

**2016 Elkford Triathlon
Overall Solo Gender Results**

Sprint 750M - 26K - 5K**45 Finishers****Female 29 Finishers**

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
1. PLESCAN, ALINA	33	SPRT20-29F	01:18:55.35	00:11:07.55	1	00:41:28.40	1	00:26:19.40	1	FERNIE
2. KERR, HEATHER	42	SPRT30-39F	01:25:53.40	00:13:18.30	1	00:43:25.25	1	00:29:09.85	2	FERNIE
3. Peterson, ABBEY	34	SPRT20-29F	01:26:33.60	00:13:54.60	3	00:42:21.20	2	00:30:17.80	4	SPARWOOD
4. SAUVE, EMILY	46	SPRT30-39F	01:28:44.60	00:14:23.85	2	00:44:32.00	4	00:29:48.75	4	FERNIE
5. PODEMSKI, ELLISA	57	SPRT40-49F	01:29:45.20	00:17:50.85	3	00:43:44.55	1	00:28:09.80	2	AIRDRIE
6. ARTHUR, NICOLE	37	SPRT30-39F	01:29:56.70	00:22:17.75	13	00:44:19.40	3	00:23:19.55	1	ELKFORD
7. NORTON, KAROLINA	45	SPRT30-39F	01:31:36.00	00:14:44.10	3	00:46:17.55	6	00:30:34.35	6	AIRDRIE
8. SISKA, LINDSAY	47	SPRT30-39F	01:32:08.70	00:17:17.45	7	00:43:37.25	2	00:31:14.00	8	SPARWOOD
9. OGNOSKI, SHAWNA	56	SPRT40-49F	01:32:33.00	00:19:12.10	4	00:46:24.35	2	00:26:56.55	1	LETHBRIDGE
10. PASCAL, ELISABETH	32	SPRT20-29F	01:32:42.25	00:18:17.05	4	00:47:09.60	3	00:27:15.60	2	LETHBRIDGE
11. MACGREGOR, EDEN	54	SPRT40-49F	01:32:52.85	00:17:25.50	2	00:46:52.50	3	00:28:34.85	3	FERNIE
12. ATTORP, JENNIFER	38	SPRT30-39F	01:34:43.40	00:14:46.55	4	00:49:29.45	10	00:30:27.40	5	ELKFORD
13. HATCH, TARA	39	SPRT30-39F	01:35:38.40	00:17:49.80	9	00:48:11.20	7	00:29:37.40	3	FERNIE
14. JONES, AMANDA	41	SPRT30-39F	01:38:09.45	00:16:54.40	6	00:49:14.25	9	00:32:00.80	9	FERNIE
15. NIXON, MEGAN	31	SPRT20-29F	01:41:05.90	00:12:27.70	2	00:55:11.30	4	00:33:26.90	5	LETHBRIDGE
16. THIBODEAU, JENNIFER	58	SPRT40-49F	01:41:50.90	00:20:12.50	5	00:47:58.30	4	00:33:40.10	4	FERNIE
17. HOULE, KRISTINA	40	SPRT30-39F	01:41:56.35	00:19:46.65	11	00:51:23.75	12	00:30:45.95	7	CALGARY
18. MUNROE, CAMILLE	44	SPRT30-39F	01:42:15.70	00:17:47.90	8	00:50:37.65	11	00:33:50.15	10	FERNIE
19. BAIRD, BRENDA	61	SPRT50-59F	01:43:11.60	00:21:37.80	2	00:53:31.65	1	00:28:02.15	1	LETHBRIDGE
20. FOREST, CAROLINE	26	SPRT19&UF	01:43:29.95	00:18:01.60	1	00:52:16.70	1	00:33:11.65	1	FERNIE
21. RAYMOND, HOLLY	62	SPRT50-59F	01:45:48.40	00:17:25.45	1	00:54:49.65	2	00:33:33.30	2	AIRDRIE
22. MACKAY, LINDSAY	43	SPRT30-39F	01:46:23.65	00:16:40.15	5	00:45:30.45	5	00:44:13.05	13	FERNIE
23. TEMPLE, KATHI	48	SPRT30-39F	01:47:31.25	00:21:58.90	12	00:48:56.35	8	00:36:36.00	11	FERNIE
24. COMEAU, CHELSEA	30	SPRT20-29F	01:49:02.60	00:24:05.05	5	00:56:24.15	5	00:28:33.40	3	ELKFORD
25. MORROW, HEIDI	55	SPRT40-49F	01:52:31.65	00:16:09.90	1	00:57:53.00	5	00:38:28.75	5	SPARWOOD
26. ZIMMER, NICKI	49	SPRT30-39F	02:01:46.10	00:19:16.10	10	01:01:56.40	13	00:40:33.60	12	ELKFORD
27. GORDON, BARBARA	71	SPRT60+F	02:02:09.65	00:22:18.75	1	00:56:51.50	1	00:42:59.40	2	SPARWOOD
28. DESMOULINS, GAIL	70	SPRT60+F	02:08:18.20	00:22:23.35	2	01:04:57.75	2	00:40:57.10	1	COLEMAN
29. BENTLEY, LAURA	69	SPRT60+F	02:22:36.35	00:22:49.70	3	01:09:08.75	3	00:50:37.90	3	FERNIE

Male 16 Finishers

Name	Bib#	Category	Finish	Swim	Cat	Bike	Cat	Run	Cat	City
1. ROBDRUP, DANNY	53	SPRT30-39M	01:06:31.25	00:13:17.45	1	00:33:26.35	1	00:19:47.45	1	ZEPHBRIDGE
2. MEINIG, MICHAEL	66	SPRT50-59M	01:12:57.75	00:15:32.70	3	00:36:34.80	1	00:20:50.25	1	KIMBERLEY
3. HARASEM-MITCHELL, SETH	27	SPRT19&UM	01:13:44.95	00:11:49.30	1	00:37:32.65	1	00:24:23.00	2	COALHURST
4. DECILLIA, RYAN	59	SPRT40-49M	01:15:38.20	00:13:35.65	1	00:36:46.10	1	00:25:16.45	1	LETHBRIDGE
5. FORD, CHAD	50	SPRT30-39M	01:20:05.15	00:16:28.75	3	00:40:33.70	2	00:23:02.70	2	CALGARY
6. SIMPKIN, DEVIN	36	SPRT20-29M	01:24:17.50	00:14:09.65	1	00:43:59.10	1	00:26:08.75	2	ELKFORD
7. RATUDRADRA, ZION	29	SPRT19&UM	01:25:50.10	00:15:09.05	2	00:50:39.50	2	00:20:01.55	1	ELKFORD
8. MASSEY, DAN	65	SPRT50-59M	01:26:14.20	00:16:28.70	4	00:43:21.75	3	00:26:23.75	2	AIRDRIE
9. FAIRBAIRN, STEVE	63	SPRT50-59M	01:27:04.45	00:14:41.70	2	00:44:20.95	4	00:28:01.80	4	ELKFORD
10. NEAL, ZANE	52	SPRT30-39M	01:27:56.20	00:14:06.40	2	00:41:21.05	3	00:32:28.75	3	FERNIE
11. KIRBYSON, HOWARD	64	SPRT50-59M	01:27:57.15	00:16:48.90	5	00:40:59.75	2	00:30:08.50	5	DIDSBURY
12. TOBIN, TROY	60	SPRT40-49M	01:30:14.35	00:15:26.70	2	00:43:53.75	2	00:30:53.90	2	ELKFORD
13. MURPHY, STEVE	67	SPRT50-59M	01:30:33.30	00:17:26.55	6	00:46:02.30	5	00:27:04.45	3	CROSSFIELD
14. JONES, NORTH	35	SPRT20-29M	01:30:40.70	00:17:02.55	2	00:49:12.20	2	00:24:25.95	1	FERNIE
15. RAYMOND, MARK	68	SPRT50-59M	01:33:32.10	00:14:25.35	1	00:46:06.00	6	00:33:00.75	6	AIRDRIE
16. JORDAN, WILLIAM	72	SPRT60+M	02:16:29.40	00:21:11.30	1	01:07:28.75	1	00:47:49.35	1	SPARWOOD