

HEART OF THE ROCKIES INDIVIDUAL TRIATHLON  
Invermere, BC  
July 22, 2007  
INDIVIDUAL AGE-GROUP RESULTS

\*\*\*\*\* TOP FEMALE INDIVIDUAL \*\*\*\*\*

1 153 Karen Tulloch IF3034 Vancouver 2:20:26

\*\*\*\*\* TOP MALE INDIVIDUAL \*\*\*\*\*

1 108 Jon Bird IM2529 Calgary 2:06:59

FEMALE INDIVIDUAL AGE GROUP: 18 - 24

1 102 Allison Nutting 27:04 1:19:45 51:41 2:38:30  
2 70 Cindy Clark 32:02 1:21:11 51:59 2:45:12  
3 171 Courtney Dickie 32:51 1:31:38 49:53 2:54:22  
4 85 Ann Preston 34:37 1:36:51 1:00:10 3:11:38

MALE INDIVIDUAL AGE GROUP: 18 - 24

1 113 Jonathan Roth 21:54 1:09:01 39:20 2:10:15  
2 40 Bob Hobman 27:31 1:19:25 42:39 2:29:35  
3 91 Sean McElwain 30:04 1:20:11 48:00 2:38:15  
4 45 Jason Doornbos 32:35 1:22:13 56:21 2:51:09

FEMALE INDIVIDUAL AGE GROUP: 25 - 29

1 155 Lisa Graham 19:56 1:18:34 52:25 2:30:55  
2 156 Jill Beveridge 26:16 1:19:44 48:59 2:34:59  
3 122 Andrea McCormick 25:34 1:21:34 49:33 2:36:41  
4 37 Laurel Alexander 21:51 1:27:02 51:30 2:40:23  
5 71 Katie Hanson 28:54 1:21:24 52:56 2:43:14  
6 64 Carrie Burgoyne 20:02 1:24:58 59:33 2:44:33  
7 100 Colleen Bredo 33:00 1:28:41 51:50 2:53:31  
8 20 Melanie Yano 28:39 1:30:59 58:37 2:58:15  
9 42 Kira Adams 26:51 1:28:08 1:03:54 2:58:53  
10 161 Joanna Sleik 30:45 1:37:43 51:11 2:59:39  
11 44 Brooke Coburn 31:54 1:38:48 52:50 3:03:32  
12 139 Amanda Urquhart 31:12 1:35:38 58:41 3:05:31

13	79	Cathy Crawford	32:18	1:36:45	1:03:21	3:12:24
14	121	Viktoria Nagy	32:27	1:39:07	1:01:00	3:12:34
15	126	Dawn Dittmann	33:33	1:37:48	1:03:45	3:15:06
16	120	Julie Rosser	23:55	1:40:11		

MALE INDIVIDUAL AGE GROUP: 25 - 29

1	108	Jon Bird	18:14	1:09:13	39:32	2:06:59
2	180	Andrew Lester	21:40	1:09:08	39:46	2:10:34
3	188	Bart Ujack	19:55	1:12:27	44:52	2:17:14
4	183	Stephen Bourque	25:28	1:10:00	47:49	2:23:17
5	123	David Roberts	27:44	1:14:55	53:37	2:36:16
6	63	Niels Versfeld	21:41	1:21:53	57:13	2:40:47
7	166	Bruce Dowd	29:47	1:17:39	54:06	2:41:32
8	141	David Laurin	32:47	1:22:39	49:12	2:44:38
9	140	Tyler Bolen	31:18	1:21:51	52:24	2:45:33
10	36	Josh Laforet	31:06	1:26:18	51:26	2:48:50
11	157	Bryan Bursey	29:33	1:27:34	54:34	2:51:41
12	33	Brad Halhead	26:46	1:29:01	56:00	2:51:47
13	80	Kyle Mitton	32:07	1:22:23	58:46	2:53:16
14	101	Charlie Bredo	28:34	1:33:13	59:25	3:01:12

## FEMALE INDIVIDUAL AGE GROUP: 30 - 34

1	153	Karen Tulloch	25:42	1:12:56	41:48	2:20:26
2	148	Megan Jones	28:25	1:21:56	50:56	2:41:17
3	18	Deidre Derworiz	28:50	1:33:01	52:41	2:54:32
4	82	Katherine Severson	32:17	1:24:47	58:19	2:55:23
5	75	Rebecca Mottram	31:34	1:31:15	52:55	2:55:44
6	28	Tannis Ebbels	32:20	1:27:58	58:13	2:58:31
7	86	Andrée Isabel	34:15	1:31:18	53:32	2:59:05
8	38	Beth Purser	32:57	1:30:19	57:00	3:00:16
9	189	Sandy Cheung	25:47	1:41:01	54:52	3:01:40
10	174	Jamie Wright	34:10	1:31:54	55:51	3:01:55
11	26	Jennifer Butler	32:24	1:31:23	58:23	3:02:10
12	27	Shandra Kimpton	31:27	1:33:06	57:38	3:02:11
13	138	Amber Fripp	31:59	1:40:23	53:41	3:06:03
14	69	Marnie Wachtler	28:29	1:33:15	1:04:21	3:06:05
15	34	Renee Lamontagne	40:28	1:30:45	55:11	3:06:24
16	41	Karen Kendall	36:54	1:34:17	56:59	3:08:10
17	95	Vicki May	31:02	1:39:53	1:02:26	3:13:21
18	58	Rhona Griffin	32:21	1:37:54	1:03:07	3:13:22
19	117	Shannon Sikorsky	41:38	1:43:11	1:13:45	3:38:34

MALE INDIVIDUAL AGE GROUP: 30 - 34

1	159	Shane Mckechney	22:47	1:15:53	47:46	2:26:26
2	177	Kevin Carscadden	27:46	1:22:58	48:02	2:38:46
3	167	Ryan Bavin	27:40	1:23:14	48:40	2:39:34
4	160	Ryan Sleik	31:55	1:15:24	53:36	2:40:55
5	150	Jason English	26:09	1:22:20	55:20	2:43:49
6	9	Joe Overy	36:53	1:18:01	54:27	2:49:21
7	49	Jeff Scholten	30:57	1:22:50	59:51	2:53:38
8	89	Brad McMorris	32:13	1:26:41	56:00	2:54:54
9	152	Paul Wenger	32:15	1:30:21	55:56	2:58:32
10	191	Dan Mayhew	27:06	1:27:21	1:07:30	3:01:57
11	68	Craig Herrington	37:52	1:31:43	56:29	3:06:04
12	6	Iain Wright	26:37	1:20:17		

FEMALE INDIVIDUAL AGE GROUP: 35 - 39

1	130	Adele Thompson	29:10	1:22:30	45:17	2:36:57
2	107	Shelly Cody	24:06	1:28:56	53:04	2:46:06
3	19	Susan Padua	28:09	1:20:59	58:09	2:47:17
4	164	Lisa Pearson	26:14	1:25:45	56:13	2:48:12
5	175	Thibeault Isabelle	30:31	1:26:41	58:41	2:55:53
6	67	Sherri McPherson	30:32	1:34:47	55:45	3:01:04
7	59	Larissa Fedora	32:52	1:31:12	1:01:29	3:05:33
8	190	Michelle Gurney	32:33	1:30:28	1:03:12	3:06:13
9	181	Michelle Taylor	35:34	1:28:51	1:03:11	3:07:36
10	193	Stacey Jorgensen	32:05	1:38:43	1:01:52	3:12:40
11	99	Traci Trelaeven	31:49	1:41:09	1:01:20	3:14:18
12	4	Sarah Roe-Gutierrez	39:57	1:36:06	1:03:08	3:19:11
13	169	Tania Doerksen	37:47	1:39:00	1:06:36	3:23:23
14	3	Casey Larsen	30:50	1:47:04	1:07:53	3:25:47
15	192	Michelle Gray	45:40	1:38:22	1:06:30	3:30:32
16	10	Joanne Mclay	40:40	1:55:28	1:27:58	4:04:06

MALE INDIVIDUAL AGE GROUP: 35 - 39

1	158	Kirk Draper	22:46	1:08:03	50:18	2:21:07
2	165	Carl Miiller	27:13	1:15:19	45:05	2:27:37
3	114	Michael Mendelman	23:07	1:16:24	56:09	2:35:40
4	145	Titus Fossgard-Moser	30:10	1:21:51	49:57	2:41:58
5	179	Francisco Luna	27:55	1:25:58	49:33	2:43:26
6	195	Jamie Kroschel	28:46	1:19:46	55:28	2:44:00
7	21	Damon Clayton	31:57	1:25:23	55:03	2:52:23
8	98	Jason Morberg	28:55	1:27:29	1:01:08	2:57:32
9	110	Bryce Palko	37:43	1:33:29	56:01	3:07:13
10	81	Jeff Mitchell	37:32	1:31:28	1:02:42	3:11:42
11	52	Dave Bennett	31:53	1:38:24	1:08:24	3:18:41
12	17	Jean marc Boucher	33:28	1:40:20	1:15:20	3:29:08

FEMALE INDIVIDUAL AGE GROUP: 40 - 44

1	112	Barbara Mercier	31:58	1:22:53	46:07	2:40:58
2	143	Louise Taylor	29:13	1:24:55	49:43	2:43:51
3	147	Sarah Fabbri	28:40	1:22:19	53:02	2:44:01
4	111	Dena Jensen	29:22	1:26:57	53:27	2:49:46
5	104	Deanne Farrar	26:45	1:26:23	58:32	2:51:40
6	131	Jennifer McNish	26:20	1:31:45	59:24	2:57:29
7	31	Kathryn Trigg	31:20	1:34:03	52:46	2:58:09
8	151	Toni Jaques	34:46	1:29:44	54:39	2:59:09
9	50	Alice DASzkowski	28:49	1:30:24	1:03:03	3:02:16
10	88	Catherine Taylor	32:01	1:31:03	1:00:24	3:03:28
11	87	Laurie Buxton	35:52	1:29:19	1:02:41	3:07:52
12	132	Holly Schoenhals	31:46	1:41:53	1:13:36	3:27:15
13	202	Stephanie Raugust	41:49	1:47:17	58:10	3:27:16
14	144	Cathy Petek	33:35	1:45:48	1:08:46	3:28:09
15	142	Robin Miller	43:46	2:00:01	1:19:35	4:03:22
16	154	Jeannette Earl	42:54			

MALE INDIVIDUAL AGE GROUP: 40 - 44

1	203	Darryl Tainsh	21:42	1:07:46	41:36	2:11:04
2	124	Joel Wilkinson	22:31	1:09:02	42:36	2:14:09
3	109	Michael Meinig	26:27	1:12:05	41:25	2:19:57
4	182	Art Vriend	31:56	1:08:54	42:21	2:23:11
5	23	Rob Cameron	27:56	1:15:31	42:29	2:25:56
6	46	Lanny Wilson	24:59	1:13:56	50:12	2:29:07
7	200	Darryl Bandas	24:10	1:24:02	49:12	2:37:24
8	187	Mike Pecora	30:56	1:20:29	52:04	2:43:29
9	201	Randy Gilson	31:01	1:18:14	55:45	2:45:00
10	106	Sandy Murphy	28:11	1:24:40	57:26	2:50:17
11	116	Ashley Causton	28:48	1:28:39	54:38	2:52:05
12	32	Carl Stene	31:35	1:23:53	56:42	2:52:10
13	118	Paul Dupuis	29:40	1:25:03	1:03:47	2:58:30
14	135	Ross Baines	30:20	1:34:26	58:53	3:03:39
15	30	Alan Gourlay	30:24	1:28:33	1:05:12	3:04:09
16	172	Greg Dickie	28:41	1:31:55	1:13:41	3:14:17
17	259	Jonathan Allen	38:07	1:29:11	1:15:53	3:23:11

FEMALE INDIVIDUAL AGE GROUP: 45 - 49

1	60	Charlene Owen				2:37:48
2	163	Deborah DiGiuseppe	28:19	1:27:38	52:28	2:48:25
3	173	Karen Hansen	32:03	1:30:34	58:47	3:01:24
4	103	Debbie McLean	33:10	1:35:48	1:00:49	3:09:47
5	76	Cheryl Jereniuk	33:14	1:32:15	1:11:46	3:17:15
6	83	Valerie Hampton Mumf	34:06	1:42:55	1:04:34	3:21:35
7	24	Pam Wilman	39:26	1:47:43	1:00:02	3:27:11

MALE INDIVIDUAL AGE GROUP: 45 - 49

1	176	Jaimie Roth	23:06	1:07:46	43:47	2:14:39
2	133	Dan Barker	24:12	1:15:30	47:06	2:26:48
3	162	Sanford Schmid	32:32	1:16:34	43:21	2:32:27
4	14	James Schneider	28:28	1:18:54	48:13	2:35:35
5	29	Brad Clark	30:21	1:21:30	52:59	2:44:50
6	149	Lorie Loshack	30:37	1:20:27	1:03:21	2:54:25
7	128	Ian Mcrobbie	22:16	1:34:50	1:00:02	2:57:08
8	198	Matthias Friedrich	29:06	1:28:31	59:48	2:57:25
9	57	Mike Street	42:08	1:37:17	52:08	3:11:33
10	56	Dwight Kroening	37:03	1:33:47	1:02:39	3:13:29
11	197	Gordon Rix	30:55	1:40:20	1:04:18	3:15:33
12	129	William Long	51:39	1:41:18	1:06:29	3:39:26

FEMALE INDIVIDUAL AGE GROUP: 50 - 54

1	96	Jennifer Maguire	32:37	1:32:03	1:00:03	3:04:43
2	65	Sally Drysdale	35:18	1:48:59	1:12:04	3:36:21

MALE INDIVIDUAL AGE GROUP: 50 - 54

1	2	Ian Robbins	28:26	1:14:36	44:21	2:27:23
2	55	Doug Costigan	23:32	1:17:25	47:11	2:28:08
3	185	Ian Beales	27:20	1:17:59	51:28	2:36:47
4	66	Leigh Muir	29:25	1:20:30	52:30	2:42:25
5	43	John Adams	28:57	1:23:58	50:53	2:43:48
6	194	Gord Mark	31:08	1:21:56	54:08	2:47:12
7	137	Lance Anderson	32:29	1:26:27	51:08	2:50:04
8	204	Bill Darling	30:08	1:27:05	56:10	2:53:23
9	105	Lawrence Gamracy	34:01	1:22:16	1:01:56	2:58:13
10	62	Jacques Raymond	53:09	1:58:59	1:34:41	4:26:49

FEMALE INDIVIDUAL AGE GROUP: 55 - 59

1 53 Hella Versfeld 22:09 1:23:13 59:10 2:44:32

MALE INDIVIDUAL AGE GROUP: 55 - 59

1 136 Brian Borgford 26:22 1:21:30 47:47 2:35:39

2 90 Colin Shanks 26:35 1:25:03 52:50 2:44:28

3 54 Cornelis Versfeld 32:06 1:25:25 58:56 2:56:27

4 97 Harrie Vredenburg 31:28 1:31:31 56:12 2:59:11

5 196 Jim Bennett 30:42 1:29:49 1:00:13 3:00:44

6 47 James Erhart 39:11 1:51:56 1:14:17 3:45:24

7 168 David Stevenson 1:21:08 4:11:29

FEMALE INDIVIDUAL AGE GROUP: 60 - 64

1 199 Laurie Murray 26:40 1:22:02 48:34 2:37:16

MALE INDIVIDUAL AGE GROUP: 60 - 64

1 146 Rocke Robertson 32:49 1:28:31 1:01:17 3:02:37

2 25 Don Cross 37:14 1:29:35 56:22 3:03:11

3 178 Clark Stephen 31:23 1:38:16 1:35:44 3:45:23

FEMALE INDIVIDUAL AGE GROUP: 65 - 69

MALE INDIVIDUAL AGE GROUP: 65 - 69

1 1 Bernie Dupuis 41:11 1:29:42 58:55 3:09:48

2 170 Scott Clements 36:57 1:36:41 1:13:19 3:26:57

FEMALE INDIVIDUAL AGE GROUP: 70 - 99

MALE INDIVIDUAL AGE GROUP: 70 - 99

1 127 Fred Bosinger 45:24 1:50:47 1:29:43 4:05:54