

OVERALL INDIVIDUAL RESULTS  
HEART OF THE ROCKIES TRIATHLON  
July 22, 2007  
INDIVIDUAL EVENT

Place	NO.	NAME	DIV	----SWIM----		---BIKE-----		----RUN-----		-TOTAL TIME-	
				OV Plc	Time	OV Plc	Time	OV Plc	Time	OV Plc	Time
1	108	Jon Bird	IM2529	1	00:18:14	8	01:09:13	2	00:39:32	1	02:06:59
2	113	Jonathan Roth	IM1824	9	00:21:54	5	01:09:01	1	00:39:20	2	02:10:15
3	180	Andrew Lester	IM2529	5	00:21:40	7	01:09:08	3	00:39:46	3	02:10:34
4	203	Darryl Tainsh	IM4044	7	00:21:42	1	01:07:46	5	00:41:36	4	02:11:04
5	124	Joel Wilkinson	IM4044	12	00:22:31	6	01:09:02	9	00:42:36	5	02:14:09
6	176	Jaimie Roth	IM4549	15	00:23:06	2	01:07:46	12	00:43:47	6	02:14:39
7	188	Bart Ujack	IM2529	2	00:19:55	11	01:12:27	14	00:44:52	7	02:17:14
8	109	Michael Meinig	IM4044	32	00:26:27	10	01:12:05	4	00:41:25	8	02:19:57
9	153	Karen Tulloch	IF3034	25	00:25:42	12	01:12:56	6	00:41:48	9	02:20:26
10	158	Kirk Draper	IM3539	13	00:22:46	3	01:08:03	37	00:50:18	10	02:21:07
11	182	Art Vriend	IM4044	107	00:31:56	4	01:08:54	7	00:42:21	11	02:23:11
12	183	Stephen Bourque	IM2529	23	00:25:28	9	01:10:00	22	00:47:49	12	02:23:17
13	23	Rob Cameron	IM4044	48	00:27:56	19	01:15:31	8	00:42:29	13	02:25:56
14	159	Shane Mckechney	IM3034	14	00:22:47	20	01:15:53	20	00:47:46	14	02:26:26
15	133	Dan Barker	IM4549	21	00:24:12	18	01:15:30	18	00:47:06	15	02:26:48
16	2	Ian Robbins	IM5054	53	00:28:26	14	01:14:36	13	00:44:21	16	02:27:23
17	165	Carl Miiller	IM3539	41	00:27:13	16	01:15:19	15	00:45:05	17	02:27:37
18	55	Doug Costigan	IM5054	17	00:23:32	23	01:17:25	19	00:47:11	18	02:28:08
19	46	Lanny Wilson	IM4044	22	00:24:59	13	01:13:56	36	00:50:12	19	02:29:07
20	40	Bob Hobman	IM1824	43	00:27:31	30	01:19:25	10	00:42:39	20	02:29:35
21	155	Lisa Graham	IF2529	3	00:19:56	28	01:18:34	51	00:52:25	21	02:30:55
22	162	Sanford Schmid	IM4549	126	00:32:32	22	01:16:34	11	00:43:21	22	02:32:27
23	156	Jill Beveridge	IF2529	29	00:26:16	31	01:19:44	28	00:48:59	23	02:34:59
24	14	James Schneider	IM4549	54	00:28:28	29	01:18:54	25	00:48:13	24	02:35:35
25	136	Brian Borgford	IM5559	31	00:26:22	42	01:21:30	21	00:47:47	25	02:35:39
26	114	Michael Mendelman	IM3539	16	00:23:07	21	01:16:24	86	00:56:09	26	02:35:40
27	123	David Roberts	IM2529	45	00:27:44	15	01:14:55	66	00:53:37	27	02:36:16
28	122	Andrea McCormick	IF2529	24	00:25:34	44	01:21:34	31	00:49:33	28	02:36:41
29	185	Ian Beales	IM5054	42	00:27:20	25	01:17:59	43	00:51:28	29	02:36:47
30	130	Adele Thompson	IF3539	68	00:29:10	56	01:22:30	16	00:45:17	30	02:36:57
31	199	Laurie Murray	IF6064	35	00:26:40	50	01:22:02	26	00:48:34	31	02:37:16
32	200	Darryl Bandas	IM4044	20	00:24:10	65	01:24:02	29	00:49:12	32	02:37:24
33	60	Charlene Owen	IF4549							33	02:37:48
34	91	Sean McElwain	IM1824	75	00:30:04	34	01:20:11	23	00:48:00	34	02:38:15
35	102	Allison Nutting	IF1824	39	00:27:04	32	01:19:45	45	00:51:41	35	02:38:30

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Place	NO.	NAME	DIV	----SWIM----		---BIKE-----		----RUN-----		-TOTAL TIME-	
				OV Plc	Time	OV Plc	Time	OV Plc	Time	OV Plc	Time
36	177	Kevin Carscadden	IM3034	46	00:27:46	60	01:22:58	24	00:48:02	36	02:38:46
37	167	Ryan Bavin	IM3034	44	00:27:40	62	01:23:14	27	00:48:40	37	02:39:34
38	37	Laurel Alexander	IF2529	8	00:21:51	82	01:27:02	44	00:51:30	38	02:40:23
39	63	Niels Versfeld	IM2529	6	00:21:41	47	01:21:53	96	00:57:13	39	02:40:47
40	160	Ryan Sleik	IM3034	106	00:31:55	17	01:15:24	65	00:53:36	40	02:40:55
41	112	Barbara Mercier	IF4044	109	00:31:58	59	01:22:53	17	00:46:07	41	02:40:58
42	148	Megan Jones	IF3034	52	00:28:25	48	01:21:56	39	00:50:56	42	02:41:17
43	166	Bruce Dowd	IM2529	74	00:29:47	24	01:17:39	68	00:54:06	43	02:41:32
44	145	Titus Fossgard-Moser	IM3539	77	00:30:10	45	01:21:51	35	00:49:57	44	02:41:58
45	66	Leigh Muir	IM5054	71	00:29:25	38	01:20:30	53	00:52:30	45	02:42:25
46	71	Katie Hanson	IF2529	64	00:28:54	41	01:21:24	59	00:52:56	46	02:43:14
47	179	Francisco Luna	IM3539	47	00:27:55	75	01:25:58	32	00:49:33	47	02:43:26
48	187	Mike Pecora	IM4044	88	00:30:56	37	01:20:29	48	00:52:04	48	02:43:29
49	43	John Adams	IM5054	66	00:28:57	64	01:23:58	38	00:50:53	49	02:43:48
50	150	Jason English	IM3034	27	00:26:09	54	01:22:20	77	00:55:20	50	02:43:49
51	143	Louise Taylor	IF4044	69	00:29:13	68	01:24:55	33	00:49:43	51	02:43:51
52	195	Jamie Kroschel	IM3539	60	00:28:46	33	01:19:46	78	00:55:28	52	02:44:00
53	147	Sarah Fabbri	IF4044	58	00:28:40	53	01:22:19	61	00:53:02	53	02:44:01
54	90	Colin Shanks	IM5559	33	00:26:35	70	01:25:03	56	00:52:50	54	02:44:28
55	53	Hella Versfeld	IF5559	10	00:22:09	61	01:23:13	113	00:59:10	55	02:44:32
56	64	Carrie Burgoyne	IF2529	4	00:20:02	69	01:24:58	116	00:59:33	56	02:44:33
57	141	David Laurin	IM2529	130	00:32:47	57	01:22:39	30	00:49:12	57	02:44:38
58	29	Brad Clark	IM4549	79	00:30:21	43	01:21:30	60	00:52:59	58	02:44:50
59	201	Randy Gilson	IM4044	90	00:31:01	27	01:18:14	79	00:55:45	59	02:45:00
60	70	Cindy Clark	IF1824	112	00:32:02	40	01:21:11	47	00:51:59	60	02:45:12
61	140	Tyler Bolen	IM2529	95	00:31:18	46	01:21:51	50	00:52:24	61	02:45:33
62	107	Shelly Cody	IF3539	19	00:24:06	96	01:28:56	62	00:53:04	62	02:46:06
63	194	Gord Mark	IM5054	93	00:31:08	49	01:21:56	69	00:54:08	63	02:47:12
64	19	Susan Padua	IF3539	49	00:28:09	39	01:20:59	99	00:58:09	64	02:47:17
65	164	Lisa Pearson	IF3539	28	00:26:14	74	01:25:45	89	00:56:13	65	02:48:12
66	163	Deborah DiGiuseppe	IF4549	51	00:28:19	87	01:27:38	52	00:52:28	66	02:48:25
67	36	Josh Laforet	IM2529	92	00:31:06	76	01:26:18	42	00:51:26	67	02:48:50
68	9	Joe Overy	IM3034	150	00:36:53	26	01:18:01	70	00:54:27	68	02:49:21
69	111	Dena Jensen	IF4044	70	00:29:22	81	01:26:57	63	00:53:27	69	02:49:46
70	137	Lance Anderson	IM5054	125	00:32:29	78	01:26:27	40	00:51:08	70	02:50:04

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				OV Plc	Time	OV Plc	Time	OV Plc	Time	OV Plc	Time
71	106	Sandy Murphy	IM4044	50	00:28:11	66	01:24:40	97	00:57:26	71	02:50:17
72	45	Jason Doornbos	IM1824	128	00:32:35	51	01:22:13	90	00:56:21	72	02:51:09
73	104	Deanne Farrar	IF4044	36	00:26:45	77	01:26:23	104	00:58:32	73	02:51:40
74	157	Bryan Bursey	IM2529	72	00:29:33	86	01:27:34	71	00:54:34	74	02:51:41
75	33	Brad Halhead	IM2529	37	00:26:46	97	01:29:01	83	00:56:00	75	02:51:47
76	116	Ashley Causton	IM4044	61	00:28:48	93	01:28:39	72	00:54:38	76	02:52:05
77	32	Carl Stene	IM4044	101	00:31:35	63	01:23:53	93	00:56:42	77	02:52:10
78	21	Damon Clayton	IM3539	108	00:31:57	72	01:25:23	75	00:55:03	78	02:52:23
79	80	Kyle Mitton	IM2529	116	00:32:07	55	01:22:23	108	00:58:46	79	02:53:16
80	204	Bill Darling	IM5054	76	00:30:08	83	01:27:05	87	00:56:10	80	02:53:23
81	100	Colleen Bredo	IF2529	135	00:33:00	94	01:28:41	46	00:51:50	81	02:53:31
82	49	Jeff Scholten	IM3034	89	00:30:57	58	01:22:50	118	00:59:51	82	02:53:38
83	171	Courtney Dickie	IF1824	132	00:32:51	118	01:31:38	34	00:49:53	83	02:54:22
84	149	Lorie Loshack	IM4549	83	00:30:37	36	01:20:27	142	01:03:21	84	02:54:25
85	18	Deidre Derworiz	IF3034	63	00:28:50	125	01:33:01	54	00:52:41	85	02:54:32
86	89	Brad McMorris	IM3034	117	00:32:13	79	01:26:41	84	00:56:00	86	02:54:54
87	82	Katherine Severson	IF3034	119	00:32:17	67	01:24:47	102	00:58:19	87	02:55:23
88	75	Rebecca Mottram	IF3034	100	00:31:34	113	01:31:15	58	00:52:55	88	02:55:44
89	175	Thibeault Isabelle	IF3539	81	00:30:31	80	01:26:41	106	00:58:41	89	02:55:53
90	54	Cornelis Versfeld	IM5559	115	00:32:06	73	01:25:25	112	00:58:56	90	02:56:27
91	128	Ian Mcrobbie	IM4549	11	00:22:16	135	01:34:50	119	01:00:02	91	02:57:08
92	198	Matthias Friedrich	IM4549	67	00:29:06	90	01:28:31	117	00:59:48	92	02:57:25
93	131	Jennifer McNish	IF4044	30	00:26:20	120	01:31:45	114	00:59:24	93	02:57:29
94	98	Jason Morberg	IM3539	65	00:28:55	85	01:27:29	127	01:01:08	94	02:57:32
95	31	Kathryn Trigg	IF4044	96	00:31:20	131	01:34:03	55	00:52:46	95	02:58:09
96	105	Lawrence Gamracy	IM5054	141	00:34:01	52	01:22:16	132	01:01:56	96	02:58:13
97	20	Melanie Yano	IF2529	57	00:28:39	110	01:30:59	105	00:58:37	97	02:58:15
98	118	Paul Dupuis	IM4044	73	00:29:40	71	01:25:03	145	01:03:47	98	02:58:30
99	28	Tannis Ebbels	IF3034	121	00:32:20	88	01:27:58	101	00:58:13	99	02:58:31
100	152	Paul Wenger	IM3034	118	00:32:15	105	01:30:21	82	00:55:56	100	02:58:32
101	42	Kira Adams	IF2529	38	00:26:51	89	01:28:08	146	01:03:54	101	02:58:53
102	86	Andrée Isabel	IF3034	144	00:34:15	114	01:31:18	64	00:53:32	102	02:59:05
103	151	Toni Jaques	IF4044	146	00:34:46	102	01:29:44	73	00:54:39	103	02:59:09
104	97	Harrie Vredenburg	IM5559	99	00:31:28	117	01:31:31	88	00:56:12	104	02:59:11
105	161	Joanna Sleik	IF2529	85	00:30:45	143	01:37:43	41	00:51:11	105	02:59:39

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				OV Plc	Time	OV Plc	Time	OV Plc	Time	OV Plc	Time
106	38	Beth Purser	IF3034	134	00:32:57	104	01:30:19	95	00:57:00	106	03:00:16
107	196	Jim Bennett	IM5559	84	00:30:42	103	01:29:49	123	01:00:13	107	03:00:44
108	67	Sherri McPherson	IF3539	82	00:30:32	134	01:34:47	80	00:55:45	108	03:01:04
109	101	Charlie Bredo	IM2529	56	00:28:34	127	01:33:13	115	00:59:25	109	03:01:12
110	173	Karen Hansen	IF4549	113	00:32:03	108	01:30:34	109	00:58:47	110	03:01:24
111	189	Sandy Cheung	IF3034	26	00:25:47	158	01:41:01	74	00:54:52	111	03:01:40
112	174	Jamie Wright	IF3034	143	00:34:10	121	01:31:54	81	00:55:51	112	03:01:55
113	191	Dan Mayhew	IM3034	40	00:27:06	84	01:27:21	154	01:07:30	113	03:01:57
114	26	Jennifer Butler	IF3034	123	00:32:24	115	01:31:23	103	00:58:23	114	03:02:10
115	27	Shandra Kimpton	IF3034	98	00:31:27	126	01:33:06	98	00:57:38	115	03:02:11
116	50	Alice DAszkowski	IF4044	62	00:28:49	106	01:30:24	137	01:03:03	116	03:02:16
117	146	Rocke Robertson	IM6064	131	00:32:49	91	01:28:31	128	01:01:17	117	03:02:37
118	25	Don Cross	IM6064	154	00:37:14	100	01:29:35	91	00:56:22	118	03:03:11
119	88	Catherine Taylor	IF4044	111	00:32:01	111	01:31:03	124	01:00:24	119	03:03:28
120	44	Brooke Coburn	IF2529	105	00:31:54	150	01:38:48	57	00:52:50	120	03:03:32
121	135	Ross Baines	IM4044	78	00:30:20	133	01:34:26	110	00:58:53	121	03:03:39
122	30	Alan Gourlay	IM4044	80	00:30:24	92	01:28:33	150	01:05:12	122	03:04:09
123	96	Jennifer Maguire	IF5054	129	00:32:37	123	01:32:03	121	01:00:03	123	03:04:43
124	139	Amanda Urquhart	IF2529	94	00:31:12	136	01:35:38	107	00:58:41	124	03:05:31
125	59	Larissa Fedora	IF3539	133	00:32:52	112	01:31:12	130	01:01:29	125	03:05:33
126	138	Amber Fripp	IF3034	110	00:31:59	157	01:40:23	67	00:53:41	126	03:06:03
127	68	Craig Herrington	IM3034	158	00:37:52	119	01:31:43	92	00:56:29	127	03:06:04
128	69	Marnie Wachtler	IF3034	55	00:28:29	128	01:33:15	148	01:04:21	128	03:06:05
129	190	Michelle Gurney	IF3539	127	00:32:33	107	01:30:28	141	01:03:12	129	03:06:13
130	34	Renee Lamontagne	IF3034	163	00:40:28	109	01:30:45	76	00:55:11	130	03:06:24
131	110	Bryce Palko	IM3539	156	00:37:43	129	01:33:29	85	00:56:01	131	03:07:13
132	181	Michelle Taylor	IF3539	148	00:35:34	95	01:28:51	140	01:03:11	132	03:07:36
133	87	Laurie Buxton	IF4044	149	00:35:52	99	01:29:19	135	01:02:41	133	03:07:52
134	41	Karen Kendall	IF3034	151	00:36:54	132	01:34:17	94	00:56:59	134	03:08:10
135	103	Debbie McLean	IF4549	136	00:33:10	137	01:35:48	125	01:00:49	135	03:09:47
136	1	Bernie Dupuis	IM6569	165	00:41:11	101	01:29:42	111	00:58:55	136	03:09:48
137	57	Mike Street	IM4549	168	00:42:08	142	01:37:17	49	00:52:08	137	03:11:33
138	85	Ann Preston	IF1824	145	00:34:37	141	01:36:51	122	01:00:10	138	03:11:38
139	81	Jeff Mitchell	IM3539	155	00:37:32	116	01:31:28	136	01:02:42	139	03:11:42
140	79	Cathy Crawford	IF2529	120	00:32:18	140	01:36:45	143	01:03:21	140	03:12:24

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				OV Plc	Time	OV Plc	Time	OV Plc	Time	OV Plc	Time
141	121	Viktoria Nagy	IF2529	124	00:32:27	152	01:39:07	126	01:01:00	141	03:12:34
142	193	Stacey Jorgensen	IF3539	114	00:32:05	149	01:38:43	131	01:01:52	142	03:12:40
143	95	Vicki May	IF3034	91	00:31:02	153	01:39:53	133	01:02:26	143	03:13:21
144	58	Rhona Griffin	IF3034	122	00:32:21	145	01:37:54	138	01:03:07	144	03:13:22
145	56	Dwight Kroening	IM4549	153	00:37:03	130	01:33:47	134	01:02:39	145	03:13:29
146	172	Greg Dickie	IM4044	59	00:28:41	122	01:31:55	162	01:13:41	146	03:14:17
147	99	Traci Trelaeven	IF3539	103	00:31:49	159	01:41:09	129	01:01:20	147	03:14:18
148	126	Dawn Dittmann	IF2529	139	00:33:33	144	01:37:48	144	01:03:45	148	03:15:06
149	197	Gordon Rix	IM4549	87	00:30:55	155	01:40:20	147	01:04:18	149	03:15:33
150	76	Cheryl Jereniuk	IF4549	137	00:33:14	124	01:32:15	158	01:11:46	150	03:17:15
151	52	Dave Bennett	IM3539	104	00:31:53	148	01:38:24	156	01:08:24	151	03:18:41
152	4	Sarah Roe-Gutierrez	IF3539	162	00:39:57	138	01:36:06	139	01:03:08	152	03:19:11
153	83	Valerie Hampton Mumf	IF4549	142	00:34:06	162	01:42:55	149	01:04:34	153	03:21:35
154	259	Jonathan Allen	IM4044	159	00:38:07	98	01:29:11	166	01:15:53	154	03:23:11
155	169	Tania Doerksen	IF3539	157	00:37:47	151	01:39:00	153	01:06:36	155	03:23:23
156	3	Casey Larsen	IF3539	86	00:30:50	165	01:47:04	155	01:07:53	156	03:25:47
157	170	Scott Clements	IM6569	152	00:36:57	139	01:36:41	160	01:13:19	157	03:26:57
158	24	Pam Wilman	IF4549	161	00:39:26	167	01:47:43	120	01:00:02	158	03:27:11
159	132	Holly Schoenhals	IF4044	102	00:31:46	161	01:41:53	161	01:13:36	159	03:27:15
160	202	Stephanie Raugust	IF4044	167	00:41:49	166	01:47:17	100	00:58:10	160	03:27:16
161	144	Cathy Petek	IF4044	140	00:33:35	164	01:45:48	157	01:08:46	161	03:28:09
162	17	Jean marc Boucher	IM3539	138	00:33:28	156	01:40:20	165	01:15:20	162	03:29:08
163	192	Michelle Gray	IF3539	172	00:45:40	147	01:38:22	152	01:06:30	163	03:30:32
164	65	Sally Drysdale	IF5054	147	00:35:18	168	01:48:59	159	01:12:04	164	03:36:21
165	117	Shannon Sikorsky	IF3034	166	00:41:38	163	01:43:11	163	01:13:45	165	03:38:34
166	129	William Long	IM4549	173	00:51:39	160	01:41:18	151	01:06:29	166	03:39:26
167	178	Clark Stephen	IM6064	97	00:31:23	146	01:38:16	172	01:35:44	167	03:45:23
168	47	James Erhart	IM5559	160	00:39:11	170	01:51:56	164	01:14:17	168	03:45:24
169	142	Robin Miller	IF4044	170	00:43:46	173	02:00:01	167	01:19:35	169	04:03:22
170	10	Joanne Mclay	IF3539	164	00:40:40	171	01:55:28	169	01:27:58	170	04:04:06
171	127	Fred Bosinger	IM7099	171	00:45:24	169	01:50:47	170	01:29:43	171	04:05:54
172	168	David Stevenson	IM5559					168	01:21:08	172	04:11:29
173	62	Jacques Raymond	IM5054	174	00:53:09	172	01:58:59	171	01:34:41	173	04:26:49
174	6	Iain Wright	IM3034	34	00:26:37	35	01:20:17				
175	120	Julie Rosser	IF2529	18	00:23:55	154	01:40:11				

OVERALL INDIVIDUAL RESULTS  
 HEART OF THE ROCKIES TRIATHLON

July 22, 2007

INDIVIDUAL EVENT

Place	NO.	NAME	DIV	----SWIM----		---BIKE-----		----RUN-----		-TOTAL TIME-	
				OV Plc	Time	OV Plc	Time	OV Plc	Time	OV Plc	Time
176	154	Jeannette Earl	IF4044	169	00:42:54						