

HEART OF THE ROCKIES SPRINT TRIATHLON
 Invermere, BC
 July 14, 2013
 SPRINT AGE-GROUP RESULTS

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

1 182 Amber WANLESS SF3539 Canmore 1:20:14

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

1 142 Pablo TEJERA CUESTA SM3539 Rio de Janeiro 1:13:57

FEMALE SPRINT AGE GROUP: 16 - 19

1 161 Kirsty MACDONALD 14:34 44:15 23:22 1:22:10

2 151 Teighan WILSON 16:20 48:13 25:58 1:30:31

MALE SPRINT AGE GROUP: 16 - 19

FEMALE SPRINT AGE GROUP: 20 - 24

MALE SPRINT AGE GROUP: 20 - 24

1 152 Connor REDMAN 17:33 41:31 25:55 1:24:58

2 169 Simon ROWE 16:26 58:32 30:23 1:45:19

FEMALE SPRINT AGE GROUP: 25 - 29

1 125 Laura GRANT 11:09 49:25 29:17 1:29:50

2 113 Tara MILLER 18:36 49:10 29:48 1:37:33

3 115 Megan MCCLOSKEY 21:18 59:58 21:17 1:42:33

4 140 Andrea JANISCH 22:49 54:56 31:39 1:49:22

5 96 Lenora CARBONETTO 17:40 1:35:52 58:48 2:52:19

MALE SPRINT AGE GROUP: 25 - 29

1 123 Casey VAN DER LEE 17:29 59:43 25:44 1:42:55

2 173 Andrew GERLITZ 11:34 1:03:26 30:17 1:45:16

3 126 Curtis SCOTT 33:03 53:23 29:09 1:55:34

FEMALE SPRINT AGE GROUP: 30 - 34

1 167 Shelley WALLMAN 13:57 46:45 27:05 1:27:46

2 168 Karleen STRAUSS 14:33 50:30 27:22 1:32:24

3 14 Tara WHITTICK 18:09 53:26 30:41 1:42:15

4 190 Brayenna MURRAY 20:53 56:01 32:24 1:49:17

5 153 Nicole COUILLARD 23:57 1:03:42 34:54 2:02:32

6 124 Amber MCKAIN 26:49 1:09:02 39:41 2:15:31

MALE SPRINT AGE GROUP: 30 - 34

1 118 Ryan STODDART 24:58 1:15:58 36:04 2:16:59

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FEMALE SPRINT AGE GROUP: 35 - 39

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|----|----------------------|-------|---------|-------|---------|
| 1 | 182 Amber WANLESS | 14:16 | 41:11 | 24:48 | 1:20:14 |
| 2 | 154 Renee SOENEN | 15:24 | 40:15 | 26:07 | 1:21:46 |
| 3 | 117 Karen CAMBALIZA | 14:54 | 44:01 | 24:23 | 1:23:18 |
| 4 | 158 Erin CROWE | 15:43 | 49:32 | 25:51 | 1:31:05 |
| 5 | 120 Helen ZWANEOEL | 18:02 | 46:49 | 27:25 | 1:32:15 |
| 6 | 163 Vivienne FEICK | 17:31 | 53:28 | 24:27 | 1:35:25 |
| 7 | 132 Terra BLACKWELL | 22:14 | 59:01 | 21:43 | 1:42:57 |
| 8 | 137 Julie DUBLONKO | 21:45 | 58:46 | 22:45 | 1:43:15 |
| 9 | 183 Laura BIDINGER | 21:30 | 53:36 | 34:10 | 1:49:15 |
| 10 | 162 Rachel ROSS | 23:50 | 56:07 | 30:17 | 1:50:13 |
| 11 | 119 Jacqueline STAHL | 24:30 | 1:02:31 | 23:16 | 1:50:16 |
| 12 | 122 Teri MCGEACHIE | 27:20 | 53:49 | 33:18 | 1:54:26 |
| 13 | 149 Caren MENDYK | 19:39 | 1:10:09 | 39:50 | 2:09:38 |
| 14 | 147 Maureen CARR | 18:33 | 1:14:54 | 38:12 | 2:11:38 |
| 15 | 150 Nancy EMMERSON | 29:17 | 1:31:02 | 54:26 | 2:54:44 |

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MALE SPRINT AGE GROUP: 35 - 39

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|---|-------------------------|-------|-------|-------|---------|
| 1 | 142 Pablo TEJERA CUESTA | 12:26 | 40:10 | 21:21 | 1:13:57 |
| 2 | 155 Marty SCHOLTEN | 16:00 | 42:09 | 24:00 | 1:22:08 |
| 3 | 131 Ryan BLUSH | 17:38 | 46:07 | 23:22 | 1:27:06 |
| 4 | 139 Brad KANE | 15:36 | 45:52 | 28:04 | 1:29:31 |
| 5 | 135 Ben BERCI | 12:54 | 47:10 | 32:01 | 1:32:04 |
| 6 | 146 John MERRETT | 15:00 | 50:52 | 31:04 | 1:36:56 |

FEMALE SPRINT AGE GROUP: 40 - 44

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|---|----------------------|-------|---------|-------|---------|
| 1 | 179 Erin DURAND | 14:24 | 51:26 | 24:49 | 1:30:38 |
| 2 | 128 Leahsa GRANDBERG | 19:04 | 52:37 | 31:33 | 1:43:13 |
| 3 | 110 Campion SWARTOUT | 21:56 | 53:17 | 30:15 | 1:45:27 |
| 4 | 136 Suzanne MAGNER | 19:28 | 54:04 | 35:22 | 1:48:52 |
| 5 | 127 Julia MERCER | 16:14 | 1:01:33 | 35:59 | 1:53:45 |
| 6 | 160 Virginia DILGER | 21:41 | 1:10:25 | 37:39 | 2:09:45 |
| 7 | 175 Dixie COLE | 24:41 | 1:15:41 | 33:41 | 2:14:02 |

MALE SPRINT AGE GROUP: 40 - 44

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|---|---------------------|-------|-------|-------|---------|
| 1 | 176 Todd FORSYTH | 16:00 | 45:06 | 25:31 | 1:26:36 |
| 2 | 129 Aaron GRANDBERG | 18:39 | 49:56 | 27:34 | 1:36:08 |

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|---|-----|----------------|-------|---------|-------|---------|
| 3 | 156 | Vijay DOMINGO | 18:47 | 53:05 | 33:54 | 1:45:46 |
| 4 | 159 | Andreas DILGER | 27:29 | 1:00:25 | 38:14 | 2:06:07 |

FEMALE SPRINT AGE GROUP: 45 - 49

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|---|-----|--------------------|-------|-------|-------|---------|
| 1 | 188 | Michelle TAYLOR | 16:16 | 42:40 | 26:19 | 1:25:14 |
| 2 | 177 | Sharon BLACKWELL | 17:42 | 47:50 | 30:52 | 1:36:24 |
| 3 | 174 | Carolyn GILLESPIE | 21:20 | 55:08 | 30:05 | 1:46:32 |
| 4 | 88 | Ellen LATIMER-ARNS | 29:31 | 55:07 | 28:34 | 1:53:11 |

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MALE SPRINT AGE GROUP: 45 - 49

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|---|-----|---------------|-------|-------|-------|---------|
| 1 | 187 | Brent TAYLOR | 16:40 | 49:34 | 25:47 | 1:32:00 |
| 2 | 130 | Daniel MASSEY | 22:10 | 53:19 | 28:58 | 1:44:27 |

FEMALE SPRINT AGE GROUP: 50 - 54

| | | | | | | |
|---|-----|----------------|-------|---------|-------|---------|
| 1 | 134 | Barbara KING | 17:35 | 56:13 | 31:39 | 1:45:25 |
| 2 | 133 | Ann CECCANESE | 22:34 | 55:53 | 30:36 | 1:49:02 |
| 3 | 180 | Terry COLLINS | 24:33 | 1:00:28 | 28:29 | 1:53:29 |
| 4 | 165 | Denice BIGELOW | 26:37 | 1:09:36 | 36:41 | 2:12:53 |

MALE SPRINT AGE GROUP: 50 - 54

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|---|-----|---------------------|-------|---------|-------|---------|
| 1 | 178 | Jon Arne ENEVOLDSEN | 16:10 | 37:11 | 20:50 | 1:14:10 |
| 2 | 171 | Terry RAYMOND | 16:46 | 48:08 | 26:58 | 1:31:51 |
| 3 | 164 | Brian SMITH | 15:49 | 50:25 | 27:40 | 1:33:54 |
| 4 | 145 | Royce BAKER | 18:37 | 49:51 | 28:23 | 1:36:51 |
| 5 | 43 | Paul BOWMAN | 19:49 | 47:46 | 29:42 | 1:37:16 |
| 6 | 144 | Howard KIRBYSON | 18:40 | 49:20 | 29:53 | 1:37:52 |
| 7 | 48 | Ravi DOMINGO | 19:41 | 1:00:20 | 34:28 | 1:54:28 |

FEMALE SPRINT AGE GROUP: 55 - 59

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|---|-----|-------------|-------|---------|-------|---------|
| 1 | 111 | Lilli FICKO | 20:38 | 1:06:21 | 42:56 | 2:09:55 |
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MALE SPRINT AGE GROUP: 55 - 59

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|---|-----|---------------|-------|-------|-------|---------|
| 1 | 148 | Randy JACKSON | 20:00 | 48:43 | 26:23 | 1:35:06 |
| 2 | 166 | Bob BIGELOW | 21:11 | 47:56 | 28:24 | 1:37:30 |
| 3 | 172 | Doug MURRAY | 21:43 | 47:16 | 29:17 | 1:38:15 |
| 4 | 116 | Pat MCCLOSKEY | 14:56 | 56:25 | 31:28 | 1:42:48 |
| 5 | 170 | John HOOKS | 22:07 | 51:10 | 31:02 | 1:44:18 |

FEMALE SPRINT AGE GROUP: 60 - 64

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MALE SPRINT AGE GROUP: 60 - 64

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|---|-----|--------|----------|-------|---------|-------|---------|
| 1 | 157 | Donald | PERCIVAL | 14:57 | 56:54 | 26:39 | 1:38:29 |
| 2 | 112 | John | BROWNING | 20:38 | 1:01:23 | 23:13 | 1:45:13 |

FEMALE SPRINT AGE GROUP: 65 - 69

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|---|-----|-------|--------|-------|---------|-------|---------|
| 1 | 141 | Myrna | CULHAM | 21:42 | 1:10:12 | 48:26 | 2:20:19 |
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MALE SPRINT AGE GROUP: 65 - 69

FEMALE SPRINT AGE GROUP: 70 - 99

MALE SPRINT AGE GROUP: 70 - 99