

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

Timing by "Results Canada" 780-416-5124

Overall Individual Olympic Triathlon Results

-----FINAL-----					1.5km	40km	10km								
Pos	Time	Name	Category City, Country	-----SWIM-----		-----BIKE-----		-----RUN-----		Plc	Time	km			
				Plc/Total	Category #	Plc	Time /100m	Plc	Time km/hr				Plc	Time	
1	2:06:28	Stephen Hastings	Calgary	1/15	Men 18-29	1020	1	21:02	1:25	1	1:03:40	37.7	6	41:47	4:11
2	2:10:42	Jason Britton	Calgary	1/57	Men 30-39	1130	6	25:06	1:41	2	1:04:23	37.3	4	41:14	4:08
3	2:17:03	John Sasso	Calgary	2/15	Men 18-29	1131	11	25:35	1:43	19	1:09:39	34.5	7	41:50	4:11
4	2:17:12	Wayde Bymoan	Calgary	2/57	Men 30-39	1249	2	22:02	1:29	20	1:09:48	34.4	29	45:23	4:33
5	2:17:36	Sean Boucher	Calgary	3/57	Men 30-39	1268	15	26:11	1:45	4	1:06:36	36.0	24	44:50	4:29
6	2:18:17	David Noonan	Calgary	1/45	Men 40-49	1177	12	25:41	1:43	5	1:06:37	36.0	33	46:00	4:36
7	2:18:24	Michael Waldhuber	Calgary	4/57	Men 30-39	1161	32	28:34	1:55	13	1:08:34	35.0	5	41:17	4:08
8	2:18:40	Sharon Styles	Calgary	1/31	Women 30-39	1128	18	26:44	1:47	18	1:09:32	34.5	9	42:25	4:15
9	2:19:00	Lisa Graham	Calgary	2/31	Women 30-39	1286	3	22:24	1:30	16	1:09:17	34.6	47	47:20	4:44
10	2:19:10	Bernie Maillet	Calgary	5/57	Men 30-39	1309	10	25:34	1:43	12	1:08:16	35.2	28	45:21	4:33
11	2:19:20	John Winterdyk	Calgary	1/23	Men 50-59	1307	40	29:05	1:57	6	1:07:05	35.8	12	43:10	4:19
12	2:20:42	Sean Pellatt	Calgary	3/15	Men 18-29	1290	17	26:34	1:47	41	1:12:55	32.9	3	41:14	4:08
13	2:21:03	Mark Hlady	Calgary	2/23	Men 50-59	1225	16	26:15	1:45	3	1:05:24	36.7	63	49:24	4:57
14	2:21:17	Tim Ryan	Calgary	2/45	Men 40-49	1229	9	25:31	1:42	28	1:11:31	33.6	19	44:16	4:26
15	2:22:43	Gina Demczuk	Calgary	1/30	Women 18-29	1259	27	28:13	1:53	17	1:09:22	34.6	26	45:10	4:31
16	2:23:13	Jan Plavec	Calgary	6/57	Men 30-39	1248	51	30:26	2:02	7	1:07:22	35.6	31	45:26	4:33
17	2:23:14	Karen MacPherson	Calgary	1/17	Women 50-59	1194	89	32:16	2:10	9	1:07:38	35.5	14	43:21	4:21
18	2:23:41	Alison Farkash	Calgary	2/30	Women 18-29	1262	35	28:49	1:56	26	1:11:14	33.7	17	43:39	4:22
19	2:24:18	Amy Woodward	Calgary	3/30	Women 18-29	1216	26	27:59	1:52	15	1:09:01	34.8	45	47:19	4:44
20	2:24:29	Scott Dymond	Calgary	3/45	Men 40-49	1024	46	29:44	1:59	27	1:11:21	33.6	15	43:26	4:21
21	2:25:06	John Van Heyst	Calgary	4/45	Men 40-49	1202	54	30:36	2:03	23	1:10:23	34.1	18	44:08	4:25
22	2:27:30	Glenn Sloman	Calgary	5/45	Men 40-49	1034	162	35:54	2:24	10	1:07:58	35.3	16	43:38	4:22
23	2:27:46	Dion Smith	Calgary	6/45	Men 40-49	1001	24	27:43	1:51	46	1:13:44	32.5	38	46:20	4:38
24	2:27:47	Darren Hirst	Calgary	7/57	Men 30-39	1100	25	27:52	1:52	8	1:07:29	35.6	103	52:27	5:15
25	2:27:57	Steve German	Calgary	8/57	Men 30-39	1059	23	27:20	1:50	30	1:11:41	33.5	60	48:57	4:54
26	2:28:10	Nolan Sackney	Calgary	7/45	Men 40-49	1159	29	28:27	1:54	32	1:11:46	33.4	51	47:58	4:48
27	2:28:15	Wayne Young	Calgary	9/57	Men 30-39	1053	110	33:32	2:15	33	1:11:48	33.4	11	42:56	4:18
28	2:29:15	Jodi Bymoan	Calgary	3/31	Women 30-39	1141	13	25:44	1:43	67	1:16:29	31.4	42	47:03	4:43
29	2:29:27	Kari Gregory	Calgary	1/28	Women 40-49	1280	28	28:15	1:53	69	1:16:50	31.2	21	44:24	4:27
30	2:29:33	Leigh Widdowson	Calgary	4/30	Women 18-29	1261	21	27:13	1:49	49	1:14:12	32.3	52	48:08	4:49
31	2:29:49	Wes Semler	Calgary	10/57	Men 30-39	1233	87	32:14	2:09	57	1:15:12	31.9	8	42:23	4:15
32	2:30:41	Mark Metcalf	Calgary	11/57	Men 30-39	1296	36	28:53	1:56	53	1:14:32	32.2	43	47:16	4:44
33	2:31:00	Sean Clarke	Calgary	8/45	Men 40-49	1153	57	30:44	2:03	56	1:15:10	31.9	25	45:07	4:31
34	2:31:07	Mike Trofimuk	Calgary	9/45	Men 40-49	1012	175	36:25	2:26	11	1:08:00	35.3	39	46:43	4:41
35	2:31:20	Roger Harrison	Calgary	10/45	Men 40-49	1117	30	28:27	1:54	36	1:12:03	33.3	87	50:51	5:06
36	2:31:47	Dan Morley	Calgary	11/45	Men 40-49	1250	96	32:37	2:11	24	1:10:40	34.0	55	48:31	4:52
37	2:31:51	Teresa Richer	Calgary	4/31	Women 30-39	1118	65	31:18	2:06	50	1:14:21	32.3	37	46:13	4:38
38	2:31:58	Ahsan Chaudhry	Calgary	12/45	Men 40-49	1267	75	31:46	2:08	58	1:15:31	31.8	23	44:41	4:29
39	2:32:15	Lorraine Churchill	Calgary	5/31	Women 30-39	1058	56	30:41	2:03	42	1:13:00	32.9	56	48:35	4:52
40	2:32:17	Anthony Chad	Calgary	12/57	Men 30-39	1149	132	34:36	2:19	44	1:13:21	32.7	20	44:21	4:27
41	2:32:34	Faizel Sunderji	Calgary	13/57	Men 30-39	1206	99	32:45	2:11	29	1:11:40	33.5	53	48:09	4:49
42	2:33:15	Doug Johannson	Calgary	13/45	Men 40-49	1162	134	34:38	2:19	31	1:11:43	33.5	41	46:56	4:42
43	2:33:16	Megan MacDonald	Calgary	6/31	Women 30-39	1154	100	32:47	2:12	51	1:14:23	32.3	36	46:07	4:37
44	2:34:08	Joey Roa	Calgary	14/57	Men 30-39	1052	186	37:49	2:32	22	1:10:20	34.1	34	46:01	4:37
45	2:34:12	James Edwards	Calgary	14/45	Men 40-49	1027	47	29:47	2:00	71	1:17:07	31.1	46	47:19	4:44

46	2:34:30	Phil Doucette	Calgary	15/57	Men 30-39	1055	216	42:01	2:49	45	1:13:26	32.7	2	39:03	3:55
47	2:34:30	Laura Heffler	Calgary	7/31	Women 30-39	1242	76	31:48	2:08	35	1:11:59	33.3	83	50:45	5:05
48	2:34:32	Kevin Knight	Calgary	16/57	Men 30-39	1173	37	28:56	1:56	105	1:20:11	29.9	30	45:26	4:33
49	2:35:03	Keith Christensen	Calgary	17/57	Men 30-39	1227	102	32:51	2:12	47	1:13:55	32.5	54	48:19	4:50
50	2:35:12	Webster Mundy	Calgary	18/57	Men 30-39	1256	140	35:08	2:21	38	1:12:08	33.3	50	47:56	4:48
51	2:35:17	Teann Dhariwal	Calgary	5/30	Women 18-29	1183	39	28:58	1:56	113	1:20:38	29.8	32	45:41	4:35
52	2:35:43	Scott Willcocks	Calgary	15/45	Men 40-49	1002	31	28:31	1:55	73	1:17:26	31.0	73	49:47	4:59
53	2:36:04	Doug McKeen	Calgary	16/45	Men 40-49	1308	33	28:36	1:55	48	1:14:01	32.4	112	53:28	5:21
54	2:36:07	Dave Fajardo	Calgary	19/57	Men 30-39	1142	112	33:35	2:15	43	1:13:12	32.8	62	49:20	4:56
55	2:36:21	Carl Brittain	Calgary	3/23	Men 50-59	1132	22	27:15	1:49	59	1:15:36	31.7	113	53:32	5:22
56	2:36:35	Tim Jones	Calgary	17/45	Men 40-49	1230	119	34:09	2:17	21	1:10:15	34.2	101	52:12	5:14
57	2:36:36	Jason Cyr	Calgary	20/57	Men 30-39	1110	103	33:01	2:13	34	1:11:56	33.4	97	51:41	5:11
58	2:36:43	Sean Pedersen	Calgary	21/57	Men 30-39	1255	60	30:48	2:04	64	1:16:18	31.5	70	49:37	4:58
59	2:37:06	Gord Welsh	Calgary	4/15	Men 18-29	1247	98	32:44	2:11	40	1:12:34	33.1	98	51:49	5:11
60	2:37:14	Trevor O'Bryan	Calgary	5/15	Men 18-29	1096	8	25:16	1:42	120	1:21:14	29.5	84	50:45	5:05
61	2:37:15	George Daniel	Calgary	4/23	Men 50-59	1281	105	33:03	2:13	80	1:18:11	30.7	35	46:02	4:37
62	2:37:35	Shelley Bender	Calgary	8/31	Women 30-39	1235	34	28:49	1:56	93	1:19:18	30.3	66	49:29	4:57
63	2:37:55	Daniel Erhardt	Calgary	22/57	Men 30-39	1214	66	31:19	2:06	70	1:17:05	31.1	67	49:32	4:58
64	2:38:05	Casey Smith	Calgary	23/57	Men 30-39	1035	53	30:35	2:03	39	1:12:34	33.1	128	54:57	5:30
65	2:38:13	Leah Schaab	Calgary	6/30	Women 18-29	1222	7	25:14	1:41	104	1:20:10	29.9	107	52:51	5:18
66	2:38:20	Stephen Robinson	Calgary	5/23	Men 50-59	1158	113	33:43	2:15	60	1:15:50	31.6	59	48:48	4:53
67	2:39:16	Andrew Kyle	Calgary	6/23	Men 50-59	1180	147	35:24	2:22	68	1:16:31	31.4	48	47:22	4:45
68	2:39:53	Gary Bantle	Calgary	18/45	Men 40-49	1156	55	30:40	2:03	75	1:17:50	30.8	93	51:23	5:09
69	2:40:00	Doug Clarke	Calgary	24/57	Men 30-39	1219	80	31:57	2:08	81	1:18:27	30.6	68	49:37	4:58
70	2:40:02	Brenda Gokiart	Calgary	9/31	Women 30-39	1094	68	31:21	2:06	83	1:18:32	30.6	80	50:10	5:01
71	2:40:16	James Wilson	Calgary	7/23	Men 50-59	1226	72	31:39	2:07	72	1:17:13	31.1	94	51:26	5:09
72	2:40:21	Craig Schmitt	Calgary	25/57	Men 30-39	1291	238	46:10	3:05	25	1:10:54	33.9	13	43:18	4:20
73	2:40:28	Brigitte Bedard	Calgary	10/31	Women 30-39	1061	19	26:47	1:48	82	1:18:30	30.6	134	55:12	5:32
74	2:40:29	Daniel Jalbert	Calgary	26/57	Men 30-39	1172	63	31:09	2:05	94	1:19:29	30.2	76	49:52	5:00
75	2:40:48	Iona MacKeith	Calgary	7/30	Women 18-29	1092	73	31:44	2:07	109	1:20:24	29.9	58	48:41	4:53
76	2:40:49	Peter Dimmell	Calgary	19/45	Men 40-49	1237	82	32:06	2:09	37	1:12:07	33.3	145	56:38	5:40
77	2:40:57	Carlin Doeksen	Calgary	27/57	Men 30-39	1228	44	29:40	1:59	66	1:16:29	31.4	126	54:50	5:29
78	2:41:03	Darcy Russell	Calgary	8/30	Women 18-29	1182	41	29:19	1:58	115	1:20:53	29.7	88	50:52	5:06
79	2:41:25	Kendall Pritchard	Calgary	2/28	Women 40-49	1258	117	33:54	2:16	107	1:20:13	29.9	44	47:18	4:44
80	2:41:53	Donovan Thorkelson	Calgary	28/57	Men 30-39	1192	195	38:38	2:35	76	1:17:55	30.8	27	45:21	4:33
81	2:42:07	Tara Beattie	Calgary	3/28	Women 40-49	1013	178	36:30	2:26	54	1:14:50	32.1	85	50:47	5:05
82	2:42:08	Michael Graus	Calgary	29/57	Men 30-39	1011	92	32:28	2:10	89	1:19:08	30.3	82	50:33	5:04
83	2:42:27	Janice Helle	Calgary	2/17	Women 50-59	1265	64	31:12	2:05	92	1:19:17	30.3	100	51:59	5:12
84	2:42:53	Blair Nielsen	Calgary	30/57	Men 30-39	1160	166	36:11	2:25	79	1:18:07	30.7	57	48:35	4:52
85	2:43:00	Chris Oliphant	Calgary	20/45	Men 40-49	1266	50	30:25	2:02	96	1:19:44	30.1	108	52:53	5:18
86	2:43:14	Jana Joustra	Calgary	11/31	Women 30-39	1140	156	35:47	2:24	63	1:16:15	31.5	90	51:14	5:08
87	2:43:32	Evan Larnas	Calgary	31/57	Men 30-39	1111	38	28:57	1:56	101	1:19:59	30.0	124	54:37	5:28
88	2:43:57	Sharisse Kyle	Calgary	3/17	Women 50-59	1179	126	34:22	2:18	103	1:20:09	29.9	65	49:28	4:57
89	2:44:01	Darren Singleton	Calgary	32/57	Men 30-39	1271	95	32:32	2:11	74	1:17:38	30.9	116	53:53	5:24
90	2:44:23	Sanja Bosnjak	Calgary	12/31	Women 30-39	1263	146	35:24	2:22	52	1:14:30	32.2	121	54:31	5:28
91	2:45:03	Owen Kolt	Calgary	21/45	Men 40-49	1273	145	35:21	2:22	55	1:15:10	31.9	122	54:33	5:28
92	2:45:09	Trevor Cochran	Calgary	33/57	Men 30-39	1074	58	30:47	2:04	61	1:15:53	31.6	162	58:30	5:51
93	2:45:25	Jane Maduke	Calgary	4/28	Women 40-49	1017	86	32:12	2:09	150	1:24:09	28.5	61	49:05	4:55
94	2:45:44	Tim Olson	Calgary	34/57	Men 30-39	1098	125	34:20	2:18	65	1:16:27	31.4	127	54:57	5:30
95	2:46:12	Scott McCoy	Calgary	6/15	Men 18-29	1150	5	24:26	1:38	198	1:31:59	26.1	74	49:47	4:59
96	2:46:14	Markus Navikenas	Calgary	35/57	Men 30-39	1285	130	34:33	2:19	127	1:22:03	29.3	71	49:39	4:58
97	2:46:40	Victor Lun	Calgary	22/45	Men 40-49	1289	101	32:48	2:12	102	1:20:02	30.0	115	53:51	5:24
98	2:46:51	Jennifer Halas	Calgary	13/31	Women 30-39	1091	131	34:34	2:19	130	1:22:12	29.2	78	50:06	5:01
99	2:47:06	Matt Dalidowicz	Calgary	36/57	Men 30-39	1166	133	34:36	2:19	99	1:19:47	30.1	106	52:43	5:17
100	2:47:19	Samantha De Boon	Calgary	14/31	Women 30-39	1212	67	31:20	2:06	91	1:19:16	30.3	147	56:44	5:41
101	2:47:45	Deb Deane	Calgary	4/17	Women 50-59	1272	116	33:52	2:16	116	1:20:56	29.7	109	52:58	5:18
102	2:47:49	Daren Raoux	Calgary	37/57	Men 30-39	1218	180	36:38	2:27	62	1:16:06	31.5	131	55:06	5:31
103	2:47:49	Adam Lonseth	Calgary	7/15	Men 18-29	1039	48	30:06	2:01	97	1:19:45	30.1	158	58:00	5:48
104	2:48:02	Ryan Pratt	Calgary	38/57	Men 30-39	1181	225	42:56	2:52	112	1:20:35	29.8	22	44:32	4:28

105	2:48:06	Robert Davis	Calgary	23/45	Men 40-49	1270	61	30:56	2:04	142	1:23:07	28.9	119	54:04	5:25
106	2:48:14	Angela Pavlenko	Calgary	9/30	Women 18-29	1121	139	35:07	2:21	144	1:23:20	28.8	75	49:48	4:59
107	2:48:30	Jason Kwasny	Calgary	39/57	Men 30-39	1120	173	36:20	2:26	139	1:22:46	29.0	64	49:25	4:57
108	2:48:31	Sheri Gutsell	Calgary	5/28	Women 40-49	1086	200	39:40	2:39	88	1:19:07	30.3	72	49:45	4:59
109	2:48:39	Jennifer Campbell	Calgary	5/17	Women 50-59	1241	84	32:10	2:09	114	1:20:43	29.7	137	55:47	5:35
110	2:49:24	Lisa Walsh	Calgary	6/28	Women 40-49	1204	163	35:55	2:24	125	1:21:56	29.3	95	51:33	5:10
111	2:49:26	Christine Leslie	Calgary	15/31	Women 30-39	1243	52	30:32	2:03	174	1:27:35	27.4	92	51:19	5:08
112	2:49:27	Ashley Causton	Calgary	24/45	Men 40-49	1184	191	38:15	2:33	110	1:20:25	29.8	86	50:48	5:05
113	2:49:36	Carolyn Dunn	Calgary	10/30	Women 18-29	1297	77	31:50	2:08	137	1:22:42	29.0	129	55:05	5:31
114	2:49:37	Henry Kotuk	Calgary	8/23	Men 50-59	1232	62	30:58	2:04	77	1:17:59	30.8	184	1:00:40	6:04
115	2:49:53	Hanna Cedergren	Calgary	16/31	Women 30-39	1022	90	32:19	2:10	152	1:24:16	28.5	111	53:19	5:20
116	2:50:09	Nicole Hergert	Calgary	11/30	Women 18-29	1085	74	31:45	2:07	178	1:28:32	27.1	77	49:53	5:00
117	2:50:13	Tessa Pagalilauan	Calgary	7/28	Women 40-49	1295	141	35:14	2:21	78	1:18:00	30.8	149	57:00	5:42
118	2:50:37	Paul De Jong	Calgary	25/45	Men 40-49	1155	108	33:21	2:14	145	1:23:23	28.8	117	53:53	5:24
119	2:50:51	Conal Tackney	Calgary	40/57	Men 30-39	1274	192	38:24	2:34	100	1:19:50	30.1	105	52:38	5:16
120	2:50:58	Ted Paulus	Calgary	8/15	Men 18-29	1175	210	40:53	2:44	133	1:22:22	29.1	49	47:44	4:47
121	2:51:27	Matt Eubank	Calgary	9/15	Men 18-29	1292	14	26:09	1:45	160	1:25:44	28.0	172	59:35	5:58
122	2:51:36	Mike Fox	Calgary	10/15	Men 18-29	1157	143	35:20	2:22	134	1:22:23	29.1	118	53:54	5:24
123	2:51:38	Dawn Arseneault	Calgary	17/31	Women 30-39	1079	144	35:21	2:22	95	1:19:40	30.1	146	56:38	5:40
124	2:51:38	Doug Baker	Calgary	9/23	Men 50-59	1282	127	34:25	2:18	119	1:21:05	29.6	142	56:09	5:37
125	2:51:53	Matthew Wiebe	Calgary	11/15	Men 18-29	1203	106	33:05	2:13	161	1:25:45	28.0	110	53:04	5:19
126	2:51:57	Philip Sommerville	Calgary	26/45	Men 40-49	1133	20	27:10	1:49	131	1:22:18	29.2	192	1:02:30	6:15
127	2:52:01	Jeff Dilling	Calgary	41/57	Men 30-39	1040	138	34:53	2:20	128	1:22:03	29.3	130	55:05	5:31
128	2:52:02	Jinell Mah Ming	Calgary	8/28	Women 40-49	1201	59	30:47	2:04	180	1:28:50	27.0	102	52:26	5:15
129	2:52:11	Kari Becker	Calgary	18/31	Women 30-39	1236	114	33:44	2:15	171	1:27:15	27.5	89	51:12	5:08
130	2:52:38	Janice MacAulay	Calgary	12/30	Women 18-29	1277	202	39:43	2:39	143	1:23:19	28.8	69	49:37	4:58
131	2:52:57	Aaron Teichroeb	Calgary	12/15	Men 18-29	1064	151	35:29	2:22	98	1:19:45	30.1	155	57:45	5:47
132	2:53:10	Leslie-Anne McKenzie	Calgary	9/28	Women 40-49	1071	49	30:18	2:02	153	1:24:33	28.4	160	58:20	5:50
133	2:53:32	Alexis Magi	Calgary	13/30	Women 18-29	1138	176	36:25	2:26	90	1:19:15	30.3	157	57:53	5:48
134	2:54:04	Don Wheatcroft	Calgary	10/23	Men 50-59	1174	230	44:42	2:59	136	1:22:40	29.0	40	46:43	4:41
135	2:54:09	Lawrence Keller	Calgary	11/23	Men 50-59	1042	211	40:58	2:44	85	1:19:01	30.4	120	54:10	5:25
136	2:54:55	Rich Leighton	Calgary	12/23	Men 50-59	1170	187	37:51	2:32	124	1:21:54	29.3	133	55:11	5:32
137	2:55:05	Vera Hajto	Calgary	14/30	Women 18-29	1231	165	36:09	2:25	138	1:22:43	29.0	143	56:14	5:38
138	2:55:14	Andrew Jardine	Calgary	42/57	Men 30-39	1163	88	32:15	2:09	159	1:25:41	28.0	151	57:19	5:44
139	2:55:28	Ruth-Ann Manganaro	Calgary	10/28	Women 40-49	1134	150	35:26	2:22	123	1:21:26	29.5	163	58:36	5:52
140	2:55:28	Paul Givens	Calgary	43/57	Men 30-39	1186	118	33:58	2:16	140	1:22:52	29.0	164	58:39	5:52
141	2:55:35	Leanne Sherman	Calgary	19/31	Women 30-39	1025	226	42:57	2:52	117	1:21:00	29.6	96	51:39	5:10
142	2:55:44	Graham Carter	Calgary	44/57	Men 30-39	1041	148	35:25	2:22	177	1:28:27	27.1	99	51:52	5:12
143	2:55:47	Unknown Runner	Calgary	45/57	Men 30-39	1137	199	39:19	2:38	108	1:20:21	29.9	140	56:08	5:37
144	2:56:00	Krista Wells	Calgary	20/31	Women 30-39	1115	206	39:54	2:40	122	1:21:23	29.5	125	54:44	5:29
145	2:56:04	Todd Pringle	Calgary	27/45	Men 40-49	1008	111	33:32	2:15	126	1:21:57	29.3	183	1:00:36	6:04
146	2:56:20	Shona Anderson	Calgary	11/28	Women 40-49	1269	94	32:30	2:10	166	1:26:08	27.9	154	57:44	5:47
147	DSQ 2:56:25	Robert Price	Calgary	13/15	Men 18-29	1288	170	36:15	2:25	247	1:59:33	20.1	1	20:38	2:04
148	2:57:17	Brian Creed	Calgary	46/57	Men 30-39	1193	153	35:33	2:23	86	1:19:05	30.3	194	1:02:39	6:16
149	2:57:40	Peter Dennehy	Calgary	28/45	Men 40-49	1148	78	31:52	2:08	189	1:30:38	26.5	132	55:11	5:32
150	2:57:49	Aurelie Bellavance	Calgary	15/30	Women 18-29	1207	97	32:39	2:11	156	1:24:54	28.3	180	1:00:16	6:02
151	2:57:54	Jacqui Stone	Calgary	16/30	Women 18-29	1168	137	34:47	2:20	147	1:23:46	28.7	167	59:22	5:57
152	2:58:05	Bruce Beasley	Calgary	13/23	Men 50-59	1260	124	34:18	2:18	151	1:24:16	28.5	170	59:32	5:58
153	2:58:27	Karl Kucera	Calgary	47/57	Men 30-39	1178	185	37:31	2:31	121	1:21:20	29.5	173	59:37	5:58
154	2:58:31	Jennifer Leung	Calgary	17/30	Women 18-29	1299	45	29:41	1:59	129	1:22:10	29.2	214	1:06:41	6:41
155	2:58:55	Michael Vienneau	Calgary	48/57	Men 30-39	1068	142	35:18	2:22	148	1:23:49	28.6	177	59:50	5:59
156	2:59:01	Eric Smith	Calgary	14/23	Men 50-59	1238	197	38:52	2:36	181	1:28:52	27.0	91	51:18	5:08
157	2:59:14	Robert Woodward	Calgary	1/2	Men 60 +	1300	157	35:47	2:24	149	1:23:55	28.6	171	59:32	5:58
158	2:59:18	Leana Keto	Calgary	21/31	Women 30-39	1089	172	36:17	2:26	84	1:18:48	30.5	207	1:04:14	6:26
159	2:59:21	Jen Leblanc	Calgary	22/31	Women 30-39	1215	196	38:43	2:35	106	1:20:13	29.9	182	1:00:26	6:03
160	2:59:37	Liane Bate	Calgary	12/28	Women 40-49	1051	207	40:17	2:42	168	1:26:45	27.7	104	52:37	5:16
161	2:59:48	Phil Nepszy	Calgary	49/57	Men 30-39	1048	109	33:24	2:14	179	1:28:40	27.1	156	57:45	5:47
162	2:59:52	Terry Ross	Calgary	13/28	Women 40-49	1210	85	32:11	2:09	200	1:32:30	25.9	135	55:13	5:32
163	3:00:12	Nancy Blevins	Calgary	14/28	Women 40-49	1220	120	34:10	2:17	163	1:25:57	27.9	179	1:00:05	6:01

164	3:00:22	Kathryn Cousins	Calgary	23/31	Women 30-39	1081	93	32:28	2:10	215	1:34:13	25.5	114	53:41	5:23
165	3:00:30	David Trumpour	Calgary	14/15	Men 18-29	1244	231	44:44	2:59	207	1:33:12	25.8	10	42:35	4:16
166	3:00:43	Ben Czelenski	Calgary	15/23	Men 50-59	1135	194	38:33	2:35	135	1:22:34	29.1	174	59:37	5:58
167	3:01:24	Colleen Parsons	Calgary	15/28	Women 40-49	1139	83	32:08	2:09	209	1:33:29	25.7	138	55:48	5:35
168	3:01:38	Stuart Brown	Calgary	29/45	Men 40-49	1090	104	33:02	2:13	154	1:24:41	28.3	205	1:03:57	6:24
169	3:01:49	Pierre Adjoury	Calgary	30/45	Men 40-49	1223	189	37:59	2:32	118	1:21:04	29.6	195	1:02:46	6:17
170	3:01:54	Damon Park	Calgary	31/45	Men 40-49	1298	190	38:02	2:33	167	1:26:18	27.8	152	57:35	5:46
171	3:01:59	Thomas Morris	Calgary	16/23	Men 50-59	1284	69	31:24	2:06	132	1:22:20	29.1	223	1:08:16	6:50
172	3:02:03	Karen Johansen	Calgary	16/28	Women 40-49	1287	179	36:32	2:27	165	1:26:05	27.9	168	59:27	5:57
173	3:02:07	Kelly Rathje	Calgary	17/28	Women 40-49	1278	70	31:35	2:07	87	1:19:05	30.3	231	1:11:28	7:09
174	3:02:14	Susan Roberts	Calgary	6/17	Women 50-59	1209	158	35:51	2:24	141	1:22:53	29.0	198	1:03:31	6:22
175	3:02:19	Jeff Thorleifson	Calgary	50/57	Men 30-39	1046	182	36:44	2:27	172	1:27:29	27.4	159	58:07	5:49
176	3:02:58	Robert Rudd	Calgary	51/57	Men 30-39	1063	160	35:53	2:24	175	1:28:04	27.3	165	59:03	5:55
177	3:03:22	Sarah King	Calgary	18/30	Women 18-29	1211	107	33:11	2:13	158	1:25:14	28.2	210	1:04:58	6:30
178	3:03:33	Marcel Fisher	Calgary	52/57	Men 30-39	1257	121	34:12	2:17	162	1:25:48	28.0	200	1:03:34	6:22
179	3:04:08	Edward Follis	Calgary	17/23	Men 50-59	1294	218	42:21	2:50	157	1:24:59	28.2	148	56:48	5:41
180	3:04:13	Laura Moline	Calgary	24/31	Women 30-39	1122	71	31:37	2:07	155	1:24:44	28.3	222	1:07:54	6:48
181	3:04:36	Brian Palframan	Calgary	18/23	Men 50-59	1213	128	34:27	2:18	187	1:30:24	26.5	175	59:46	5:59
182	3:05:23	Gail Froehlich	Calgary	18/28	Women 40-49	1106	155	35:37	2:23	173	1:27:33	27.4	191	1:02:15	6:14
183	3:06:02	Alanna Mason	Calgary	25/31	Women 30-39	1169	154	35:33	2:23	184	1:29:41	26.8	185	1:00:48	6:05
184	3:06:44	Russell Crook	Calgary	32/45	Men 40-49	1208	43	29:39	1:59	208	1:33:18	25.7	202	1:03:48	6:23
185	3:07:25	Allison Steed	Calgary	19/28	Women 40-49	1099	122	34:13	2:17	186	1:29:57	26.7	196	1:03:16	6:20
186	3:08:44	Cloete Uys	Calgary	19/23	Men 50-59	1197	115	33:47	2:16	164	1:26:04	27.9	227	1:08:54	6:54
187	3:10:06	Peter Kieran	Calgary	20/23	Men 50-59	1293	81	32:02	2:09	170	1:26:56	27.6	230	1:11:09	7:07
188	3:10:21	Pamela Bunz	Calgary	19/30	Women 18-29	1075	184	37:29	2:30	182	1:29:34	26.8	197	1:03:19	6:20
189	3:11:02	Eric Mannistu	Calgary	53/57	Men 30-39	1189	220	42:29	2:50	191	1:30:59	26.4	153	57:35	5:46
190	3:11:02	Brenda McInnes	Calgary	20/28	Women 40-49	1104	129	34:29	2:18	223	1:36:16	24.9	181	1:00:18	6:02
191	3:12:02	Peter Roginski	Calgary	21/23	Men 50-59	1246	205	39:49	2:40	202	1:32:46	25.9	169	59:28	5:57
192	3:13:11	Jason Russell	Calgary	15/15	Men 18-29	1165	183	37:02	2:29	216	1:34:44	25.3	187	1:01:25	6:09
193	3:13:11	Julie Smith	Calgary	20/30	Women 18-29	1164	213	41:52	2:48	183	1:29:38	26.8	188	1:01:42	6:11
194	3:13:12	Marj Smith	Calgary	21/28	Women 40-49	1125	168	36:14	2:25	176	1:28:10	27.2	225	1:08:50	6:53
195	3:13:18	Kevin Quick	Calgary	33/45	Men 40-49	1028	223	42:52	2:52	235	1:40:17	23.9	79	50:10	5:01
196	3:13:35	Ange King	Calgary	7/17	Women 50-59	1045	169	36:14	2:25	185	1:29:55	26.7	221	1:07:27	6:45
197	3:13:35	Debbie Lamb	Calgary	21/30	Women 18-29	1021	193	38:26	2:34	211	1:33:46	25.6	186	1:01:23	6:09
198	3:13:40	Tracy Hillaby	Calgary	26/31	Women 30-39	1087	174	36:23	2:26	146	1:23:29	28.7	237	1:13:48	7:23
199	3:13:59	Cam Munro	Calgary	34/45	Men 40-49	1015	224	42:54	2:52	192	1:31:02	26.4	178	1:00:04	6:01
200	3:14:31	Laurene Uys	Calgary	22/30	Women 18-29	1196	161	35:54	2:24	194	1:31:37	26.2	219	1:07:02	6:43
201	3:14:32	Breanne Banister	Calgary	23/30	Women 18-29	1171	177	36:27	2:26	214	1:34:12	25.5	204	1:03:54	6:24
202	3:14:38	Chester Chan	Calgary	54/57	Men 30-39	1083	208	40:21	2:42	111	1:20:31	29.8	236	1:13:46	7:23
203	3:14:43	Glenn Ruskin	Calgary	35/45	Men 40-49	1143	42	29:20	1:58	229	1:39:04	24.2	213	1:06:19	6:38
204	3:15:00	Lisa Yellin	Calgary	24/30	Women 18-29	1109	123	34:14	2:17	226	1:37:14	24.7	199	1:03:32	6:22
205	3:15:17	Gabrielle Corvari	Calgary	25/30	Women 18-29	1217	217	42:05	2:49	190	1:30:59	26.4	190	1:02:15	6:14
206	3:15:22	Marija Susnjar	Calgary	27/31	Women 30-39	1078	227	43:55	2:56	221	1:35:20	25.2	141	56:09	5:37
207	3:16:34	Linda Bradley	Calgary	8/17	Women 50-59	1102	221	42:39	2:51	231	1:39:22	24.2	123	54:34	5:28
208	3:16:34	Jonathan Lewis	Calgary	55/57	Men 30-39	1224	239	47:02	3:09	212	1:33:47	25.6	136	55:46	5:35
209	3:17:15	Nancy Nelson	Calgary	9/17	Women 50-59	1116	229	44:14	2:57	188	1:30:32	26.5	193	1:02:30	6:15
210	3:17:26	David Brinley	Calgary	36/45	Men 40-49	1047	236	45:59	3:04	219	1:35:00	25.3	144	56:27	5:39
211	3:17:41	Martina Graus	Calgary	22/28	Women 40-49	1010	79	31:55	2:08	213	1:34:02	25.5	232	1:11:45	7:11
212	3:17:50	Denise Lemay-Moore	Calgary	23/28	Women 40-49	1253	171	36:16	2:26	222	1:36:00	25.0	212	1:05:35	6:34
213	3:18:39	Mitch Rathje	Calgary	37/45	Men 40-49	1279	188	37:55	2:32	210	1:33:45	25.6	217	1:07:00	6:42
214	3:18:54	Natalie Burge	Calgary	24/28	Women 40-49	1108	215	42:00	2:48	206	1:33:05	25.8	203	1:03:50	6:23
215	3:19:00	Jennifer Rogers	Calgary	28/31	Women 30-39	1185	235	45:30	3:02	195	1:31:41	26.2	189	1:01:51	6:12
216	3:19:05	Frank Brezsnyak	Calgary	38/45	Men 40-49	1073	212	41:48	2:48	203	1:32:56	25.8	208	1:04:22	6:27
217	3:19:58	Earl Emberton	Calgary	22/23	Men 50-59	1054	209	40:23	2:42	201	1:32:35	25.9	218	1:07:00	6:42
218	3:20:13	Max Labhardt	Calgary	23/23	Men 50-59	1129	91	32:22	2:10	246	1:57:36	20.4	81	50:15	5:02
219	3:21:18	Ian Shirt	Calgary	39/45	Men 40-49	1167	214	41:55	2:48	234	1:39:36	24.1	176	59:49	5:59
220	3:21:31	Marsha MacDonald	Calgary	26/30	Women 18-29	1205	135	34:46	2:20	238	1:42:47	23.4	206	1:03:59	6:24
221	3:22:06	Daran Simpson	Calgary	40/45	Men 40-49	1113	181	36:40	2:27	169	1:26:47	27.7	244	1:18:41	7:52
222	3:22:13	Bozena Gillespie	Calgary	10/17	Women 50-59	1049	232	44:45	2:59	199	1:32:17	26.0	211	1:05:13	6:32

223	3:22:47	Judith Cobb	Calgary	11/17	Women 50-59	1264	244	50:38	3:23	218	1:34:56	25.3	150	57:15	5:44
224	3:23:08	Jonathon Fenton	Calgary	41/45	Men 40-49	1014	159	35:51	2:24	204	1:32:57	25.8	238	1:14:21	7:27
225	3:23:15	Janette Rudd	Calgary	27/30	Women 18-29	1065	198	38:58	2:36	232	1:39:24	24.1	209	1:04:54	6:30
226	3:23:47	Jennifer Wilson	Calgary	29/31	Women 30-39	1126	201	39:42	2:39	220	1:35:17	25.2	226	1:08:50	6:53
227	3:24:22	Jessica Trstensky	Calgary	28/30	Women 18-29	1187	152	35:30	2:22	196	1:31:42	26.2	243	1:17:12	7:44
228	3:24:22	Peter Mawer	Calgary	2/2	Men 60 +	1245	243	50:25	3:22	217	1:34:45	25.3	166	59:13	5:56
229	3:26:45	Steven Patient	Calgary	42/45	Men 40-49	1026	245	51:12	3:25	225	1:37:06	24.7	161	58:29	5:51
230	3:26:47	Laura Ghali	Calgary	25/28	Women 40-49	1077	136	34:47	2:20	233	1:39:27	24.1	233	1:12:33	7:16
231	3:28:03	Christine Forner	Calgary	26/28	Women 40-49	1101	164	36:07	2:25	224	1:36:48	24.8	240	1:15:09	7:31
232	3:29:49	Audrey Isfeld	Calgary	12/17	Women 50-59	1119	233	44:56	3:00	227	1:38:11	24.4	216	1:06:43	6:41
233	3:29:57	Brandy Mannistu	Calgary	29/30	Women 18-29	1190	204	39:45	2:39	230	1:39:11	24.2	229	1:11:02	7:07
234	3:30:01	Mary Ann Czelenski	Calgary	13/17	Women 50-59	1136	228	43:59	2:56	205	1:33:01	25.8	234	1:13:02	7:19
235	3:30:21	Lorraine Jessee	Calgary	14/17	Women 50-59	1239	241	49:05	3:17	242	1:45:27	22.8	139	55:49	5:35
236	3:31:12	Kevin Stanwood	Calgary	43/45	Men 40-49	1004	237	46:10	3:05	228	1:38:22	24.4	215	1:06:42	6:41
237	3:32:02	Blake Cyca	Calgary	44/45	Men 40-49	1076	240	47:10	3:09	193	1:31:35	26.2	235	1:13:18	7:20
238	3:32:56	Bobbie Sheppy	Calgary	15/17	Women 50-59	1088	219	42:25	2:50	239	1:43:07	23.3	220	1:07:25	6:45
239	3:36:03	Kerri Barr	Calgary	30/31	Women 30-39	1032	222	42:51	2:52	241	1:44:54	22.9	224	1:08:20	6:50
240	3:41:21	Loreen Gilmour	Calgary	16/17	Women 50-59	1023	203	39:44	2:39	237	1:42:10	23.5	245	1:19:28	7:57
241	3:42:25	Ginny Prince	Calgary	31/31	Women 30-39	1146	149	35:26	2:22	245	1:51:53	21.5	239	1:15:07	7:31
242	3:43:00	Chris Kalinovich	Calgary	56/57	Men 30-39	1050	247	54:56	3:40	197	1:31:50	26.1	241	1:16:14	7:38
243	3:43:51	Jenny Chinchilla	Calgary	27/28	Women 40-49	1234	242	49:08	3:17	244	1:50:59	21.6	201	1:03:45	6:23
244	3:44:09	Nancy Brown	Calgary	28/28	Women 40-49	1198	246	51:12	3:25	236	1:41:57	23.5	228	1:11:01	7:07
245	3:49:35	Kim Parker	Calgary	30/30	Women 18-29	1195	167	36:13	2:25	240	1:43:41	23.1	246	1:29:43	8:59
246	3:49:37	Shawn Jensen	Calgary	45/45	Men 40-49	1283	234	45:01	3:01	243	1:47:28	22.3	242	1:17:08	7:43
247	5:55:54	Dawn Henry	Calgary	17/17	Women 50-59	1127	248	1:02:35	4:11	248	2:48:21	14.3	247	2:04:58	12:30
248	DNF	Giovanni Bustamante	Calgary	57/57	Men 30-39	1276	4	22:38	1:31	14	1:08:57	34.8			

