

**2009 Elkford Triathlon
Overall Run Times**

Sprint 5K

O/A	Name	Bib#	Category	Run Time	Cat
1	DRIJBER, RYAN	110	SPRT20-29M	00:20:00.80	1
2	KINDRAT, JASON	125	SPRT30-39M	00:20:04.40	1
3	OTTO, ANDREW	113	SPRT20-29M	00:20:44.85	2
4	NYKWIST, SHEILA	118	SPRT30-39F	00:21:36.90	1
5	COOMBS, MATTHEW	109	SPRT20-29M	00:21:39.75	3
6	SMITHIES, KAYLA	119	SPRT30-39F	00:21:50.65	2
7	FERGUSON, SHEA	111	SPRT20-29M	00:22:20.25	4
8	TAYLOR, MIKE	135	SPRT50-59M	00:23:06.65	1
9	HARRISON, BRIAN	112	SPRT20-29M	00:23:12.60	5
10	KENNEDY, LORI	130	SPRT40-49F	00:24:46.10	1
11	MAC CON, AMY	117	SPRT30-39F	00:25:47.95	3
12	DRESSLER, SCOTT	136	SPRT40-49M	00:26:22.00	1
13	VURCUREVICH, ALLISON	121	SPRT30-39F	00:26:26.90	4
14	OTTO, SHAUNA	105	SPRT20-29F	00:26:45.85	1
15	BISSONETTE, CHRIS	133	SPRT50-59M	00:27:22.20	2
16	SEWARD, PAUL	134	SPRT50-59M	00:27:27.20	3
17	SWANSON, LANA	107	SPRT20-29F	00:28:03.80	2
18	DENIS, ISABELLE	101	SPRT20-29F	00:29:27.25	3
19	SEWARD, KEVIN	115	SPRT20-29M	00:30:09.70	6
20	TOBIN, TROY	126	SPRT30-39M	00:30:34.70	2
21	STARCHUK, KIM	106	SPRT20-29F	00:30:50.30	4
22	BORYS, JODI	100	SPRT20-29F	00:31:07.10	5
23	HENNIG, LAURA	103	SPRT20-29F	00:32:24.00	6
24	PURDY, KERRIE	131	SPRT50-59F	00:32:51.50	1
25	JONES, SHELLY	129	SPRT40-49F	00:33:08.25	2
26	WITTFOTH, CLEO	122	SPRT30-39F	00:33:49.75	5
27	GIBSON, KIM	102	SPRT20-29F	00:34:37.40	7
28	VORONINA, LYUDMYLA	120	SPRT30-39F	00:35:01.75	6
29	BISSONETTE, ROBERT	108	SPRT20-29M	00:38:40.65	7
30	HENDERSON, DANITA	128	SPRT40-49F	00:39:51.25	3
31	KINDRAT, TANYA	116	SPRT30-39F	00:40:01.70	7

**2009 Elkford Triathlon
Overall Run Times**

2 Person Sprint Team 5K

O/A	Name	Bib#	Category	Run Time	Cat
1	BARNARD, KRISTINE	163	SPRTTEAM2-40-49F	00:28:54.10	1
	ALEXANDER, KAREN - Swimmer				
	ALEXANDER, KAREN - Biker				
2	JONES, JESSICA	160	SPRTTEAM2-19<F	00:33:56.20	1
	MILDENBERGER, CORISSA - Swimmer				
	JONES, JESSICA - Biker				
3	HARRINGTON, CORETTE	162	SPRTTEAM2-30-39F	00:36:26.90	1
	NIXON, MARY - Swimmer				
	HARRINGTON, CORETTE - Biker				
4	SEWARD, DEREK	161	SPRTTEAM2-20-29MX	00:37:09.60	1
	SWAIL, ANDREA - Swimmer				
	SEWARD, DEREK - Biker				
5	WILSON, JOE	166	SPRTTEAM2-40-49M	00:38:09.30	1
	SPITTAEL, MARK - Swimmer				
	WILSON, JOE - Biker				

**2009 Elkford Triathlon
Overall Run Times**

3 Person Sprint Team 5K

O/A	Name	Bib#	Category	Run Time	Cat
1	RUESCH, SAM BISSONETTE, ROBERT - Swimmer FAY, BEN - Biker	178	SPRTTEAM3-40-49M	00:21:37.40	1
2	WHIDDEN, JARED SMITH, JASON - Swimmer LABEY, CORRINA - Biker	176	SPRTTEAM3-30-39MX	00:23:52.15	1
3	ULLIAC, JEREMY HODGINS, ALANNA - Swimmer ATHERTON, KEVIN - Biker	181	SPRTTEAM3-40-49MX	00:24:02.85	1
4	WRAY, ERICA NIXON, MEGAN - Swimmer CULVER, COURTNEY - Biker	170	SPRTTEAM3-19<F	00:24:17.65	1
5	MCHARG, MADISON NIXON, CASSIE - Swimmer HUISMAN, JOSH - Biker	171	SPRTTEAM3-19<MX	00:25:03.85	1
6	LYTTLE, KRISTY GARCIA, RICARDO - Swimmer OULETTE, JEANNOT - Biker	175	SPRTTEAM3-30-39MX	00:25:05.90	2
7	WEIR, SHANNON SHEREMETA, DEMI - Swimmer PINETTE, CLAIRE - Biker	185	SPRTTEAM3-40-49F	00:25:17.00	1
8	SPROULE, EMILY DRESSLER, SCOTT - Swimmer MUSIL, BARRY - Biker	179	SPRTTEAM3-40-49MX	00:26:11.95	2
9	HENGEN, DAVE WIGGINS, MADAWNA - Swimmer ROBINSON, COURTNEY - Biker	177	SPRTTEAM3-30-39MX	00:26:31.80	3
10	BLEICH, CHRIS SCHROEDER, DANIELLE - Swimmer ANCTIL, SHAWN - Biker	183	SPRTTEAM3-40-49MX	00:26:37.55	3
11	MARASCO, JEANNETTE HALASZ, GABRIELLE - Swimmer SMITHIES, NEIL - Biker	180	SPRTTEAM3-40-49MX	00:27:58.35	4
12	DURAND, BRITNEY UNWIN, KAITLYN - Swimmer HAUKAAS, TAYLOR - Biker	172	SPRTTEAM3-19<MX	00:28:32.25	2
13	TAYLOR, KATIE WONG, BRIAN - Swimmer BILSKI, CHRISTINA - Biker	174	SPRTTEAM3-20-29MX	00:30:33.50	1
14	MOSIONDZ, DARLENE HESJE, LEAH - Swimmer TUGGLE, MAUREEN - Biker	173	SPRTTEAM3-20-29F	00:31:02.85	1
15	VANDERGRIFT, TERRY METZ, MELISSA - Swimmer NIXON, BETH - Biker	182	SPRTTEAM3-40-49MX	00:31:08.50	5
16	MCDONALD, RANDI SWAIL, JENNIFER - Swimmer KING, GEORGE - Biker	184	SPRTTEAM3-50-59MX	00:36:55.80	1

**2009 Elkford Triathlon
Overall Run Times****Xtreme Sprint 5K**

O/A	Name	Bib#	Category	Run Time	Cat
1	ENGLISH, JASON	51	XSPRT30-39M	00:23:06.65	1
2	MACREADY, LAURA	50	XSPRT20-29F	00:23:33.95	1
3	HARRINGTON, MIKE	52	XSPRT30-39M	00:24:33.75	2
4	ZANOZIN, DMITRI	55	XSPRT40-49M	00:24:55.65	1
5	WORKMAN, HOLLY	53	XSPRT40-49F	00:28:09.25	1

**2009 Elkford Triathlon
Overall Run Times****2 Person Xtreme-Sprint Team 5K**

O/A	Name	Bib#	Category	Run Time	Cat
1	HUME, SHELLY	56	XSPRTTEAM2-40-49F	00:27:31.55	1
	HUME, CAILEY - Swimmer				
	HUME, SHELLY - Biker				

**2009 Elkford Triathlon
Overall Run Times****3 Person Xtreme-Sprint Team 5K**

O/A	Name	Bib#	Category	Run Time	Cat
1	WILKIE, MATTHEW	57	XSPRTTEAM3-20-29M	00:24:19.75	1
	WILKE, DAN - Swimmer				
	WILKIE, KEVAN - Biker				