

# Kamloops Spring Triathlon 2014 Official Results

Date: May 4, 2014

Host Club: Kamloops Tri

Location: Kamloops


## Female Olympic - 10 km. - Olympic Distance Female

PL	Bib	Name	SubCategory	Rnk	Swim	Rnk T1	Rnk Cycle	Rnk T2	Rnk Run	Rnk Time	Diff
1	730	Jen Milton	F Oly (40-49)	1/5	0:24:38.0 (4)	0:02:53.6 (8)	1:14:52.4 (1)	0:02:39.0 (8)	0:46:38.5 (2)	2:31:41.7	+0.0
2	700	Leslie Bradwell	F Oly (30-39)	1/7	0:26:41.8 (7)	0:02:08.9 (6)	1:22:26.8 (3)	0:04:15.6 (12)	0:51:44.7 (3)	2:47:18.0	+15:36.3
3	738	Kathleen Wright	F Oly (40-49)	2/5	0:29:12.2 (14)	0:02:04.8 (4)	1:25:59.7 (6)	0:04:33.5 (13)	0:46:37.9 (1)	2:48:28.3	+16:46.6
4	710	Deena Williamson	F Oly (40-49)	3/5	0:28:13.9 (11)	0:01:34.8 (1)	1:18:28.6 (2)	0:02:18.4 (7)	0:59:30.2 (7)	2:50:06.1	+18:24.4
5	735	Fawm Williams	F Oly (30-39)	2/7	0:25:46.9 (6)	0:01:43.4 (2)	1:24:20.4 (4)	0:01:25.3 (3)	0:58:32.0 (5)	2:51:48.2	+20:06.5
6	728	Amy Dalpre	F Oly (30-39)	3/7	0:22:50.4 (3)	0:02:59.3 (9)	1:29:10.4 (9)	0:02:50.9 (9)	0:57:54.8 (4)	2:55:46.1	+24:04.4
7	733	Amanda Hunter	F Oly (20-29)	1/1	0:27:10.1 (8)	0:04:19.2 (13)	1:28:25.7 (8)	0:01:08.4 (2)	0:58:32.8 (6)	2:59:36.4	+27:54.7
8	706	Shirley Fisher	F Oly (50-59)	1/2	0:28:35.5 (12)	0:02:05.4 (5)	1:29:51.8 (11)	0:02:05.5 (6)	1:02:20.9 (9)	3:04:59.2	+33:17.5
9	729	Caroline Duval	F Oly (30-39)	4/7	0:22:34.6 (2)	0:04:38.8 (15)	1:29:38.8 (10)	0:05:24.1 (14)	1:05:57.2 (11)	3:08:13.8	+36:32.1
10	731	Lisa Cavaliere	F Oly (30-39)	5/7	0:28:13.3 (10)	0:01:53.8 (3)	1:26:43.4 (7)	0:04:14.9 (11)	1:07:20.8 (12)	3:08:26.5	+36:44.8
11	739	Sonia Donaldson	F Oly (30-39)	6/7	0:24:54.7 (5)	0:02:29.6 (7)	1:41:15.1 (14)	0:00:27.5 (1)	0:59:39.8 (8)	3:08:46.8	+37:05.1
12	723	Crystal Methot	F Oly (30-39)	7/7	0:21:45.6 (1)	0:04:34.5 (14)	1:25:44.1 (5)	0:02:05.2 (5)	1:14:38.8 (13)	3:08:48.3	+37:06.6
13	713	Rachael Sdoutz	F Oly (40-49)	4/5	0:28:42.8 (13)	0:03:45.7 (11)	1:31:21.3 (12)	0:03:13.5 (10)	1:03:04.7 (10)	3:10:08.2	+38:26.5
14	701	Bonnie Cameron	F Oly (40-49)	5/5	0:27:49.5 (9)	0:03:08.7 (10)	1:38:41.6 (13)	0:01:57.5 (4)	1:15:17.2 (14)	3:26:54.8	+55:13.1
15	717	Cheryl Doll	F Oly (50-59)	2/2	0:35:33.8 (15)	0:04:05.8 (12)	1:43:04.2 (15)	0:06:01.1 (15)	1:19:31.3 (15)	3:48:16.4	+1:16:34.7

## Male Olympic - 10 km. - Olympic Distance Male

PL	Bib	Name	SubCategory	Rnk	Swim	Rnk T1	Rnk Cycle	Rnk T2	Rnk Run	Rnk Time	Diff
1	725	Wayne Little	M Oly (40-49)	1/6	0:22:24.7 (2)	0:01:14.6 (1)	1:06:11.8 (1)	0:02:02.3 (5)	0:45:12.0 (1)	2:17:05.6	+0.0
2	732	Ryan Torvik	M Oly (40-49)	2/6	0:23:17.7 (3)	0:01:42.9 (2)	1:13:09.8 (3)	0:02:00.1 (4)	0:46:09.8 (3)	2:26:20.5	+9:14.9
3	705	Ryan Dale-Johnson	M Oly (30-39)	1/5	0:23:29.3 (4)	0:02:41.5 (5)	1:12:52.1 (2)	0:02:45.0 (8)	0:45:24.7 (2)	2:27:12.8	+10:07.2
4	736	Matt Treger	M Oly (40-49)	3/6	0:24:08.8 (5)	0:03:14.2 (6)	1:16:42.9 (4)	0:02:40.8 (7)	0:46:35.9 (4)	2:33:22.8	+16:17.2
5	724	Andreas Huerlimann	M Oly (20-29)	1/1	0:19:09.4 (1)	0:02:27.3 (3)	1:25:40.2 (10)	0:00:46.1 (2)	0:54:16.3 (10)	2:42:19.5	+25:13.9

**Male Olympic Continued ... - 10 km. - Olympic Distance Male**

PL	Bib	Name	SubCategory	Rnk	Swim	Rnk T1	Rnk Cycle	Rnk T2	Rnk Run	Rnk Time	Diff
6	711	Mike Slapman	M Oly (30-39)	2/5	0:31:23.3 (13)	0:03:15.9 (7)	1:22:06.4 (7)	0:00:44.2 (1)	0:48:03.0 (5)	2:45:32.9	+28:27.3
7	704	Cornel Barnard	M Oly (30-39)	3/5	0:26:20.0 (8)	0:02:41.4 (4)	1:20:10.2 (5)	0:02:36.4 (6)	0:54:05.6 (9)	2:45:53.8	+28:48.2
8	702	Daniel Dallaire	M Oly (40-49)	4/6	0:25:13.0 (6)	0:03:54.6 (10)	1:21:46.6 (6)	0:02:46.7 (9)	0:53:36.2 (7)	2:47:17.3	+30:11.7
9	709	Jonathan Bowers	M Oly (30-39)	4/5	0:26:38.0 (9)	0:04:05.5 (12)	1:23:18.9 (9)	0:04:12.0 (13)	0:51:58.0 (6)	2:50:12.6	+33:07.0
10	707	Gerard Poitras	M Oly (40-49)	5/6	0:26:08.0 (7)	0:03:40.9 (9)	1:22:55.1 (8)	0:03:46.2 (12)	0:53:58.1 (8)	2:50:28.5	+33:22.9
11	715	Harv Westeringh	M Oly (40-49)	6/6	0:27:18.3 (11)	0:04:52.4 (13)	1:32:20.0 (13)	0:01:45.3 (3)	0:59:52.1 (11)	3:06:08.2	+49:02.6
12	708	Glen Davidson	M Oly (60 + )	1/1	0:26:40.9 (10)	0:03:56.2 (11)	1:28:05.3 (11)	0:03:09.5 (11)	1:05:06.1 (13)	3:06:58.1	+49:52.5
13	712	Johan Van Heerden	M Oly (30-39)	5/5	0:30:16.0 (12)	0:03:32.6 (8)	1:32:03.5 (12)	0:03:00.7 (10)	1:01:41.6 (12)	3:10:34.6	+53:29.0
DNF	703	Ken Rymer	M Oly (30-39)	*	0:26:34.5 (*)	0:03:33.5 (*)	2:08:38.7 (*)	0:15:43.1 (*)	*** (*)	***	***
DNF	726	Hugh Murdoch	M Oly (40-49)	*	0:24:40.4 (*)	0:03:30.4 (*)	*** (*)	*** (*)	*** (*)	***	***
DNF	734	Chris Derickson	M Oly (30-39)	*	0:23:26.5 (*)	0:02:28.2 (*)	0:40:55.2 (*)	0:04:46.4 (*)	*** (*)	***	***
DSQ	737	Aaron Spohr	M Oly (30-39)	*	*** (*)	*** (*)	*** (*)	*** (*)	*** (*)	***	***
DNS	714	Martin Whist	M Oly (40-49)	*	*** (*)	*** (*)	*** (*)	*** (*)	*** (*)	***	***
DNS	727	Sam Lazar	M Oly (30-39)	*	*** (*)	*** (*)	*** (*)	*** (*)	*** (*)	***	***

**Female Sprint - 5 km. - Sprint Distance Female**

PL	Bib	Name	SubCategory	Rnk	Swim	Rnk T1	Rnk Cycle	Rnk T2	Rnk Run	Rnk Time	Diff
1	640	Danielle Todd	F Sprint (30-39)	1/6	0:13:01.2 (10)	0:02:29.0 (13)	0:38:07.2 (1)	0:01:48.3 (21)	0:21:00.1 (1)	1:16:25.9	+0.0
2	679	Alyson Couch	F Sprint (30-39)	2/6	0:12:24.4 (7)	0:00:21.3 (1)	0:40:56.2 (2)	0:00:43.1 (4)	0:24:33.3 (10)	1:18:58.5	+2:32.6
3	628	Gina Cinelli	F Sprint (16-19)	1/2	0:10:32.6 (2)	0:01:49.6 (5)	0:43:34.1 (5)	0:01:09.7 (12)	0:23:29.5 (5)	1:20:35.7	+4:09.8
4	670	Carla Martin	F Sprint (40-49)	1/14	0:09:53.2 (1)	0:02:18.2 (11)	0:43:32.1 (4)	0:01:22.7 (14)	0:23:54.9 (8)	1:21:01.3	+4:35.4
5	626	Shelby Easton	F Sprint (20-29)	1/7	0:12:33.4 (8)	0:02:06.2 (9)	0:43:07.1 (3)	0:01:08.1 (11)	0:23:12.4 (3)	1:22:07.4	+5:41.5
6	675	Karen Sims	F Sprint (40-49)	2/14	0:13:17.6 (11)	0:01:57.7 (7)	0:44:40.8 (8)	0:01:48.1 (20)	0:22:28.9 (2)	1:24:13.2	+7:47.3
7	643	Brenda Laupland	F Sprint (40-49)	3/14	0:12:39.1 (9)	0:01:14.0 (3)	0:44:47.3 (9)	0:01:48.4 (22)	0:24:44.1 (11)	1:25:13.1	+8:47.2
8	654	Fiona Milne-McKenzie	F Sprint (40-49)	4/14	0:13:39.4 (14)	0:02:50.1 (16)	0:45:14.0 (11)	0:01:35.4 (17)	0:23:33.6 (6)	1:26:52.6	+10:26.7
9	677	Midori Grant	F Sprint (20-29)	2/7	0:11:02.4 (5)	0:02:50.1 (16)	0:45:45.2 (14)	0:01:24.3 (15)	0:26:29.0 (14)	1:27:31.2	+11:05.3
10	634	Penny Page-Brittin	F Sprint (40-49)	5/14	0:15:55.2 (26)	0:02:18.2 (11)	0:44:12.3 (7)	0:00:38.8 (3)	0:25:07.7 (12)	1:28:12.3	+11:46.4
11	660	Lisa Brunt	F Sprint (30-39)	3/6	0:14:20.8 (18)	0:02:02.6 (8)	0:46:47.4 (17)	0:01:39.0 (19)	0:23:50.1 (7)	1:28:40.1	+12:14.2
12	672	Kyleigh Williamson	F Sprint (16-19)	2/2	0:11:01.6 (4)	0:01:04.7 (2)	0:46:35.2 (15)	0:00:58.7 (7)	0:29:02.0 (26)	1:28:42.4	+12:16.5
13	631	Alysha Hofstede	F Sprint (30-39)	4/6	0:14:41.5 (20)	0:03:32.3 (24)	0:43:48.0 (6)	0:00:28.2 (1)	0:27:22.1 (17)	1:29:52.2	+13:26.3
14	625	Kim Bowser	F Sprint (50-59)	1/5	0:15:55.1 (25)	0:02:30.1 (14)	0:44:55.2 (10)	0:03:35.4 (33)	0:24:05.6 (9)	1:31:01.6	+14:35.7

**Female Sprint Continued ... - 5 km. - Sprint Distance Female**

PL	Bib	Name	SubCategory	Rnk	Swim	Rnk T1	Rnk Cycle	Rnk T2	Rnk Run	Rnk Time	Diff					
15	662	Tracy Coombes	F Sprint (40-49)	6/14	0:12:15.3	(6)	0:03:12.3	(21)	0:46:35.8	(16)	0:02:11.4	(25)	0:27:22.5	(18)	1:31:37.6	+15:11.7
16	668	Jocelyn Light	F Sprint (20-29)	3/7	0:10:41.3	(3)	0:03:11.1	(20)	0:49:43.3	(23)	0:00:55.4	(6)	0:27:34.4	(22)	1:32:05.8	+15:39.9
17	658	Joanne Foster	F Sprint (40-49)	7/14	0:14:59.8	(21)	0:03:10.5	(19)	0:45:26.7	(12)	0:01:38.4	(18)	0:27:23.4	(20)	1:32:39.1	+16:13.2
18	656	Sierra Williams	F Sprint (20-29)	4/7	0:15:32.1	(23)	0:02:06.6	(10)	0:51:12.6	(27)	0:01:12.6	(13)	0:23:23.5	(4)	1:33:27.6	+17:01.7
19	612	Jenna Schmid	F Sprint (20-29)	5/7	0:16:59.6	(27)	0:02:54.7	(18)	0:47:28.5	(18)	0:00:55.2	(5)	0:25:21.6	(13)	1:33:39.9	+17:14.0
20	645	Carrie Stiles	F Sprint (40-49)	8/14	0:13:23.9	(12)	0:01:57.0	(6)	0:47:47.8	(19)	0:02:21.3	(27)	0:28:10.6	(23)	1:33:40.8	+17:14.9
21	609	Jan Schmid	F Sprint (50-59)	2/5	0:18:12.0	(29)	0:03:54.0	(25)	0:45:38.7	(13)	0:01:05.6	(9)	0:26:29.2	(15)	1:35:19.6	+18:53.7
22	650	Lori Munroe	F Sprint (40-49)	9/14	0:13:29.3	(13)	0:04:20.2	(28)	0:49:10.2	(22)	0:01:25.6	(16)	0:28:37.2	(25)	1:37:02.8	+20:36.9
23	616	Gemma Summers	F Sprint (30-39)	5/6	0:17:07.8	(28)	0:05:01.1	(32)	0:48:14.0	(20)	0:02:35.6	(29)	0:27:33.6	(21)	1:40:32.3	+24:06.4
24	644	Deborah Fulton	F Sprint (50-59)	3/5	0:13:44.2	(15)	0:03:26.3	(23)	0:54:00.6	(29)	0:02:12.8	(26)	0:27:23.3	(19)	1:40:47.5	+24:21.6
25	653	Adrienne Beacom	F Sprint (20-29)	6/7	0:13:53.1	(16)	0:04:43.4	(29)	0:54:32.8	(30)	0:02:00.9	(24)	0:27:20.6	(16)	1:42:31.0	+26:05.1
26	632	Davina Banner	F Sprint (30-39)	6/6	0:14:40.0	(19)	0:01:44.9	(4)	0:50:58.7	(26)	0:01:06.9	(10)	0:34:43.9	(33)	1:43:14.6	+26:48.7
27	636	Jen Brett	F Sprint (20-29)	7/7	0:14:10.2	(17)	0:03:22.3	(22)	0:50:38.2	(25)	0:00:37.8	(2)	0:34:39.8	(32)	1:43:28.5	+27:02.6
28	633	Heather Noyes	F Sprint (50-59)	4/5	0:15:47.8	(24)	0:04:19.3	(27)	0:50:02.8	(24)	0:03:57.3	(34)	0:31:55.2	(29)	1:46:02.6	+29:36.7
29	613	Catrina Ertel	F Sprint (40-49)	10/14	0:21:19.1	(34)	0:07:15.3	(34)	0:48:18.7	(21)	0:02:42.7	(32)	0:29:42.1	(28)	1:49:18.2	+32:52.3
30	604	Karen MacMillan	F Sprint (40-49)	11/14	0:19:40.3	(32)	0:04:15.4	(26)	0:55:34.2	(31)	0:02:40.2	(31)	0:28:32.6	(24)	1:50:42.9	+34:17.0
31	603	Susan Stoddart	F Sprint (40-49)	12/14	0:18:35.0	(30)	0:05:33.7	(33)	0:53:08.8	(28)	0:01:52.5	(23)	0:32:47.3	(30)	1:51:57.5	+35:31.6
32	617	August Bergmann	F Sprint (40-49)	13/14	0:18:47.4	(31)	0:02:49.8	(15)	1:03:34.0	(34)	0:02:30.1	(28)	0:29:17.2	(27)	1:56:58.6	+40:32.7
33	614	Catherine Thompson	F Sprint (50-59)	5/5	0:20:47.2	(33)	0:04:56.4	(31)	0:55:56.8	(32)	0:02:38.9	(30)	0:33:19.9	(31)	1:57:39.3	+41:13.4
34	648	Cara Graden	F Sprint (40-49)	14/14	0:15:06.6	(22)	0:04:53.3	(30)	1:01:46.9	(33)	0:01:02.1	(8)	0:41:02.8	(34)	2:03:52.0	+47:26.1
DSQ	657	Renee Ford Caillier	F Sprint (40-49)	*	***	(*)	***	(*)	***	(*)	***	(*)	***	(*)	***	***
DNS	615	Tricia Tait	F Sprint (30-39)	*	***	(*)	***	(*)	***	(*)	***	(*)	***	(*)	***	***
DNS	1651	Amber Genero	F Sprint (30-39)	*	***	(*)	***	(*)	***	(*)	***	(*)	***	(*)	***	***

**Male Sprint - 5 km. - Sprint Distance Male**

PL	Bib	Name	SubCategory	Rnk	Swim	Rnk T1	Rnk Cycle	Rnk T2	Rnk Run	Rnk Time	Diff					
1	678	Noah Beglaw	M Sprint (16-19)	1/2	0:09:42.8	(1)	0:00:38.1	(1)	0:37:05.3	(5)	0:00:56.9	(5)	0:18:22.8	(1)	1:06:46.1	+0.0
2	683	Alex Seal	M Sprint (50-59)	1/10	0:11:22.1	(6)	0:00:41.0	(2)	0:35:47.8	(2)	0:00:52.2	(2)	0:19:47.1	(4)	1:08:30.4	+1:44.3
3	676	Mark Coupe	M Sprint (30-39)	1/9	0:11:13.8	(5)	0:01:51.6	(5)	0:35:33.2	(1)	0:00:54.1	(4)	0:19:24.0	(2)	1:08:56.8	+2:10.7
4	623	David Stride	M Sprint (40-49)	1/6	0:13:08.0	(13)	0:01:45.7	(4)	0:36:50.1	(4)	0:01:21.4	(12)	0:19:41.0	(3)	1:12:46.4	+6:00.3
5	671	Vincenzo Cavaliere	M Sprint (50-59)	2/10	0:10:36.9	(4)	0:01:11.3	(3)	0:36:36.0	(3)	0:01:22.6	(13)	0:24:49.3	(18)	1:14:36.3	+7:50.2

**Male Sprint Continued ... - 5 km. - Sprint Distance Male**

PL	Bib	Name	SubCategory	Rnk	Swim	Rnk T1	Rnk Cycle	Rnk T2	Rnk Run	Rnk Time	Diff			
6	674	Steen Bray	M Sprint (30-39)	2/9	0:10:30.0 (3)	0:02:28.1 (9)	0:39:14.2 (9)	0:01:28.0 (15)	0:21:13.7 (10)	1:14:54.3	+8:08.2			
7	630	Faulkner Jim	M Sprint (30-39)	3/9	0:12:20.4 (9)	0:02:57.4 (14)	0:38:58.9 (7)	0:02:22.7 (26)	0:20:51.2 (9)	1:17:30.7	+10:44.6			
8	685	David Osmond	M Sprint (50-59)	3/10	0:11:52.3 (8)	0:02:52.0 (12)	0:39:06.0 (8)	0:01:29.7 (16)	0:22:26.5 (13)	1:17:46.7	+11:00.6			
9	629	Richard Brittin	M Sprint (40-49)	2/6	0:15:27.1 (19)	0:03:14.3 (16)	0:37:43.6 (6)	0:01:16.6 (11)	0:20:39.9 (7)	1:18:21.7	+11:35.6			
10	659	Eric Davis	M Sprint (30-39)	4/9	0:13:03.5 (12)	0:03:31.5 (17)	0:42:12.2 (13)	0:02:00.1 (23)	0:20:14.0 (5)	1:21:01.4	+14:15.3			
11	655	Bryce Willison	M Sprint (30-39)	5/9	0:12:50.4 (11)	0:01:58.8 (7)	0:40:58.7 (10)	0:01:00.1 (7)	0:25:18.3 (19)	1:22:06.4	+15:20.3			
12	673	Daniel Grant	M Sprint (16-19)	2/2	0:10:09.5 (2)	0:02:31.4 (10)	0:46:48.6 (21)	0:01:14.0 (10)	0:22:00.4 (12)	1:22:44.1	+15:58.0			
13	646	Rob Sims	M Sprint (40-49)	3/6	0:13:26.0 (15)	0:01:52.5 (6)	0:41:13.0 (11)	0:01:07.2 (8)	0:26:35.3 (21)	1:24:14.3	+17:28.2			
14	600	Richard Block	M Sprint (30-39)	6/9	0:14:53.2 (18)	0:03:48.5 (21)	0:43:46.0 (15)	0:02:19.5 (25)	0:20:16.3 (6)	1:25:03.7	+18:17.6			
15	661	Troy Monkman	M Sprint (40-49)	4/6	0:14:10.2 (17)	0:04:07.4 (23)	0:43:17.1 (14)	0:00:37.1 (1)	0:23:20.3 (17)	1:25:32.2	+18:46.1			
16	610	Dylan Houlihan	M Sprint (30-39)	7/9	0:17:29.5 (25)	0:03:45.0 (20)	0:41:55.6 (12)	0:01:55.5 (22)	0:22:29.2 (14)	1:27:34.9	+20:48.8			
17	635	Alan Clarke	M Sprint (50-59)	4/10	0:16:45.7 (23)	0:03:34.0 (18)	0:45:11.0 (18)	0:01:48.5 (20)	0:20:49.7 (8)	1:28:09.1	+21:23.0			
18	684	Donovan Covers	M Sprint (20-29)	1/2	0:13:16.4 (14)	0:06:28.4 (29)	0:44:45.8 (16)	0:01:42.0 (19)	0:22:45.3 (15)	1:28:58.0	+22:11.9			
19	649	Evan McLeish	M Sprint (20-29)	2/2	0:11:41.9 (7)	0:02:53.7 (13)	0:46:06.4 (19)	0:01:08.4 (9)	0:29:01.9 (26)	1:30:52.5	+24:06.4			
20	607	Sean LLOYD	M Sprint (30-39)	8/9	0:12:48.3 (10)	0:02:40.4 (11)	0:50:50.4 (26)	0:02:13.9 (24)	0:22:47.0 (16)	1:31:20.2	+24:34.1			
21	602	Dan Piper	M Sprint (30-39)	9/9	0:13:33.3 (16)	0:03:43.6 (19)	0:48:21.2 (22)	0:01:51.4 (21)	0:25:40.1 (20)	1:33:09.8	+26:23.7			
22	622	Chris Newton	M Sprint (40-49)	5/6	0:15:56.5 (21)	0:03:00.2 (15)	0:48:39.4 (23)	0:00:52.7 (3)	0:28:23.1 (25)	1:36:52.2	+30:06.1			
23	618	Bob Trudeau	M Sprint (50-59)	5/10	0:22:36.7 (29)	0:08:41.4 (30)	0:46:17.8 (20)	0:00:57.4 (6)	0:21:49.0 (11)	1:40:22.4	+33:36.3			
24	611	Rod Eckert	M Sprint (50-59)	6/10	0:17:14.5 (24)	0:05:25.9 (24)	0:44:48.3 (17)	0:01:33.1 (17)	0:31:27.2 (28)	1:40:29.2	+33:43.1			
25	624	Daryl Moore	M Sprint (40-49)	6/6	0:20:18.6 (28)	0:02:23.5 (8)	0:50:42.3 (25)	0:01:36.0 (18)	0:26:38.5 (22)	1:41:39.2	+34:53.1			
26	606	Scott Thompson	M Sprint (50-59)	7/10	0:16:19.6 (22)	0:06:22.1 (27)	0:49:49.3 (24)	0:01:25.6 (14)	0:29:24.1 (27)	1:43:20.8	+36:34.7			
27	605	Dean Lacroix	M Sprint (50-59)	8/10	0:18:41.2 (26)	0:04:05.0 (22)	0:58:24.9 (28)	0:04:56.7 (29)	0:28:03.1 (24)	1:54:11.2	+47:25.1			
28	619	John Allen	M Sprint (50-59)	9/10	0:15:31.3 (20)	0:06:25.4 (28)	0:59:52.7 (29)	0:04:54.4 (28)	0:28:02.5 (23)	1:54:46.5	+48:00.4			
29	608	Bruce Butcher	M Sprint (60 + )	1/1	0:18:56.1 (27)	0:06:21.9 (26)	0:54:37.2 (27)	0:02:25.5 (27)	0:36:15.0 (29)	1:58:35.9	+51:49.8			
30	716	Trent Doll	M Sprint (50-59)	10/10	0:31:43.1 (30)	0:05:58.8 (25)	1:35:26.0 (30)	0:15:44.2 (30)	1:19:31.1 (30)	3:48:23.4	+2:41:37.3			
DNF	620	Charlie Bruce	M Sprint (60 + )	*	0:13:53.6 (*)	0:02:31.3 (*)	0:52:43.8 (*)	***	(*)	***	(*)	***	***	
DSQ	663	Terry Lowe	M Sprint (40-49)	*	***	(*)	***	(*)	***	(*)	***	(*)	***	***
DSQ	681	Aaron MacKnee	M Sprint (30-39)	*	***	(*)	***	(*)	***	(*)	***	(*)	***	***
DNS	637	Richard Block	M Sprint (30-39)	*	***	(*)	***	(*)	***	(*)	***	(*)	***	***
DNS	680	Shaun Kuzio	M Sprint (40-49)	*	***	(*)	***	(*)	***	(*)	***	(*)	***	***

**Female Super Sprint - 3 km. - Super Sprint Distance Female**

PL	Bib	Name	SubCategory	Rnk	Swim	Rnk T1	Rnk Cycle	Rnk T2	Rnk Run	Rnk Time	Diff
1	557	Kyra McNulty	F Sup Sprint (14-15)	1/22	0:04:11.8 (2)	0:00:34.9 (1)	0:20:34.6 (1)	0:00:15.7 (1)	0:11:38.7 (1)	0:37:15.9	+0.0
2	534	Sophie Ogilvie	F Sup Sprint (14-15)	2/22	0:04:21.6 (7)	0:01:25.6 (10)	0:21:46.3 (3)	0:00:36.9 (15)	0:12:45.0 (2)	0:40:55.7	+3:39.8
3	545	Alana Brittin	F Sup Sprint (14-15)	3/22	0:05:34.8 (21)	0:00:48.7 (3)	0:22:33.6 (7)	0:00:23.6 (2)	0:13:34.7 (4)	0:42:55.6	+5:39.7
4	547	Jaxon Slaney	F Sup Sprint (14-15)	4/22	0:05:31.1 (20)	0:00:57.5 (6)	0:22:10.3 (5)	0:00:55.4 (25)	0:13:23.6 (3)	0:42:58.2	+5:42.3
5	544	Kate Granstrom	F Sup Sprint (14-15)	5/22	0:05:20.0 (19)	0:01:23.9 (9)	0:23:11.1 (8)	0:00:27.5 (6)	0:14:10.5 (5)	0:44:33.2	+7:17.3
6	558	Eloise Ladyman	F Sup Sprint (14-15)	6/22	0:04:19.5 (5)	0:01:36.0 (15)	0:23:14.1 (9)	0:00:26.6 (5)	0:15:24.2 (14)	0:45:00.7	+7:44.8
7	536	Haley Berrisford	F Sup Sprint (14-15)	7/22	0:04:20.8 (6)	0:00:45.0 (2)	0:21:54.0 (4)	0:01:11.4 (30)	0:16:53.4 (23)	0:45:04.9	+7:49.0
8	538	Emily Dagasso	F Sup Sprint (14-15)	8/22	0:04:35.4 (12)	0:01:42.8 (16)	0:23:31.1 (10)	0:00:28.0 (7)	0:14:48.6 (9)	0:45:06.1	+7:50.2
9	539	Elise Laupland	F Sup Sprint (14-15)	9/22	0:04:31.3 (10)	0:02:17.0 (28)	0:21:38.0 (2)	0:02:44.8 (35)	0:14:58.4 (10)	0:46:09.8	+8:53.9
10	549	Sydney Wabnegger	F Sup Sprint (14-15)	10/22	0:06:51.7 (25)	0:00:49.3 (4)	0:23:37.9 (11)	0:00:39.3 (18)	0:15:10.0 (11)	0:47:08.4	+9:52.5
11	555	Taryn MacLeod	F Sup Sprint (14-15)	11/22	0:04:15.1 (4)	0:01:34.9 (14)	0:26:24.5 (17)	0:00:24.8 (3)	0:14:36.1 (6)	0:47:15.7	+9:59.8
12	551	Taya Vissia	F Sup Sprint (14-15)	12/22	0:05:36.8 (23)	0:01:07.0 (7)	0:24:32.8 (15)	0:00:59.0 (26)	0:15:21.6 (13)	0:47:37.4	+10:21.5
13	543	Elizabeth Elliott	F Sup Sprint (14-15)	13/22	0:05:14.1 (17)	0:01:22.1 (8)	0:24:02.6 (12)	0:00:45.0 (22)	0:16:54.6 (24)	0:48:18.6	+11:02.7
14	541	Beth Granstrom	F Sup Sprint (14-15)	14/22	0:04:42.5 (13)	0:01:28.8 (12)	0:24:05.3 (13)	0:00:38.6 (16)	0:17:43.9 (27)	0:48:39.2	+11:23.3
15	666	Gabrielle Dagasso	F Sup Sprint (14-15)	15/22	0:04:27.5 (8)	0:02:09.1 (26)	0:25:09.0 (16)	0:00:35.5 (11)	0:16:21.5 (20)	0:48:42.9	+11:27.0
16	581	Janet Slaney	F Sup Sprint (50-59)	1/5	0:07:29.6 (29)	0:01:26.2 (11)	0:22:25.1 (6)	0:01:21.7 (33)	0:16:02.8 (17)	0:48:45.6	+11:29.7
17	552	Claudia Cinelli	F Sup Sprint (14-15)	16/22	0:05:19.7 (18)	0:01:51.5 (20)	0:24:31.4 (14)	0:01:01.2 (28)	0:16:22.9 (21)	0:49:06.7	+11:50.8
18	561	Josi Koerber	F Sup Sprint (14-15)	17/22	0:05:58.9 (24)	0:00:56.0 (5)	0:27:32.8 (20)	0:00:30.9 (9)	0:15:18.3 (12)	0:50:17.1	+13:01.2
19	573	Ally Sandulescu	F Sup Sprint (16-19)	1/3	0:04:29.0 (9)	0:02:05.9 (25)	0:27:41.0 (21)	0:01:01.1 (27)	0:15:30.8 (15)	0:50:47.9	+13:32.0
20	571	Megan Dalke	F Sup Sprint (16-19)	2/3	0:03:47.7 (1)	0:01:46.4 (18)	0:30:33.1 (29)	0:00:26.3 (4)	0:14:40.4 (7)	0:51:14.1	+13:58.2
21	560	Gursharan Uppal	F Sup Sprint (14-15)	18/22	0:04:56.4 (16)	0:01:44.8 (17)	0:27:54.2 (22)	0:00:28.1 (8)	0:16:14.0 (19)	0:51:17.6	+14:01.7
22	559	Gurcharan Uppal	F Sup Sprint (14-15)	19/22	0:04:43.3 (14)	0:01:53.0 (22)	0:28:59.2 (26)	0:00:52.2 (24)	0:16:04.9 (18)	0:52:32.7	+15:16.8
23	667	Emma Koopmans	F Sup Sprint (14-15)	20/22	0:04:35.0 (11)	0:01:47.6 (19)	0:28:46.0 (24)	0:00:32.0 (10)	0:17:43.4 (26)	0:53:24.2	+16:08.3
24	590	Maryann McKee	F Sup Sprint (30-39)	1/3	0:06:54.8 (26)	0:02:02.9 (23)	0:28:47.7 (25)	0:00:36.8 (14)	0:17:08.3 (25)	0:55:30.7	+18:14.8
25	584	Allison Fettes	F Sup Sprint (20-29)	1/2	0:09:39.5 (33)	0:02:38.0 (30)	0:26:45.3 (19)	0:01:13.2 (31)	0:15:30.9 (16)	0:55:47.1	+18:31.2
26	588	Tara Cadeau	F Sup Sprint (20-29)	2/2	0:09:08.6 (32)	0:03:00.3 (33)	0:28:31.1 (23)	0:00:35.9 (12)	0:14:42.4 (8)	0:55:58.4	+18:42.5
27	577	Bianca Cavaliere	F Sup Sprint (14-15)	21/22	0:05:35.8 (22)	0:03:03.8 (34)	0:31:20.1 (30)	0:01:15.1 (32)	0:16:49.4 (22)	0:58:04.3	+20:48.4
28	569	Sadie Keim	F Sup Sprint (16-19)	3/3	0:04:13.5 (3)	0:02:09.7 (27)	0:33:21.6 (34)	0:00:38.7 (17)	0:18:43.2 (28)	0:59:06.8	+21:50.9
29	563	Keana Smart	F Sup Sprint (14-15)	22/22	0:04:46.1 (15)	0:02:03.2 (24)	0:33:00.3 (33)	0:00:36.0 (13)	0:19:16.4 (30)	0:59:42.1	+22:26.2
30	589	Angie Antrim	F Sup Sprint (50-59)	2/5	0:10:28.0 (34)	0:01:51.9 (21)	0:26:40.5 (18)	0:00:42.0 (20)	0:21:04.3 (33)	1:00:47.0	+23:31.1
31	586	Colleen Bick	F Sup Sprint (50-59)	3/5	0:06:56.2 (27)	0:01:33.3 (13)	0:31:55.6 (32)	0:01:38.1 (34)	0:19:11.9 (29)	1:01:15.3	+23:59.4

**Female Super Sprint Continued ... - 3 km. - Super Sprint Distance Female**

PL	Bib	Name	SubCategory	Rnk	Swim	Rnk T1	Rnk Cycle	Rnk T2	Rnk Run	Rnk Time	Diff					
32	583	Kim Nowotny	F Sup Sprint (40-49)	1/1	0:07:51.6	(30)	0:02:51.2	(32)	0:29:25.3	(27)	0:00:47.1	(23)	0:20:20.1	(32)	1:01:15.5	+23:59.6
33	579	Petasue Silver	F Sup Sprint (30-39)	2/3	0:06:58.6	(28)	0:03:29.8	(35)	0:29:40.0	(28)	0:00:39.5	(19)	0:21:06.8	(34)	1:01:54.8	+24:38.9
34	585	Pat Hayward	F Sup Sprint (50-59)	4/5	0:10:30.4	(35)	0:05:01.1	(36)	0:31:28.3	(31)	0:01:04.1	(29)	0:19:51.0	(31)	1:07:55.0	+30:39.1
35	580	Tanis Stewart	F Sup Sprint (50-59)	5/5	0:08:06.4	(31)	0:02:35.5	(29)	0:33:26.7	(35)	0:00:44.2	(21)	0:33:31.4	(36)	1:18:24.4	+41:08.5
36	587	Karen Abbott	F Sup Sprint (30-39)	3/3	0:12:01.8	(36)	0:02:40.6	(31)	0:34:38.8	(36)	0:03:28.3	(36)	0:28:41.5	(35)	1:21:31.2	+44:15.3

**Male Super Sprint - 3 km. - Super Sprint Distance Male**

PL	Bib	Name	SubCategory	Rnk	Swim	Rnk T1	Rnk Cycle	Rnk T2	Rnk Run	Rnk Time	Diff					
1	554	Joshua Ogilvie	M Sup Sprint (14-15)	1/10	0:04:19.6	(8)	0:01:37.6	(6)	0:20:37.5	(1)	0:00:41.6	(13)	0:10:30.0	(1)	0:37:46.5	+0.0
2	556	Ethan Phillips	M Sup Sprint (14-15)	2/10	0:03:50.0	(2)	0:01:43.4	(8)	0:21:31.1	(2)	0:00:24.3	(3)	0:12:31.4	(2)	0:40:00.5	+2:14.0
3	535	Austin Phillips	M Sup Sprint (14-15)	3/10	0:03:48.9	(1)	0:01:20.6	(4)	0:21:48.9	(3)	0:00:22.7	(1)	0:13:00.6	(4)	0:40:22.0	+2:35.5
4	574	Kieran Waterous	M Sup Sprint (16-19)	1/3	0:03:53.0	(3)	0:00:57.7	(2)	0:23:13.5	(5)	0:00:26.3	(6)	0:13:49.8	(8)	0:42:20.5	+4:34.0
5	548	Maxwell Todd	M Sup Sprint (14-15)	4/10	0:05:27.2	(14)	0:01:05.8	(3)	0:22:41.8	(4)	0:00:43.1	(14)	0:12:31.9	(3)	0:42:30.0	+4:43.5
6	533	Ryley McRae	M Sup Sprint (14-15)	5/10	0:04:07.8	(5)	0:02:09.0	(11)	0:23:26.1	(7)	0:00:24.8	(4)	0:14:37.1	(10)	0:44:45.1	+6:58.6
7	542	Trevor Laupland	M Sup Sprint (14-15)	6/10	0:05:14.2	(12)	0:03:39.7	(18)	0:24:20.4	(9)	0:00:29.8	(7)	0:13:13.8	(6)	0:46:58.0	+9:11.5
8	553	Brandon Schanzenbader	M Sup Sprint (14-15)	7/10	0:06:34.8	(17)	0:01:40.1	(7)	0:25:14.8	(10)	0:00:30.0	(8)	0:13:07.0	(5)	0:47:06.9	+9:20.4
9	550	Alejandro Stevens	M Sup Sprint (14-15)	8/10	0:05:22.0	(13)	0:00:54.1	(1)	0:25:36.4	(11)	0:00:25.3	(5)	0:15:06.4	(11)	0:47:24.5	+9:38.0
10	582	Timothy Haraldson	M Sup Sprint (20-29)	1/2	0:07:20.6	(18)	0:01:53.7	(10)	0:24:11.1	(8)	0:00:33.5	(10)	0:13:48.5	(7)	0:47:47.6	+10:01.1
11	572	Patrick Waters	M Sup Sprint (20-29)	2/2	0:04:12.3	(6)	0:01:32.8	(5)	0:23:22.1	(6)	0:01:03.0	(16)	0:18:08.2	(17)	0:48:18.5	+10:32.0
12	570	Jagdeesh Uppal	M Sup Sprint (16-19)	2/3	0:04:21.8	(9)	0:02:56.9	(16)	0:28:18.9	(13)	0:00:34.8	(11)	0:13:58.9	(9)	0:50:11.5	+12:25.0
13	576	Brad Dalke	M Sup Sprint (50-59)	1/2	0:04:34.9	(10)	0:02:46.9	(14)	0:26:14.7	(12)	0:01:24.9	(18)	0:16:45.9	(14)	0:51:47.6	+14:01.1
14	568	Carel Ackermann	M Sup Sprint (16-19)	3/3	0:04:03.1	(4)	0:01:47.6	(9)	0:28:26.3	(14)	0:00:23.6	(2)	0:18:05.9	(16)	0:52:46.8	+15:00.3
15	540	Michael Dagasso	M Sup Sprint (14-15)	9/10	0:05:06.4	(11)	0:02:47.8	(15)	0:29:14.3	(15)	0:00:52.9	(15)	0:15:27.5	(12)	0:53:29.2	+15:42.7
16	575	Stuart Grant	M Sup Sprint (50-59)	2/2	0:06:33.3	(16)	0:02:32.1	(13)	0:30:21.5	(17)	0:00:33.2	(9)	0:15:30.1	(13)	0:55:30.5	+17:44.0
17	537	Tanner Douglas	M Sup Sprint (14-15)	10/10	0:04:13.4	(7)	0:02:30.2	(12)	0:30:19.7	(16)	0:00:37.3	(12)	0:19:18.6	(18)	0:56:59.5	+19:13.0
18	578	Shayne Cavaliere	M Sup Sprint (30-39)	1/1	0:05:29.0	(15)	0:02:58.8	(17)	0:31:28.7	(18)	0:01:07.4	(17)	0:16:55.1	(15)	0:57:59.2	+20:12.7
DNF	562	Jack Denham	M Sup Sprint (14-15)	*	0:07:21.0	(*)	0:02:14.9	(*)	0:23:55.3	(*)	***	(*)	***	(*)	***	***

**Team Relay - 5 km. - Super Sprint Distance Male**

PL	Bib	Name	SubCategory	Rnk	Swim	Rnk T1	Rnk Cycle	Rnk T2	Rnk Run	Rnk Time	Diff					
1	647	Divas	F Team (40-49)	1/2	0:14:10.7	(2)	0:01:52.6	(4)	0:47:40.4	(2)	0:00:37.1	(3)	0:24:47.1	(1)	1:29:08.2	+0.0
2	642	Speedy Senioritas	F Team (30-39)	1/1	0:12:34.5	(1)	0:00:26.1	(2)	0:44:00.4	(1)	0:00:34.1	(2)	0:34:46.9	(2)	1:32:22.4	+3:14.2
3	639	Chicken Chasers	F Team (40-49)	2/2	0:15:42.6	(3)	0:00:34.3	(3)	0:53:51.3	(3)	0:02:46.8	(4)	0:42:24.1	(3)	1:55:19.2	+26:11.0
4	722	The Fish, Brick and the <del>AT</del> Team	M Team (14-15)	1/1	0:17:48.8	(4)	0:00:23.9	(1)	1:20:10.2	(4)	0:00:23.2	(1)	0:52:10.4	(4)	2:30:56.8	+1:01:48.6