-59	98	88	34:52	1:51	168	3:37:32	24.8	113	2:05:31	5:57

144	6:18:12	Csaba HEGEDUS	Lethbriddge	8/9	Male 55-59	97	141	38:38	2:02	135	3:18:27	27.2	155	2:21:08	6:42
145	6:18:40	Carol COSTELLO	Cold Lake	7/13	Female 45-49	153	192	46:56	2:29	149	3:25:43	26.2	116	2:06:03	5:59
146	6:19:21	Andrea MILLS	Sylvan Lake	2/5	Female 19-24	103	51	32:14	1:42	167	3:37:30	24.8	126	2:09:38	6:09
147	6:19:26	Naomi CROWE	Red Deer County	11/14	Female 30-34	122	42	31:54	1:41	146	3:23:57	26.5	162	2:23:36	6:49
148	6:20:35	Lindsay HACK	Airdrie	12/14	Female 30-34	119	135	37:52	2:00	141	3:22:16	26.7	151	2:20:28	6:40
149	6:21:41	Kim MISICK	Red Deer	7/11	Female 35-39	133	107	35:55	1:54	133	3:17:22	27.4	167	2:28:26	7:03
150	6:23:54	Steve MCQUEEN	Calgary	18/23	Male 45-49	217	195	50:01	2:38	164	3:34:41	25.2	93	1:59:14	5:40
151	6:24:16	Allison VUCUREVICH	Lethbridge	8/11	Female 35-39	142	162	41:31	2:12	161	3:34:05	25.2	123	2:08:41	6:06
152	6:25:51	MAYOR'S TASK FORCE		19/22	Mixed Team	184	13	29:50	1:35	138	3:19:40	27.0	175	2:36:22	7:25
153	6:25:58	Grant BEACH	Edmonton	11/14	Male 40-44	55	156	40:41	2:09	154	3:27:39	26.0	146	2:17:38	6:32
154	6:26:20	Ken SORENSEN	Sherwood Park	12/13	Male 50-54	89	165	42:04	2:13	140	3:22:06	26.7	157	2:22:11	6:45
155	6:27:03	Jaclyn DRAKER	Sherwood Park	3/5	Female 40-44	149	140	38:34	2:02	162	3:34:17	25.2	139	2:14:13	6:22
156	6:27:50	Tara FERRIS	Calgary	13/14	Female 30-34	123	163	41:36	2:12	155	3:28:05	26.0	147	2:18:10	6:33
157	6:29:14	Peter WHITEHEAD	Calgary	19/23	Male 45-49	75	100	35:35	1:53	153	3:27:12	26.1	165	2:26:27	6:57
158	6:30:08	Marlon REID	Ft. Saskatchewan	22/22	Male 35-39	26	84	34:35	1:50	160	3:33:51	25.3	156	2:21:43	6:43
159	6:33:03	Robert CORMIER	Prince Albert	20/23	Male 45-49	215	146	38:58	2:03	156	3:29:14	25.8	163	2:24:52	6:52
160	6:33:55	Beverly ARMSTRONG	Hinsdale	4/6	Female 50-54	168	99	35:34	1:53	143	3:23:00	26.6	172	2:35:22	7:22
161	6:34:13	Kristen ODLAND	Calgary	3/5	Female 19-24	104	188	46:37	2:28	166	3:37:01	24.9	131	2:10:36	6:12
162	6:35:13	Kaylee MORIARITY	Calgary	4/5	Female 19-24	102	83	34:31	1:49	151	3:26:26	26.2	169	2:34:18	7:19
163	6:35:16	Trina JAMES	Calgary	14/14	Female 30-34	128	172	44:31	2:21	175	3:41:12	24.4	125	2:09:34	6:09
164	6:35:34	FOSSIL FUEL		20/22	Mixed Team	180	151	39:16	2:04	174	3:41:10	24.4	142	2:15:09	6:25
165	6:38:21	THE NEW J-FORCE		5/6	Female Team	230	176	45:21	2:24	178	3:49:19	23.5	102	2:03:42	5:52
166	6:39:49	Corey HINES	Fort McMurray	12/14	Male 40-44	47	20	30:18	1:36	128	3:16:45	27.4	184	2:52:47	8:12
167	6:40:15	Laura DODDS	Calgary	9/10	Female 25-29	111	194	47:19	2:30	169	3:38:24	24.7	141	2:14:33	6:23
168	6:42:54	Andy WONG	Yellowknife	21/23	Male 45-49	76	185	46:33	2:27	158	3:33:01	25.4	161	2:23:20	6:48
169	6:45:16	Ken HARRINGTON	Calgary	3/3	Male 19-24	3	80	34:26	1:49	163	3:34:32	25.2	174	2:36:20	7:25
170	6:47:07	Michelle SMALLMAN	Lacombe	9/11	Female 35-39	141	187	46:35	2:28	172	3:40:27	24.5	150	2:20:05	6:39
171	6:47:45	Shirley ANDRUKO	Calgary	8/13	Female 45-49	151	144	38:49	2:03	183	3:57:28	22.7	135	2:11:29	6:14
172	6:54:07	JAYFORCE		21/22	Mixed Team	182	106	35:48	1:54	184	3:58:30	22.6	149	2:19:49	6:38
173	6:54:12	Rick CARR	Calgary	13/14	Male 40-44	45	65	33:42	1:47	176	3:42:34	24.3	176	2:37:57	7:30
174	6:56:25	Michele GRANGER	Edmonton	5/6	Female 50-54	167	126	36:52	1:57	170	3:38:34	24.7	180	2:40:59	7:38
175	6:59:20	Laurie HAMERS	Regina	9/13	Female 45-49	154	171	43:36	2:18	182	3:53:11	23.2	158	2:22:34	6:46
176	7:00:32	Jocelyn FRANKOW	Calgary	10/13	Female 45-49	160	196	52:47	2:47	177	3:47:01	23.8	153	2:20:45	6:41
177	7:02:03	Rebecca LAMDEN	Spruce Grove	5/5	Female 19-24	101	137	38:07	2:01	186	4:01:07	22.4	159	2:22:50	6:47
178	7:05:45	Marley BROWN	Calgary	10/11	Female 35-39	143	189	46:42	2:28	171	3:39:01	24.7	179	2:40:04	7:36
179	7:14:02	BOB		22/22	Mixed Team	177	167	42:49	2:16	180	3:51:38	23.3	178	2:39:36	7:34
180	7:17:38	Bruce GALENZA	Grande Prairie	9/9	Male 55-59	99	180	45:30	2:24	173	3:40:30	24.5	182	2:51:39	8:09
181	7:21:48	MARGARITA GIRLS		6/6	Female Team	197	181	45:54	2:25	185	4:00:41	22.4	171	2:35:14	7:22
182	7:34:00	Lindsay JOHNSON	Cochrane	10/10	Female 25-29	116	184	46:10	2:26	10	2:33:21	35.2	191	4:14:30	12:04
183	7:34:26	Dorene LOUGHLIN	Innisfail	11/13	Female 45-49	221	168	43:00	2:16	181	3:52:00	23.3	186	2:59:28	8:31
184	7:36:41	Hugh COLOHAN	Calgary	13/13	Male 50-54	78	174	45:13	2:23	191	4:13:26	21.3	177	2:38:03	7:30
185	7:49:39	Gail UNGSTAD	Slave Lake	6/6	Female 50-54	166	182	46:08	2:26	190	4:11:23	21.5	183	2:52:09	8:10
186	7:51:50	Corry BYRNE	Medicine Hat	11/11	Female 35-39	137	193	46:58	2:29	193	4:16:50	21.0	181	2:48:04	7:58
187	7:57:05	Wendy DOWNES	Calgary	12/13	Female 45-49	159	190	46:44	2:28	189	4:07:44	21.8	187	3:02:38	8:40
188	7:58:35	Karen FRANK	Port Coquitlam	4/5	Female 40-44	207	152	39:32	2:05	188	4:04:59	22.0	190	3:14:04	9:12
189	8:00:46	Ron USPIUK	Leduc	22/23	Male 45-49	62	191	46:55	2:29	187	4:02:14	22.3	189	3:11:38	9:05
190	8:07:17	Linda ZACHARIASSEN	Yellowknife	13/13	Female 45-49	162	177	45:22	2:24	194	4:22:57	20.5	185	2:58:59	8:29
191	8:08:53	Darren THOMPSON	Leduc	9/11	Male 30-34	18	175	45:17	2:23	192	4:13:40	21.3	188	3:09:56	9:01
192	DNF	Mike HUMPHREY	Lethbridge	10/11	Male 30-34	9	60	33:06	1:45	16	2:36:58	34.4			
193	DNF	Klaus VENCOVSKY	Calgary	14/14	Male 40-44	52	31	31:27	1:40	70	2:57:18	30.5			
194	DNF	Greg DOUGLAS	Regina	23/23	Male 45-49	216	46	32:05	1:42	73	2:58:02	30.3			
195	DNF	Matt REYNOLDS	Calgary	11/11	Male 30-34	224	39	31:51	1:41						

196

Liz MCLEOD

Calgary

5/5

Female 40-44

148

170

43:33

2:18

