

**OVERALL INDIVIDUAL RESULTS  
HEART OF THE ROCKIES TRIATHLON  
July 17, 2011  
INDIVIDUAL EVENT**

		----SWIM----			---BIKE-----			----RUN-----			-TOTAL TIME-
		OV	OV	OV	OV	OV	OV	OV	OV	OV	OV
Place	NO.	NAME	DIV	Plc	Time	Plc	Time	Plc	Time	Plc	Time
1	125	Jakub SUMBERA	IM2529	8	00:25:17	2	01:06:13	1	00:36:28	1	02:07:58
2	74	Wade CARLSON	IM2529	2	00:22:04	1	01:05:38	8	00:43:57	2	02:11:38
3	98	Dusan SIMOCKO	IM2529	32	00:28:06	3	01:06:53	2	00:40:36	3	02:15:34
4	85	Rob CAMERON	IM4549	14	00:26:12	6	01:12:01	3	00:40:52	4	02:19:05
5	7	Hiroyuki SUZUKI	IM3034	4	00:24:13	7	01:12:52	6	00:43:32	5	02:20:37
6	113	Rob ROCHELEAU	IM3539	16	00:26:21	4	01:09:37	18	00:47:01	6	02:22:58
7	116	Wayde BYMOEN	IM3539	1	00:20:00	12	01:13:34	30	00:49:49	7	02:23:23
8	111	Doug COSTIGAN	IM5054	5	00:24:15	19	01:15:04	10	00:44:14	8	02:23:33
9	250	Jeff MURRAY	IM3034	20	00:26:47	16	01:14:26	7	00:43:39	9	02:24:51
10	2	Jeffrey MAGUIRE	IM3034	17	00:26:37	17	01:14:30	11	00:44:53	10	02:25:59
11	70	Brendon BASHUSKI	IM4044	23	00:27:10	9	01:13:07	13	00:45:47	11	02:26:03
12	65	Kari GREGORY	IF4549	13	00:25:59	21	01:15:57	9	00:44:11	12	02:26:07
13	72	Keith WEBER	IM4044	40	00:29:29	15	01:14:03	4	00:43:17	13	02:26:48
14	51	Kevin CARSCADDEN	IM3539	21	00:26:52	13	01:13:52	19	00:47:13	14	02:27:57
15	82	Alison FORNEY- GORMAN	IF3539	15	00:26:19	20	01:15:14	21	00:47:40	15	02:29:13
16	86	Jeff BINDA	IM2529	33	00:28:10	25	01:17:45	5	00:43:20	16	02:29:15
17	58	Steve SELLERS	IM5054	59	00:31:50	5	01:11:29	14	00:46:04	17	02:29:22
18	108	Michael STOLL	IM4044	18	00:26:39	22	01:16:45	17	00:46:49	18	02:30:13
19	91	Rejean LAREAU	IM5559	9	00:25:19	18	01:14:53	38	00:50:55	19	02:31:06
20	117	Jodi BYMOEN	IF3539	3	00:23:54	40	01:20:53	15	00:46:22	20	02:31:08
21	105	Kevin WALLIS	IM4044	45	00:29:47	11	01:13:28	27	00:48:49	21	02:32:04
22	94	Megan JONES	IF3034	25	00:27:12	8	01:13:04	45	00:52:35	22	02:32:51
23	118	Susan CALDER	IF4549	12	00:25:54	30	01:18:34	26	00:48:37	23	02:33:05
24	55	Patrick KOCHOREK	IM4044	49	00:29:59	14	01:13:54	33	00:50:12	24	02:34:04
25	73	Danielle BURKI	IF3539	10	00:25:24	32	01:19:17	29	00:49:35	25	02:34:15
26	119	Charles WEIR	IM1824	11	00:25:36	24	01:17:16	41	00:51:40	26	02:34:31
27	93	Jessica STICHELBOU	IF3034	38	00:29:17	27	01:18:03	23	00:48:08	27	02:35:27
28	266	Rob BRUNELLE	IM3034	68	00:32:37	26	01:17:50	12	00:45:29	28	02:35:55
29	22	Michael KOCHOREK	IM4044	51	00:30:16	10	01:13:13	50	00:53:27	29	02:36:55
30	19	Louise TAYLOR	IF4044	29	00:27:35	42	01:21:36	24	00:48:09	30	02:37:20
31	23	Keith WILKINSON	IM3034	70	00:32:39	34	01:20:01	16	00:46:25	31	02:39:04
32	25	Kim KARRAN	IF4044	26	00:27:13	43	01:21:50	35	00:50:19	32	02:39:22
33	260	Clay GILLIES	IM4044	75	00:32:52	33	01:19:43	20	00:47:28	33	02:40:03
34	124	Devan SCHELLENBERG	IM3034	56	00:31:33	31	01:18:52	39	00:51:05	34	02:41:29
35	63	Dave BENNETT	IM4044	50	00:30:09	23	01:16:59	65	00:55:57	35	02:43:05

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OV OV OV OV  
Place NO. NAME DIV Plc Time Plc Time Plc Time Plc Time

36	39	Alan GOURLAY	IM4549	67	00:32:28	38	01:20:46	31	00:49:55	36	02:43:08
37	76	Toni JAQUES	IF4549	48	00:29:57	29	01:18:32	60	00:55:06	37	02:43:34
38	84	Chris BRUTON	IM1824	37	00:29:05	46	01:22:47	42	00:51:59	38	02:43:51
39	248	Parker BRYAN	IM5054	39	00:29:28	35	01:20:26	52	00:54:12	39	02:44:05
40	267	Adrienne WATSON	IF3034	66	00:32:11	41	01:21:28	40	00:51:17	40	02:44:55
41	75	Sylvia WATSON	IF3539	77	00:32:59	51	01:23:29	28	00:49:00	41	02:45:28
42	10	Amber WANLESS	IF3539	27	00:27:16	58	01:25:31	47	00:52:52	42	02:45:39
43	47	Chuck AMERONGN	IM4549	34	00:28:16	47	01:22:59	56	00:54:50	43	02:46:04
44	56	Kevin TOOMBES	IM3539	61	00:31:53	63	01:26:23	22	00:47:57	44	02:46:13
45	53	Colin SHANKS	IM6064	35	00:28:30	39	01:20:47	77	00:57:29	45	02:46:45
46	114	Mackenzie BRUSH	IM1824	63	00:32:04	37	01:20:44	54	00:54:22	46	02:47:10
47	14	Brigitte BEDARD	IF3034	6	00:24:17	52	01:23:54	84	00:59:02	47	02:47:12
48	26	Andrew HOWELL	IM3034	7	00:24:36	67	01:27:09	64	00:55:49	48	02:47:34
49	44	Marty SCHOLTEN	IM3539	73	00:32:46	36	01:20:43	55	00:54:41	49	02:48:09
50	52	Liam GALWAY	IM3034	28	00:27:31	54	01:24:38	70	00:56:18	50	02:48:26
51	6	Brad TURNER	IM5054	24	00:27:10	89	01:33:00	25	00:48:18	51	02:48:27
52	123	Michelle TAYLOR	IF4044	72	00:32:45	44	01:21:56	51	00:53:57	52	02:48:37
53	32	David PRESS	IM2529	31	00:28:00	60	01:25:55	57	00:54:51	53	02:48:45
54	36	Dave STEWART	IM3539	78	00:33:00	48	01:23:03	53	00:54:22	54	02:50:24
55	92	Curtis STANG	IM4044	110	00:38:22	45	01:22:05	36	00:50:20	55	02:50:47
56	120	Etienne POULIN	IM3539	95	00:35:41	59	01:25:32	32	00:50:07	56	02:51:19
57	112	Carla MCPIKE	IF4044	62	00:32:03	49	01:23:06	72	00:56:42	57	02:51:51
58	104	Colin FOLEY	IM4549	69	00:32:38	50	01:23:13	69	00:56:10	58	02:52:00
59	43	Patty TRIMBLE	IF4044	47	00:29:56	88	01:32:19	34	00:50:19	59	02:52:34
60	42	Dean TRIMBLE	IM4549	55	00:31:15	83	01:31:00	37	00:50:42	60	02:52:56
61	68	Adrienne THOMS	IF3539	19	00:26:45	91	01:33:28	48	00:53:09	61	02:53:22
62	245	Alanna BUTLER	IF3034	71	00:32:41	56	01:25:21	62	00:55:30	62	02:53:31
63	69	Thor BARABONOFF	IM4044	22	00:27:06	73	01:28:15	81	00:58:22	63	02:53:42
64	4	Shawn OVENDEN	IM5054	60	00:31:52	53	01:23:56	82	00:58:28	64	02:54:15
65	101	David CROCKFORD	IM4549	98	00:36:16	62	01:26:11	43	00:52:01	65	02:54:27
66	48	Andrew JARDINE	IM3539	42	00:29:34	55	01:24:59	88	01:00:47	66	02:55:20
67	1	Erin RUTTAN	IF2529	88	00:34:49	28	01:18:15	95	01:02:47	67	02:55:50
68	109	Shawn DEFOREST	IM4044	87	00:34:48	61	01:26:05	59	00:54:59	68	02:55:52
69	40	Kathryn TRIGG	IF4549	74	00:32:51	65	01:26:34	75	00:56:52	69	02:56:16
70	90	Ryan HEARN	IM3034	83	00:34:15	64	01:26:25	71	00:56:37	70	02:57:17

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Place NO. NAME DIV Plc Time Plc Time Plc Time Plc Time

71	121	Liz VANDERKRUK	IF5054	79	00:33:03	85	01:31:39	46	00:52:41	71	02:57:22
72	97	Marc JOHNSON	IM4549	82	00:33:36	82	01:30:41	49	00:53:23	72	02:57:40
73	262	Gerry MUMFORD	IM4549	96	00:35:50	57	01:25:24	73	00:56:47	73	02:58:01
74	106	Tom CARTER	IM4044	105	00:37:30	66	01:26:45	61	00:55:11	74	02:59:25

75	78	Erin DURAND	IF3539	36	00:28:45	104	01:39:50	44	00:52:21	75	03:00:56
76	37	Brian SMITH	IM5054	89	00:34:52	79	01:29:58	68	00:56:08	76	03:00:57
77	100	Don CROSS	IM6064	86	00:34:32	71	01:27:46	83	00:58:50	77	03:01:08
78	29	Shauna SPEERS	IF3539	100	00:36:25	74	01:28:30	76	00:56:53	78	03:01:47
79	15	Aurelie BELLAVANCE	IF2529	44	00:29:41	84	01:31:36	91	01:01:27	79	03:02:43
80	77	Nancy BARNES	IF4549	106	00:37:33	70	01:27:44	78	00:57:38	80	03:02:55
81	103	Chris ILIFFE	IM3539	102	00:36:59	72	01:27:54	87	00:59:41	81	03:04:33
82	88	Nancy JENKINSON	IF5054	41	00:29:33	100	01:38:22	74	00:56:50	82	03:04:44
83	30	Job VAN DE PANNE	IM4549	113	00:39:53	81	01:30:30	58	00:54:57	83	03:05:20
84	81	Ben BERCI	IM3034	30	00:27:54	78	01:29:41	111	01:08:07	84	03:05:41
85	33	Mike PRESS	IM6064	57	00:31:44	90	01:33:03	94	01:02:13	85	03:07:00
86	16	Laura SLIPP	IF2529	46	00:29:48	76	01:28:48	113	01:08:45	86	03:07:21
87	18	Brad HALHEAD	IM3034	52	00:30:45	93	01:34:50	93	01:01:57	87	03:07:31
88	24	Karen HANSEN	IF5054	90	00:34:53	86	01:31:57	90	01:01:17	88	03:08:07
89	35	Marc POIRON	IM3034	81	00:33:22	77	01:29:34	106	01:05:38	89	03:08:33
90	244	Andrew WHITEHEAD	IM4044	97	00:36:15	75	01:28:47	105	01:05:02	90	03:10:04
91	122	Scott ARCHIBALD	IM3539	80	00:33:19	99	01:38:05	86	00:59:31	91	03:10:54
92	62	Kiley TORTI	IF3034	104	00:37:19	98	01:38:04	63	00:55:37	92	03:10:59
93	224	Stephen FURZE	IM4044	111	00:39:11	69	01:27:33	104	01:04:36	93	03:11:19
94	50	Rob VAN WALLEGHEM	IM4549	54	00:31:13	105	01:40:01	89	01:01:04	94	03:12:18
95	59	Sonia ROTHENMUND	IF3539	94	00:35:37	94	01:35:21	92	01:01:41	95	03:12:39
96	89	Paul JOHNSON	IM4044	121	00:45:24	87	01:31:59	66	00:55:59	96	03:13:21
97	12	Scott WILSON	IM4044					67	00:56:00	97	03:13:23
98	45	Shelley LISSEL	IF3539	103	00:37:09	97	01:37:52	85	00:59:28	98	03:14:28
99	115	Dylan DAINARD	IM3539	64	00:32:05	96	01:37:06	109	01:07:26	99	03:16:36
100	249	Kwanling CHIN	IF4549	99	00:36:22	110	01:42:19	80	00:58:12	100	03:16:52
101	61	Sara COHEN	IF3034	84	00:34:19	80	01:30:29	119	01:13:17	101	03:18:04
102	67	Elizabeth FOWLER	IF2529	43	00:29:38	112	01:42:30	107	01:06:04	102	03:18:12
103	28	Anjali COYLE	IF2529	76	00:32:58	111	01:42:29	96	01:02:51	103	03:18:17
104	38	Kari SMITH	IF4044	65	00:32:06	101	01:38:35	114	01:09:56	104	03:20:36
105	95	Shayne POWELL	IM4044	101	00:36:32	68	01:27:32	121	01:16:34	105	03:20:38

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106	49	Janet ANDERSON	IF4549	93	00:35:22	113	01:42:44	97	01:02:55	106	03:21:00
107	41	Barbara KING	IF4549	91	00:35:15	109	01:41:37	103	01:04:21	107	03:21:12
		Todd									

108	79	FORSYTH	IM4044	108	00:38:02	92	01:33:30	115	01:10:04	108	03:21:35
109	71	Phillip WIEBE	IM4044	109	00:38:05	106	01:40:11	100	01:03:39	109	03:21:54
110	20	Elena AITKEN	IF3034	58	00:31:49	103	01:38:53	117	01:11:32	110	03:22:13
111	265	John DOWNEY	IM4549	120	00:44:44	107	01:40:32	79	00:58:10	111	03:23:25
112	9	Kendall ROGERS	IM3539	116	00:42:16	95	01:36:56	102	01:04:16	112	03:23:27
113	102	Warren STANG	IM4549	92	00:35:17	102	01:38:49	116	01:11:25	113	03:25:31
114	66	Adrienne HERN	IF2529	107	00:37:57	115	01:44:32	101	01:04:06	114	03:26:34
115	107	Sandra WARD	IF2529	53	00:30:57	118	01:48:53	108	01:07:04	115	03:26:53
116	31	Nicole LAMBOO	IF2529	115	00:40:05	116	01:46:26	99	01:03:16	116	03:29:47
117	99	Kristen MACPHEE	IF3034	85	00:34:31	117	01:48:37	110	01:07:39	117	03:30:47
118	110	Katie ANDERSON	IF1824	117	00:42:30	121	01:52:42	98	01:02:58	118	03:38:09
119	3	Lesley Anne MCLEAN	IF4044	114	00:40:03	119	01:49:38	112	01:08:34	119	03:38:14
120	96	Robert LESOURD	IM4549	112	00:39:49	114	01:44:06	123	01:20:32	120	03:44:27
121	87	Troy HURTUBISE	IM4549	122	00:47:10	108	01:40:58	120	01:16:20	121	03:44:28
122	21	Debbie ZELEZ	IF3539	119	00:43:26	120	01:49:57	122	01:20:06	122	03:53:29
123	8	Wendy FRANCIS	IF5559	118	00:42:35	122	02:08:17	118	01:12:59	123	04:03:50