

6th Annual  
Chinook Half Ironman Triathlon  
Calgary, AB  
June 19, 2010

Timing by "Results Canada" 780-416-5124

Olympic Age Group Results

Men 18-29 Category -

Place	Run	Disp	Name	City	Swim	Bike	Run
1	2:06:28	1020	Stephen Hastings	Calgary	21:02	1:03:40	41:47
2	2:17:03	1131	John Sasso	Calgary	25:35	1:09:39	41:50
3	2:20:42	1290	Sean Pellatt	Calgary	26:34	1:12:55	41:14
4	2:37:06	1247	Gord Welsh	Calgary	32:44	1:12:34	51:49
5	2:37:14	1096	Trevor O'Bryan	Calgary	25:16	1:21:14	50:45
6	2:46:12	1150	Scott McCoy	Calgary	24:26	1:31:59	49:47
7	2:47:49	1039	Adam Lonseth	Calgary	30:06	1:19:45	58:00
8	2:50:58	1175	Ted Paulus	Calgary	40:53	1:22:22	47:44
9	2:51:27	1292	Matt Eubank	Calgary	26:09	1:25:44	59:35
10	2:51:36	1157	Mike Fox	Calgary	35:20	1:22:23	53:54
11	2:51:53	1203	Matthew Wiebe	Calgary	33:05	1:25:45	53:04
12	2:52:57	1064	Aaron Teichroeb	Calgary	35:29	1:19:45	57:45
13	2:56:25	1288	Robert Price	Calgary	36:15	1:59:33	20:38
14	3:00:30	1244	David Trumpour	Calgary	44:44	1:33:12	42:35
15	3:13:11	1165	Jason Russell	Calgary	37:02	1:34:44	1:01:25

Men 30-39 Category -

Place	Run	Disp	Name	City	Swim	Bike	Run
1	2:10:42	1130	Jason Britton	Calgary	25:06	1:04:23	41:14
2	2:17:12	1249	Wayde Bymoan	Calgary	22:02	1:09:48	45:23
3	2:17:36	1268	Sean Boucher	Calgary	26:11	1:06:36	44:50
4	2:18:24	1161	Michael Waldhuber	Calgary	28:34	1:08:34	41:17
5	2:19:10	1309	Bernie Maillet	Calgary	25:34	1:08:16	45:21
6	2:23:13	1248	Jan Plavec	Calgary	30:26	1:07:22	45:26
7	2:27:47	1100	Darren Hirst	Calgary	27:52	1:07:29	52:27
8	2:27:57	1059	Steve German	Calgary	27:20	1:11:41	48:57
9	2:28:15	1053	Wayne Young	Calgary	33:32	1:11:48	42:56

10	2:29:49	1233	Wes Semler	Calgary	32:14	1:15:12	42:23
11	2:30:41	1296	Mark Metcalf	Calgary	28:53	1:14:32	47:16
12	2:32:17	1149	Anthony Chad	Calgary	34:36	1:13:21	44:21
13	2:32:34	1206	Faizel Sunderji	Calgary	32:45	1:11:40	48:09
14	2:34:08	1052	Joey Roa	Calgary	37:49	1:10:20	46:01
15	2:34:30	1055	Phil Doucette	Calgary	42:01	1:13:26	39:03
16	2:34:32	1173	Kevin Knight	Calgary	28:56	1:20:11	45:26
17	2:35:03	1227	Keith Christensen	Calgary	32:51	1:13:55	48:19
18	2:35:12	1256	Webster Mundy	Calgary	35:08	1:12:08	47:56
19	2:36:07	1142	Dave Fajardo	Calgary	33:35	1:13:12	49:20
20	2:36:36	1110	Jason Cyr	Calgary	33:01	1:11:56	51:41
21	2:36:43	1255	Sean Pedersen	Calgary	30:48	1:16:18	49:37
22	2:37:55	1214	Daniel Erhardt	Calgary	31:19	1:17:05	49:32
23	2:38:05	1035	Casey Smith	Calgary	30:35	1:12:34	54:57
24	2:40:00	1219	Doug Clarke	Calgary	31:57	1:18:27	49:37
25	2:40:21	1291	Craig Schmitt	Calgary	46:10	1:10:54	43:18
26	2:40:29	1172	Daniel Jalbert	Calgary	31:09	1:19:29	49:52
27	2:40:57	1228	Carlin Doeksen	Calgary	29:40	1:16:29	54:50
28	2:41:53	1192	Donovan Thorkelson	Calgary	38:38	1:17:55	45:21
29	2:42:08	1011	Michael Graus	Calgary	32:28	1:19:08	50:33
30	2:42:53	1160	Blair Nielsen	Calgary	36:11	1:18:07	48:35
31	2:43:32	1111	Evan Larnas	Calgary	28:57	1:19:59	54:37
32	2:44:01	1271	Darren Singleton	Calgary	32:32	1:17:38	53:53
33	2:45:09	1074	Trevor Cochran	Calgary	30:47	1:15:53	58:30
34	2:45:44	1098	Tim Olson	Calgary	34:20	1:16:27	54:57
35	2:46:14	1285	Markus Navikenas	Calgary	34:33	1:22:03	49:39
36	2:47:06	1166	Matt Dalidowicz	Calgary	34:36	1:19:47	52:43
37	2:47:49	1218	Daren Raoux	Calgary	36:38	1:16:06	55:06
38	2:48:02	1181	Ryan Pratt	Calgary	42:56	1:20:35	44:32
39	2:48:30	1120	Jason Kwasny	Calgary	36:20	1:22:46	49:25
40	2:50:51	1274	Conal Tackney	Calgary	38:24	1:19:50	52:38
41	2:52:01	1040	Jeff Dilling	Calgary	34:53	1:22:03	55:05
42	2:55:14	1163	Andrew Jardine	Calgary	32:15	1:25:41	57:19
43	2:55:28	1186	Paul Givens	Calgary	33:58	1:22:52	58:39
44	2:55:44	1041	Graham Carter	Calgary	35:25	1:28:27	51:52
45	2:55:47	1137	Unknown Runner	Calgary	39:19	1:20:21	56:08
46	2:57:17	1193	Brian Creed	Calgary	35:33	1:19:05	1:02:39
47	2:58:27	1178	Karl Kucera	Calgary	37:31	1:21:20	59:37
48	2:58:55	1068	Michael Vienneau	Calgary	35:18	1:23:49	59:50
49	2:59:48	1048	Phil Nepszy	Calgary	33:24	1:28:40	57:45
50	3:02:19	1046	Jeff Thorleifson	Calgary	36:44	1:27:29	58:07

Men 40-49 Category -

Place	Run	Disp	Name	City	Swim	Bike	Run
1	2:18:17	1177	David Noonan	Calgary	25:41	1:06:37	46:00
2	2:21:17	1229	Tim Ryan	Calgary	25:31	1:11:31	44:16
3	2:24:29	1024	Scott Dymond	Calgary	29:44	1:11:21	43:26
4	2:25:06	1202	John Van Heyst	Calgary	30:36	1:10:23	44:08
5	2:27:30	1034	Glenn Sloman	Calgary	35:54	1:07:58	43:38
6	2:27:46	1001	Dion Smith	Calgary	27:43	1:13:44	46:20
7	2:28:10	1159	Nolan Sackney	Calgary	28:27	1:11:46	47:58
8	2:31:00	1153	Sean Clarke	Calgary	30:44	1:15:10	45:07
9	2:31:07	1012	Mike Trofimuk	Calgary	36:25	1:08:00	46:43
10	2:31:20	1117	Roger Harrison	Calgary	28:27	1:12:03	50:51
11	2:31:47	1250	Dan Morley	Calgary	32:37	1:10:40	48:31
12	2:31:58	1267	Ahsan Chaudhry	Calgary	31:46	1:15:31	44:41
13	2:33:15	1162	Doug Johannson	Calgary	34:38	1:11:43	46:56
14	2:34:12	1027	James Edwards	Calgary	29:47	1:17:07	47:19
15	2:35:43	1002	Scott Willcocks	Calgary	28:31	1:17:26	49:47
16	2:36:04	1308	Doug McKeen	Calgary	28:36	1:14:01	53:28
17	2:36:35	1230	Tim Jones	Calgary	34:09	1:10:15	52:12
18	2:39:53	1156	Gary Bantle	Calgary	30:40	1:17:50	51:23
19	2:40:49	1237	Peter Dimmell	Calgary	32:06	1:12:07	56:38
20	2:43:00	1266	Chris Oliphant	Calgary	30:25	1:19:44	52:53
21	2:45:03	1273	Owen Kolt	Calgary	35:21	1:15:10	54:33
22	2:46:40	1289	Victor Lun	Calgary	32:48	1:20:02	53:51
23	2:48:06	1270	Robert Davis	Calgary	30:56	1:23:07	54:04
24	2:49:27	1184	Ashley Causton	Calgary	38:15	1:20:25	50:48
25	2:50:37	1155	Paul De Jong	Calgary	33:21	1:23:23	53:53
26	2:51:57	1133	Philip Sommerville	Calgary	27:10	1:22:18	1:02:30
27	2:56:04	1008	Todd Pringle	Calgary	33:32	1:21:57	1:00:36
28	2:57:40	1148	Peter Dennehy	Calgary	31:52	1:30:38	55:11
29	3:01:38	1090	Stuart Brown	Calgary	33:02	1:24:41	1:03:57
30	3:01:49	1223	Pierre Adjoury	Calgary	37:59	1:21:04	1:02:46
31	3:01:54	1298	Damon Park	Calgary	38:02	1:26:18	57:35
32	3:06:44	1208	Russell Crook	Calgary	29:39	1:33:18	1:03:48
33	3:13:18	1028	Kevin Quick	Calgary	42:52	1:40:17	50:10
34	3:13:59	1015	Cam Munro	Calgary	42:54	1:31:02	1:00:04
35	3:14:43	1143	Glenn Ruskin	Calgary	29:20	1:39:04	1:06:19
36	3:17:26	1047	David Brinley	Calgary	45:59	1:35:00	56:27
37	3:18:39	1279	Mitch Rathje	Calgary	37:55	1:33:45	1:07:00
38	3:19:05	1073	Frank Brezsnyak	Calgary	41:48	1:32:56	1:04:22
39	3:21:18	1167	Ian Shirt	Calgary	41:55	1:39:36	59:49
40	3:22:06	1113	Daran Simpson	Calgary	36:40	1:26:47	1:18:41
41	3:23:08	1014	Jonathon Fenton	Calgary	35:51	1:32:57	1:14:21
42	3:26:45	1026	Steven Patient	Calgary	51:12	1:37:06	58:29

43	3:31:12	1004	Kevin Stanwood	Calgary	46:10	1:38:22	1:06:42
44	3:32:02	1076	Blake Cyca	Calgary	47:10	1:31:35	1:13:18
45	3:49:37	1283	Shawn Jensen	Calgary	45:01	1:47:28	1:17:08

## Men 50-59 Category -

Place	Run	Disp	Name	City	Swim	Bike	Run
1	2:19:20	1307	John Winterdyk	Calgary	29:05	1:07:05	43:10
2	2:21:03	1225	Mark Hlady	Calgary	26:15	1:05:24	49:24
3	2:36:21	1132	Carl Brittain	Calgary	27:15	1:15:36	53:32
4	2:37:15	1281	George Daniel	Calgary	33:03	1:18:11	46:02
5	2:38:20	1158	Stephen Robinson	Calgary	33:43	1:15:50	48:48
6	2:39:16	1180	Andrew Kyle	Calgary	35:24	1:16:31	47:22
7	2:40:16	1226	James Wilson	Calgary	31:39	1:17:13	51:26
8	2:49:37	1232	Henry Kotuk	Calgary	30:58	1:17:59	1:00:40
9	2:51:38	1282	Doug Baker	Calgary	34:25	1:21:05	56:09
10	2:54:04	1174	Don Wheatcroft	Calgary	44:42	1:22:40	46:43
11	2:54:09	1042	Lawrence Keller	Calgary	40:58	1:19:01	54:10
12	2:54:55	1170	Rich Leighton	Calgary	37:51	1:21:54	55:11
13	2:58:05	1260	Bruce Beasley	Calgary	34:18	1:24:16	59:32
14	2:59:01	1238	Eric Smith	Calgary	38:52	1:28:52	51:18
15	3:00:43	1135	Ben Czelenski	Calgary	38:33	1:22:34	59:37
16	3:01:59	1284	Thomas Morris	Calgary	31:24	1:22:20	1:08:16
17	3:04:08	1294	Edward Follis	Calgary	42:21	1:24:59	56:48
18	3:04:36	1213	Brian Palframan	Calgary	34:27	1:30:24	59:46
19	3:08:44	1197	Cloete Uys	Calgary	33:47	1:26:04	1:08:54
20	3:10:06	1293	Peter Kieran	Calgary	32:02	1:26:56	1:11:09
21	3:12:02	1246	Peter Roginski	Calgary	39:49	1:32:46	59:28
22	3:19:58	1054	Earl Emberton	Calgary	40:23	1:32:35	1:07:00
23	3:20:13	1129	Max Labhardt	Calgary	32:22	1:57:36	50:15

## Men 60 + Category -

Place	Run	Disp	Name	City	Swim	Bike	Run
1	2:59:14	1300	Robert Woodward	Calgary	35:47	1:23:55	59:32
2	3:24:22	1245	Peter Mawer	Calgary	50:25	1:34:45	59:13

## Women 18-29 Category -

Place	Run	Disp	Name	City	Swim	Bike	Run
1	2:22:43	1259	Gina Demczuk	Calgary	28:13	1:09:22	45:10

2	2:23:41	1262	Alison Farkash	Calgary	28:49	1:11:14	43:39
3	2:24:18	1216	Amy Woodward	Calgary	27:59	1:09:01	47:19
4	2:29:33	1261	Leigh Widdowson	Calgary	27:13	1:14:12	48:08
5	2:35:17	1183	Teann Dhariwal	Calgary	28:58	1:20:38	45:41
6	2:38:13	1222	Leah Schaab	Calgary	25:14	1:20:10	52:51
7	2:40:48	1092	Iona MacKeith	Calgary	31:44	1:20:24	48:41
8	2:41:03	1182	Darcy Russell	Calgary	29:19	1:20:53	50:52
9	2:48:14	1121	Angela Pavlenko	Calgary	35:07	1:23:20	49:48
10	2:49:36	1297	Carolyn Dunn	Calgary	31:50	1:22:42	55:05
11	2:50:09	1085	Nicole Hergert	Calgary	31:45	1:28:32	49:53
12	2:52:38	1277	Janice MacAulay	Calgary	39:43	1:23:19	49:37
13	2:53:32	1138	Alexis Magi	Calgary	36:25	1:19:15	57:53
14	2:55:05	1231	Vera Hajto	Calgary	36:09	1:22:43	56:14
15	2:57:49	1207	Aurelie Bellavance	Calgary	32:39	1:24:54	1:00:16
16	2:57:54	1168	Jacqui Stone	Calgary	34:47	1:23:46	59:22
17	2:58:31	1299	Jennifer Leung	Calgary	29:41	1:22:10	1:06:41
18	3:03:22	1211	Sarah King	Calgary	33:11	1:25:14	1:04:58
19	3:10:21	1075	Pamela Bunz	Calgary	37:29	1:29:34	1:03:19
20	3:13:11	1164	Julie Smith	Calgary	41:52	1:29:38	1:01:42
21	3:13:35	1021	Debbie Lamb	Calgary	38:26	1:33:46	1:01:23
22	3:14:31	1196	Laurene Uys	Calgary	35:54	1:31:37	1:07:02
23	3:14:32	1171	Breanne Banister	Calgary	36:27	1:34:12	1:03:54
24	3:15:00	1109	Lisa Yellin	Calgary	34:14	1:37:14	1:03:32
25	3:15:17	1217	Gabrielle Corvari	Calgary	42:05	1:30:59	1:02:15
26	3:21:31	1205	Marsha MacDonald	Calgary	34:46	1:42:47	1:03:59
27	3:23:15	1065	Janette Rudd	Calgary	38:58	1:39:24	1:04:54
28	3:24:22	1187	Jessica Trstensky	Calgary	35:30	1:31:42	1:17:12
29	3:29:57	1190	Brandy Mannistu	Calgary	39:45	1:39:11	1:11:02
30	3:49:35	1195	Kim Parker	Calgary	36:13	1:43:41	1:29:43

## Women 30-39 Category -

Place	Run	Dispn	Name	City	Swim	Bike	Run
1	2:18:40	1128	Sharon Styles	Calgary	26:44	1:09:32	42:25
2	2:19:00	1286	Lisa Graham	Calgary	22:24	1:09:17	47:20
3	2:29:15	1141	Jodi Bymoen	Calgary	25:44	1:16:29	47:03
4	2:31:51	1118	Teresa Richer	Calgary	31:18	1:14:21	46:13
5	2:32:15	1058	Lorraine Churchill	Calgary	30:41	1:13:00	48:35
6	2:33:16	1154	Megan MacDonald	Calgary	32:47	1:14:23	46:07
7	2:34:30	1242	Laura Heffler	Calgary	31:48	1:11:59	50:45
8	2:37:35	1235	Shelley Bender	Calgary	28:49	1:19:18	49:29
9	2:40:02	1094	Brenda Gokiart	Calgary	31:21	1:18:32	50:10
10	2:40:28	1061	Brigitte Bedard	Calgary	26:47	1:18:30	55:12

11	2:43:14	1140	Jana Joustra	Calgary	35:47	1:16:15	51:14
12	2:44:23	1263	Sanja Bosnjak	Calgary	35:24	1:14:30	54:31
13	2:46:51	1091	Jennifer Halas	Calgary	34:34	1:22:12	50:06
14	2:47:19	1212	Samantha De Boon	Calgary	31:20	1:19:16	56:44
15	2:49:26	1243	Christine Leslie	Calgary	30:32	1:27:35	51:19
16	2:49:53	1022	Hanna Cedergren	Calgary	32:19	1:24:16	53:19
17	2:51:38	1079	Dawn Arseneault	Calgary	35:21	1:19:40	56:38
18	2:52:11	1236	Kari Becker	Calgary	33:44	1:27:15	51:12
19	2:55:35	1025	Leanne Sherman	Calgary	42:57	1:21:00	51:39
20	2:56:00	1115	Krista Wells	Calgary	39:54	1:21:23	54:44
21	2:59:18	1089	Leana Keto	Calgary	36:17	1:18:48	1:04:14
22	2:59:21	1215	Jen Leblanc	Calgary	38:43	1:20:13	1:00:26
23	3:00:22	1081	Kathryn Cousins	Calgary	32:28	1:34:13	53:41
24	3:04:13	1122	Laura Moline	Calgary	31:37	1:24:44	1:07:54
25	3:06:02	1169	Alanna Mason	Calgary	35:33	1:29:41	1:00:48
26	3:13:40	1087	Tracy Hillaby	Calgary	36:23	1:23:29	1:13:48
27	3:15:22	1078	Marija Susnjar	Calgary	43:55	1:35:20	56:09
28	3:19:00	1185	Jennifer Rogers	Calgary	45:30	1:31:41	1:01:51
29	3:23:47	1126	Jennifer Wilson	Calgary	39:42	1:35:17	1:08:50
30	3:36:03	1032	Kerri Barr	Calgary	42:51	1:44:54	1:08:20
31	3:42:25	1146	Ginny Prince	Calgary	35:26	1:51:53	1:15:07

## Women 40-49 Category -

Place	Run	Dispn	Name	City	Swim	Bike	Run
1	2:29:27	1280	Kari Gregory	Calgary	28:15	1:16:50	44:24
2	2:41:25	1258	Kendall Pritchard	Calgary	33:54	1:20:13	47:18
3	2:42:07	1013	Tara Beattie	Calgary	36:30	1:14:50	50:47
4	2:45:25	1017	Jane Maduke	Calgary	32:12	1:24:09	49:05
5	2:48:31	1086	Sheri Gutsell	Calgary	39:40	1:19:07	49:45
6	2:49:24	1204	Lisa Walsh	Calgary	35:55	1:21:56	51:33
7	2:50:13	1295	Tessa Pagalilauan	Calgary	35:14	1:18:00	57:00
8	2:52:02	1201	Jinell Mah Ming	Calgary	30:47	1:28:50	52:26
9	2:53:10	1071	Leslie-Anne McKenzie	Calgary	30:18	1:24:33	58:20
10	2:55:28	1134	Ruth-Ann Manganaro	Calgary	35:26	1:21:26	58:36
11	2:56:20	1269	Shona Anderson	Calgary	32:30	1:26:08	57:44
12	2:59:37	1051	Liane Bate	Calgary	40:17	1:26:45	52:37
13	2:59:52	1210	Terry Ross	Calgary	32:11	1:32:30	55:13
14	3:00:12	1220	Nancy Blevins	Calgary	34:10	1:25:57	1:00:05
15	3:01:24	1139	Colleen Parsons	Calgary	32:08	1:33:29	55:48
16	3:02:03	1287	Karen Johansen	Calgary	36:32	1:26:05	59:27
17	3:02:07	1278	Kelly Rathje	Calgary	31:35	1:19:05	1:11:28
18	3:05:23	1106	Gail Froehlich	Calgary	35:37	1:27:33	1:02:15

19	3:07:25	1099	Allison Steed	Calgary	34:13	1:29:57	1:03:16
20	3:11:02	1104	Brenda McInnes	Calgary	34:29	1:36:16	1:00:18
21	3:13:12	1125	Marj Smith	Calgary	36:14	1:28:10	1:08:50
22	3:17:41	1010	Martina Graus	Calgary	31:55	1:34:02	1:11:45
23	3:17:50	1253	Denise Lemay-Moore	Calgary	36:16	1:36:00	1:05:35
24	3:18:54	1108	Natalie Burge	Calgary	42:00	1:33:05	1:03:50
25	3:26:47	1077	Laura Ghali	Calgary	34:47	1:39:27	1:12:33
26	3:28:03	1101	Christine Forner	Calgary	36:07	1:36:48	1:15:09
27	3:43:51	1234	Jenny Chinchilla	Calgary	49:08	1:50:59	1:03:45
28	3:44:09	1198	Nancy Brown	Calgary	51:12	1:41:57	1:11:01

## Women 50-59 Category -

Place	Run	Disp	Name	City	Swim	Bike	Run
1	2:23:14	1194	Karen MacPherson	Calgary	32:16	1:07:38	43:21
2	2:42:27	1265	Janice Helle	Calgary	31:12	1:19:17	51:59
3	2:43:57	1179	Sharisse Kyle	Calgary	34:22	1:20:09	49:28
4	2:47:45	1272	Deb Deane	Calgary	33:52	1:20:56	52:58
5	2:48:39	1241	Jennifer Campbell	Calgary	32:10	1:20:43	55:47
6	3:02:14	1209	Susan Roberts	Calgary	35:51	1:22:53	1:03:31
7	3:13:35	1045	Ange King	Calgary	36:14	1:29:55	1:07:27
8	3:16:34	1102	Linda Bradley	Calgary	42:39	1:39:22	54:34
9	3:17:15	1116	Nancy Nelson	Calgary	44:14	1:30:32	1:02:30
10	3:22:13	1049	Bozena Gillespie	Calgary	44:45	1:32:17	1:05:13
11	3:22:47	1264	Judith Cobb	Calgary	50:38	1:34:56	57:15
12	3:29:49	1119	Audrey Isfeld	Calgary	44:56	1:38:11	1:06:43
13	3:30:01	1136	Mary Ann Czelenski	Calgary	43:59	1:33:01	1:13:02
14	3:30:21	1239	Lorraine Jessee	Calgary	49:05	1:45:27	55:49
15	3:32:56	1088	Bobbie Sheppy	Calgary	42:25	1:43:07	1:07:25
16	3:41:21	1023	Loreen Gilmour	Calgary	39:44	1:42:10	1:19:28
17	5:55:54	1127	Dawn Henry	Calgary	1:02:35	2:48:21	2:04:58

## Women 60 + Category - Form feed at end

Place	Run	Disp	Name	City	Swim	Bike	Run
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