

Overall Solo Gender Results

Full Smore Individual 500m Swim - 20K Bike - 5K Run **113 Finishers**

Female 55 Finishers

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 YORSTON, KELLY	147	AFSMORE30-39F	00:10:16.45	6	00:44:12.40	2	00:25:23.75	3	01:19:52.60	STRATHMORE
2 SIMMS, SUSAN	141	AFSMORE30-39F	00:07:46.35	1	00:48:33.45	4	00:24:04.95	1	01:20:24.75	CALGARY
3 DOWSE, SUSAN	172	AFSMORE40-49F	00:11:20.20	2	00:46:44.90	2	00:23:54.80	1	01:21:59.90	CALGARY
4 FIBKE, MEGAN	173	AFSMORE40-49F	00:11:59.10	4	00:46:20.90	1	00:24:17.25	2	01:22:37.25	CALGARY
5 BROWNE, VICTORIA	103	AFSMORE20-29F	00:11:07.40	5	00:52:45.95	3	00:24:44.85	1	01:28:38.20	CALGARY
6 MILLS, TERA	135	AFSMORE30-39F	00:13:15.20	9	00:47:49.55	3	00:27:52.70	8	01:28:57.45	CALGARY
7 LUDWIG, COLLEEN	177	AFSMORE40-49F	00:11:45.75	3	00:52:48.05	4	00:25:58.70	3	01:30:32.50	CHESTERMERE
8 FENERTY, JENNIFER	126	AFSMORE30-39F	00:14:18.90	13	00:49:29.90	5	00:27:35.30	6	01:31:24.10	CALGARY
9 MEYER, TRACY	107	AFSMORE20-29F	00:13:11.25	10	00:49:54.40	1	00:28:25.35	6	01:31:31.00	CALGARY
10 RYAN, MELODIE	110	AFSMORE20-29F	00:14:20.70	11	00:51:06.20	2	00:26:48.95	5	01:32:15.85	STRATHMORE
11 CHRISTENSEN, JULIE	124	AFSMORE30-39F	00:12:16.80	7	00:53:48.05	8	00:26:51.30	5	01:32:56.15	EDMONTON
12 LEDENE, LANA	176	AFSMORE40-49F	00:14:29.15	6	00:51:31.75	3	00:27:50.45	5	01:33:51.35	CALGARY
13 GRIFFIN, LAURA	105	AFSMORE20-29F	00:09:43.45	2	00:57:52.25	7	00:26:43.45	3	01:34:19.15	CALGARY
14 MEILI, STEPHANIE	230	AFSMORE20-29F	00:12:21.65	8	00:55:25.75	6	00:26:39.90	2	01:34:27.30	CALGARY
15 SLEMKO, BARBARA	142	AFSMORE30-39F	00:12:24.20	8	00:56:59.75	9	00:25:23.40	2	01:34:47.35	HUSSAR
16 ANDERSON-YAP, TRACIE	123	AFSMORE30-39F	00:09:45.95	4	00:53:24.70	7	00:31:43.55	12	01:34:54.20	CALGARY
17 RIESEBERG, ASHLEY	109	AFSMORE20-29F	00:14:51.15	12	00:53:46.90	4	00:26:46.50	4	01:35:24.55	CALGARY
18 BORGER, TAYLOR	102	AFSMORE20-29F	00:08:51.75	1	00:58:27.65	8	00:29:21.60	8	01:36:41.00	CALGARY
19 MACPHERSON, BERKLY	100	AFSMORE18-19F	00:09:12.10	1	00:58:24.20	1	00:29:09.70	1	01:36:46.00	CALGARY
20 JORDAN, SARAH	131	AFSMORE30-39F	00:10:12.35	5	00:59:25.35	11	00:27:51.20	7	01:37:28.90	CALGARY
21 MALLER, BARB	178	AFSMORE40-49F	00:11:03.15	1	00:58:36.95	5	00:29:55.20	7	01:39:35.30	CALGARY
22 TAYLOR, LAURA	144	AFSMORE30-39F	00:14:30.75	14	00:50:21.80	6	00:34:48.30	16	01:39:40.85	CALGARY
23 MACGOWAN, KERRI	231	AFSMORE20-29F	00:10:39.15	3	00:55:21.35	5	00:33:41.80	13	01:39:42.30	KAMLOOPS
24 HUTCHINSON, ELAINE	224	AFSMORE60-69F	00:13:56.05	1	00:59:21.70	1	00:26:59.25	1	01:40:17.00	CALGARY
25 O'FEE-BYROM, SHAN	136	AFSMORE30-39F	00:14:07.15	11	01:00:56.75	12	00:26:31.85	4	01:41:35.75	CALGARY
26 MERTZ, JENNIFER	134	AFSMORE30-39F	00:08:45.25	2	01:04:02.65	14	00:28:55.25	9	01:41:43.15	STRATHMORE
27 GROENEVELD, KAITLYN	106	AFSMORE20-29F	00:11:49.65	7	01:00:37.10	9	00:30:00.10	10	01:42:26.85	CALGARY
28 WOGSBERG, SHELBY	113	AFSMORE20-29F	00:11:02.75	4	01:02:40.55	10	00:29:34.80	9	01:43:18.10	LETHBRIDGE
29 HAWRYLUK, SANDRA	207	AFSMORE50-59F	00:12:01.55	1	01:05:49.75	1	00:26:13.70	1	01:44:05.00	CALGARY
30 HAGEL, NATHALIE	174	AFSMORE40-49F	00:14:29.35	7	01:03:01.10	7	00:27:05.95	4	01:44:36.40	CALGARY
31 HEATHER, SUSAN	130	AFSMORE30-39F	00:14:12.55	12	00:57:54.00	10	00:33:46.65	14	01:45:53.20	VULCAN
32 VAN KRUYSEN, SARA	112	AFSMORE20-29F	00:11:28.95	6	01:05:10.45	11	00:32:24.00	12	01:49:03.40	STRATHMORE
33 KOKOT, KRISTEN	175	AFSMORE40-49F	00:14:30.15	8	01:02:50.75	6	00:32:23.60	9	01:49:44.50	CALGARY
34 SHADE, LESLEY	183	AFSMORE40-49F	00:15:17.55	10	01:06:59.25	8	00:29:26.90	6	01:51:43.70	LETHBRIDGE
35 WEGNER, EMILY	101	AFSMORE18-19F	00:13:15.95	2	01:08:49.00	2	00:29:54.35	2	01:51:59.30	STRATHMORE
36 FAIRBAIRN, JAIME	125	AFSMORE30-39F	00:15:04.90	16	01:03:53.85	13	00:33:22.25	13	01:52:21.00	STRATHMORE
37 SCHROEDER, RHIAN	139	AFSMORE30-39F	00:14:50.30	15	01:06:45.00	16	00:30:49.15	11	01:52:24.45	TILLEY
38 MITCHELL, ASHLEY	108	AFSMORE20-29F	00:16:42.55	13	01:07:11.70	12	00:29:00.55	7	01:52:54.80	EDMONTON
39 SABIR, TAHRA	182	AFSMORE40-49F	00:14:36.65	9	01:10:39.30	9	00:30:30.40	8	01:55:46.35	CARSELAND
40 STOKES, SHERRI	143	AFSMORE30-39F	00:15:36.35	17	01:05:50.55	15	00:35:15.00	17	01:56:41.90	CALGARY
41 DOWN, JACLYN	104	AFSMORE20-29F	00:12:35.50	9	01:12:59.30	13	00:31:30.10	11	01:57:04.90	STRATHMORE
42 MATTHEWS, AMY	132	AFSMORE30-39F	00:16:13.90	20	01:07:32.70	17	00:36:46.50	19	02:00:33.10	CALGARY
43 HELFRICH, JEANETTE	208	AFSMORE50-59F	00:16:56.35	4	01:09:17.40	4	00:38:55.25	2	02:05:09.00	STRATHMORE
44 GRIFFIN GUILMETTE, BRENDA	127	AFSMORE30-39F	00:13:15.75	10	01:13:50.90	19	00:38:50.15	20	02:05:56.80	CALGARY
45 WIGG, GLADYS	212	AFSMORE50-59F	00:20:15.80	5	01:06:21.30	2	00:39:39.10	4	02:06:16.20	CALGARY
46 GORBAHN, LYNNE	206	AFSMORE50-59F	00:16:48.05	3	01:09:11.90	3	00:40:39.15	5	02:06:39.10	WESTEROSE
47 SEELY, AMY	140	AFSMORE30-39F	00:15:40.55	18	01:19:01.90	21	00:33:59.55	15	02:08:42.00	STRATHMORE
48 HARVEY, GIULIANA	129	AFSMORE30-39F	00:22:32.75	23	01:11:25.45	18	00:36:37.90	18	02:10:36.10	CALGARY
49 MURRAY, WANDA	209	AFSMORE50-59F	00:13:53.00	2	01:18:55.85	5	00:39:19.25	3	02:12:08.10	STRATHMORE
50 OSTER, LEANNE	137	AFSMORE30-39F	00:15:48.50	19	01:16:52.05	20	00:41:55.85	21	02:14:36.40	STRATHMORE
51 WEISENBURGER, VICKY	184	AFSMORE40-49F	00:22:15.55	11	01:16:59.85	10	00:42:31.25	10	02:21:46.65	STRATHMORE
55 MCNAMARA, KARMEN	133	AFSMORE30-39F	00:08:49.10	3	00:00:00.00		00:00:00.00		DNF	CALGARY
54 VOREL, NICHOLE	146	AFSMORE30-39F	00:18:20.80	21	00:35:34.65	1	00:30:03.40	10	DNF	CALGARY
52 TODD-SAVOIA, CHRISTA	145	AFSMORE30-39F	00:19:50.65	22	00:00:00.00		00:00:00.00		DNF	CALGARY
53 PASTOOR, SHELAGH	181	AFSMORE40-49F	00:13:28.45	5	00:00:00.00		00:00:00.00		DNF	ROCKYFORD

Overall Solo Gender Results

Full Smore Individual 500m Swim - 20K Bike - 5K Run **113 Finishers**

Male 58 Finishers

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
1 LACHANCE, VINCENT	120	AFSMORE20-29M	00:06:14.25	1	00:36:12.20	1	00:18:54.15	1	01:01:20.60	CALGARY
2 HAYNER, DARREN	192	AFSMORE40-49M	00:08:49.70	1	00:34:31.40	1	00:18:23.25	1	01:01:44.35	CALGARY
3 MERTZ, KEVIN	160	AFSMORE30-39M	00:06:46.30	1	00:36:28.95	2	00:19:52.85	1	01:03:08.10	STRATHMORE
4 FUNK, SEAN	114	AFSMORE20-29M	00:07:56.90	3	00:37:13.85	2	00:19:30.25	2	01:04:41.00	CYPRESS COUN
5 CLARKE, DOUG	189	AFSMORE40-49M	00:10:22.15	5	00:38:34.35	2	00:21:50.30	3	01:10:46.80	STRATHMORE
6 ROTH, DANIEL	165	AFSMORE30-39M	00:08:55.75	3	00:40:43.40	4	00:21:34.10	4	01:11:13.25	DUCHESS
7 EYGENRAAM, IAN	191	AFSMORE40-49M	00:10:40.80	7	00:41:24.45	3	00:20:39.65	2	01:12:44.90	STRATHMORE
8 TAYLOR, JOSHUA	169	AFSMORE30-39M	00:09:33.85	4	00:40:11.55	3	00:23:19.70	6	01:13:05.10	CALGARY
9 WRIDE, DEREK	170	AFSMORE30-39M	00:13:43.30	13	00:41:18.30	5	00:21:07.35	2	01:16:08.95	CALGARY
10 ZDRAVKOVIC, IGOR	122	AFSMORE20-29M	00:07:24.55	2	00:47:21.65	3	00:24:59.95	3	01:19:46.15	CALGARY
11 MACKARENKO, SHELDON	159	AFSMORE30-39M	00:09:35.75	5	00:49:51.75	10	00:21:22.20	3	01:20:49.70	CALGARY
12 MACKARENKO, CHAD	158	AFSMORE30-39M	00:11:09.00	8	00:47:50.15	8	00:22:20.90	5	01:21:20.05	CALGARY
13 BORGER, JOSHUA	214	AFSMORE50-59M	00:12:06.30	3	00:44:08.35	1	00:25:32.85	4	01:21:47.50	CALGARY
14 HAGEL, BRUCE	218	AFSMORE50-59M	00:12:04.70	2	00:49:58.95	3	00:21:10.15	1	01:23:13.80	CALGARY
15 HURDMAN, ROBERT	154	AFSMORE30-39M	00:09:46.85	7	00:47:05.80	6	00:26:22.15	9	01:23:14.80	CALGARY
16 SEDGWICK, TROY	202	AFSMORE40-49M	00:09:31.15	2	00:46:24.85	4	00:27:44.40	9	01:23:40.40	CALGARY
17 BUTEAU, DEVON	187	AFSMORE40-49M	00:12:04.55	11	00:48:00.70	5	00:24:42.05	5	01:24:47.30	BROOKS
18 CHRISTENSEN, MATT	148	AFSMORE30-39M	00:09:44.10	6	00:47:39.90	7	00:28:34.40	13	01:25:58.40	EDMONTON
19 PETERS, GARY	200	AFSMORE40-49M	00:10:10.05	4	00:49:05.05	6	00:26:44.75	7	01:25:59.85	DIDSBURY
20 SMITH, JORDAN	167	AFSMORE30-39M	00:11:20.00	9	00:50:44.25	12	00:24:20.90	7	01:26:25.15	CALGARY
21 MARSHALL, BRUCE	198	AFSMORE40-49M	00:09:32.65	3	00:49:25.35	8	00:27:44.90	10	01:26:42.90	CALGARY
22 HORKOFF, CHRIS	153	AFSMORE30-39M	00:11:57.80	10	00:52:01.90	13	00:25:20.10	8	01:29:19.80	MEDICINE HAT
23 HELFRICH, GREG	193	AFSMORE40-49M	00:12:47.55	12	00:52:06.70	9	00:25:00.80	6	01:29:55.05	STRATHMORE
24 STRAUSS, CHRIS	205	AFSMORE40-49M	00:11:20.95	10	00:49:24.40	7	00:29:46.40	12	01:30:31.75	STRATHMORE
25 COUCILL, JOSEPH	190	AFSMORE40-49M	00:11:10.60	9	00:55:50.75	11	00:23:37.55	4	01:30:38.90	CALGARY
26 STEWART, COLIN	168	AFSMORE30-39M	00:12:50.05	11	00:50:29.05	11	00:28:10.45	11	01:31:29.55	CALGARY
27 OWEL, THEO	221	AFSMORE50-59M	00:12:37.05	4	00:53:52.60	4	00:25:07.45	3	01:31:37.10	STRATHMORE
28 GOUDY, DALE	217	AFSMORE50-59M	00:14:10.85	8	00:48:06.25	2	00:29:47.85	5	01:32:04.95	STRATHMORE
29 GRIFFIN, JAMES	118	AFSMORE20-29M	00:09:34.50	4	00:54:01.35	4	00:28:58.75	6	01:32:34.60	CALGARY
30 REESE, DAVID	121	AFSMORE20-29M	00:12:48.85	7	00:54:23.10	5	00:25:25.30	4	01:32:37.25	EDMONTON
31 CONSTABLE, BRUCE	215	AFSMORE50-59M	00:13:18.60	7	00:56:48.60	6	00:22:46.25	2	01:32:53.45	CALGARY
32 MALLER, DAVE	197	AFSMORE40-49M	00:10:34.75	6	00:56:28.30	12	00:27:25.05	8	01:34:28.10	CALGARY
33 GREEN, KYLE	151	AFSMORE30-39M	00:13:54.25	15	00:49:19.35	9	00:32:33.95	16	01:35:47.55	STRATHMORE
34 BARLOW, JOHN	213	AFSMORE50-59M	00:13:15.90	6	00:54:02.30	5	00:31:35.95	8	01:38:54.15	CALGARY
35 LAW, LINDSAY	156	AFSMORE30-39M	00:13:31.00	12	00:54:01.20	14	00:32:15.85	15	01:39:48.05	CALGARY
36 GOODFELLOW, JOEL	115	AFSMORE20-29M	00:10:42.75	5	01:02:13.25	7	00:27:00.45	5	01:39:56.45	STRATHMORE
37 BURCHELL, CHRIS	186	AFSMORE40-49M	00:11:05.35	8	00:55:23.45	10	00:34:05.80	15	01:40:34.60	CALGARY
38 KNIGHT, STEPHEN	219	AFSMORE50-59M	00:14:16.35	9	00:57:22.00	7	00:30:19.10	7	01:41:57.45	REDCLIFF
39 MARTIN, DON	227	AFSMORE60-69M	00:13:17.45	1	00:53:56.25	1	00:35:13.30	2	01:42:27.00	CALGARY
40 NENEZ, LOUIE	161	AFSMORE30-39M	00:14:22.15	16	00:59:59.55	15	00:28:19.35	12	01:42:41.05	CALGARY
41 WILLIAMS, STEPHON	228	AFSMORE20-29M	00:11:44.35	6	00:59:15.05	6	00:31:44.40	8	01:42:43.80	STRATHMORE
42 RUNNETT, BRENT	222	AFSMORE50-59M	00:10:15.75	1	00:59:24.20	8	00:33:03.95	9	01:42:43.90	DIDSBURY
43 MRAZ, GLENN	220	AFSMORE50-59M	00:13:11.55	5	01:05:29.75	10	00:29:53.30	6	01:48:34.60	CALGARY
44 NEUFELD, SID	199	AFSMORE40-49M	00:13:10.30	13	01:03:31.00	14	00:32:38.30	14	01:49:19.60	LANGDON
45 GORBAHN, GREGERY	116	AFSMORE20-29M	00:14:23.35	8	01:07:51.35	8	00:29:36.85	7	01:51:51.55	WESTEROSE
46 VOREL, NEIL	210	AFSMORE40-49M	00:17:31.10	15	01:03:22.75	13	00:32:38.15	13	01:53:32.00	FORT MACLEOD
47 BODEUX, GARY	225	AFSMORE60-69M	00:17:57.20	3	01:05:38.85	2	00:30:10.15	1	01:53:46.20	CALGARY
48 POWWER, FRIESO	164	AFSMORE30-39M	00:13:52.00	14	01:12:23.25	19	00:27:33.10	10	01:53:48.35	STRATHMORE
49 NGO, PHONG	163	AFSMORE30-39M	00:17:09.15	20	01:09:32.85	18	00:30:18.35	14	01:57:00.35	CALGARY
50 VAN KLEEF, LEENDERT	223	AFSMORE50-59M	00:20:43.15	10	01:01:18.40	9	00:35:14.35	10	01:57:15.90	STRATHMORE
51 KOLLER, SCOTT	155	AFSMORE30-39M	00:14:48.00	17	01:08:25.40	17	00:40:51.20	20	02:04:04.60	THREE HILLS
52 KULJANIN, MLADEN	196	AFSMORE40-49M	00:15:33.50	14	01:19:43.15	15	00:29:31.95	11	02:04:48.60	STRATHMORE
53 NGO, HUNG	162	AFSMORE30-39M	00:23:13.10	21	01:06:26.30	16	00:35:20.90	18	02:05:00.30	CALGARY
54 SEELY, ADAM	166	AFSMORE30-39M	00:16:05.40	19	01:19:22.00	20	00:33:59.35	17	02:09:26.75	STRATHMORE
55 GRIFFIN, MICHAEL	226	AFSMORE60-69M	00:16:01.40	2	01:06:08.60	3	00:47:37.75	3	02:09:47.75	CALGARY

**2014 Tri-Smore Triathlon Strathmore
Overall Solo Gender Results**

Full Smore Individual 500m Swim - 20K Bike - 5K Run **113 Finishers**

Male 58 Finishers

Name	Bib#	Category	Swim	Cat	Bike	Cat	Run	Cat	Finish	City
56 DUKESHIRE, JAMES	150	AFSMORE30-39M	00:15:06.85	18	01:25:30.85	21	00:35:37.05	19	02:16:14.75	CALGARY
57 SHIPLEY, THOMAS	204	AFSMORE40-49M	00:25:53.85	16	01:25:21.95	16	00:45:55.35	16	02:37:11.15	CALGARY
58 DORWARD, NATHAN	149	AFSMORE30-39M	00:08:38.95	2	00:20:15.65	1	00:00:00.00		DNF	EDMONTON