

**2016 Elkford Triathlon
Overall Solo Gender Results**

Xtreme Sprint 750M - 20K - 5K**7 Finishers****Female****3 Finishers**

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
1. RUSSELL, KATHERINE	92	XSPRT30-39F	01:35:37.35	00:13:38.95	1	00:53:04.05	1	00:28:54.35	2	ELKFORD
2. PEEL, ALLISON	91	XSPRT30-39F	01:39:33.45	00:16:01.05	2	00:57:17.90	2	00:26:14.50	1	ELKFORD
3. VORONINA, LYUDMYLA	95	XSPRT40-49F	02:04:30.15	00:17:35.65	1	01:10:28.00	1	00:36:26.50	1	SPARWOOD

Male**4 Finishers**

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
1. GLOVER, AARON	93	XSPRT30-39M	01:21:33.25	00:16:03.60	1	00:45:08.80	1	00:20:20.85	1	FERNIE
2. MANCELL, BRYCE	90	XSPRT20-29M	01:29:57.95	00:15:33.00	1	00:50:29.55	1	00:23:55.40	1	ELKFORD
3. THIBODEAU, KRIS	96	XSPRT40-49M	01:33:59.95	00:14:46.80	1	00:53:06.95	1	00:26:06.20	1	FERNIE
4. DESMOULINS, ALISTAIR	97	XSPRT60+M	02:01:07.05	00:20:55.90	1	01:03:43.70	1	00:36:27.45	1	COLEMAN