

Sylvan Lake
 Half Iron
 Sylvan Lake, AB
 July 26, 2009

Timing by "Results Canada" 780-416-5124

Men 19-24 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	4:46:44	1	Mark FAAS	Wainwright	26:30	2:43:34	1:36:41
2	5:00:35	2	Dusty SPILLER	Killam	32:11	3:01:43	1:26:42
3	6:45:16	3	Ken HARRINGTON	Calgary	34:26	3:34:32	2:36:20

Men 25-29 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	4:34:57	223	Gary BARNES	Saskatoon	29:43	2:30:34	1:34:41
2	4:54:52	5	Bryan VAN BOOM	Edmonton	30:13	2:39:44	1:44:57
3	5:10:44	4	Gergely HEGEDUS	Edmonton	35:58	2:59:59	1:34:48
4	5:15:42	222	Stephen PAIANO	Edmonton	34:00	2:36:23	2:05:20
5	5:24:38	8	Mike WHITTLE	Calgary	35:31	2:56:32	1:52:36
6	6:00:33	6	Dean FADDEN	Edmonton	37:50	3:12:41	2:10:02

Men 30-34 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	4:17:29	209	Dallas CAIN	Rossland	29:46	2:20:13	1:27:31
2	4:31:34	16	Shawn PINDER	Lethbridge	24:15	2:31:31	1:35:50
3	4:33:01	211	Jared GREEN	Calgary	30:36	2:27:10	1:35:16
4	4:38:27	210	Graham DOODY	Edmonton	26:33	2:40:16	1:31:39
5	4:57:23	17	Graham ROGERS	Edmonton	30:19	2:41:18	1:45:48
6	5:52:02	14	Craig WERBICKI	Calgary	36:11	3:04:40	2:11:11
7	6:05:55	15	Marc BESSETTE	Edmonton	36:40	3:14:53	2:14:23
8	6:11:42	12	Matt OLDHAM	Edmonton	38:17	3:17:10	2:16:16
9	8:08:53	18	Darren THOMPSON	Leduc	45:17	4:13:40	3:09:56
10		9	Mike HUMPHREY	Lethbridge	33:06	2:36:58	
11		224	Matt REYNOLDS	Calgary	31:51		

Men 35-39 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	4:16:34	27	Scott TREMBLAY	Kaleden	29:46	2:22:41	1:24:08
2	4:22:47	212	Travis ELTOM	Edmonton	30:28	2:24:24	1:27:57
3	4:30:04	225	Seth BITTING	Rossland	29:42	2:25:42	1:34:42
4	4:48:57	29	David JACKMAN	Calgary	34:21	2:36:32	1:38:05
5	4:55:44	35	Glenn SLOMAN	Sherwood Par	39:07	2:37:54	1:38:44
6	5:01:15	34	Glenn MASON	Edmonton	33:57	2:36:59	1:50:20
7	5:08:33	38	Trevor HANNA	Calgary	32:15	2:51:41	1:44:37
8	5:10:54	43	Nolan SACKNEY	Calgary	32:02	2:49:02	1:49:51
9	5:17:44	40	Patrick HEWITT	Red Deer	34:11	2:51:44	1:51:50
10	5:21:32	36	Jack VAN DYKE	Calgary	32:18	2:44:14	2:05:01
11	5:22:11	44	Angus SCOTT	Edmonton	34:12	2:52:16	1:55:44
12	5:22:25	39	Roger HARRISON	Red Deer	31:39	2:44:33	2:06:14
13	5:23:39	21	Aaron MCQUEEN	Ft. McMurray	39:05	3:00:17	1:44:17
14	5:26:33	33	Scott MANN	Medicine Hat	36:06	3:00:02	1:50:26
15	5:26:56	31	Mark PEVERETT	Calgary	33:47	3:01:20	1:51:50
16	5:29:13	25	Jeff MATHER	Rocky Mnt. H	36:00	3:07:19	1:45:55
17	5:37:32	23	Cam BATY	Canmore	35:37	2:57:44	2:04:12
18	5:38:01	32	Kevin WIENS	Calgary	34:08	3:09:47	1:54:06
19	5:51:14	37	Corey ESSAR	Lac La Biche	40:08	3:17:46	1:53:21
20	6:11:10	41	Kevin LANES	Calgary	34:54	3:01:57	2:34:20
21	6:16:31	28	Darcy GOLDEN	Wainwright	37:43	3:12:45	2:26:04
22	6:30:08	26	Marlon REID	Ft. Saskatch	34:35	3:33:51	2:21:43

Men 40-44 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	4:50:04	51	Dwayne LOYEK	Red Deer	33:09	2:30:30	1:46:26
2	5:06:54	48	Jason NADEAU	Calgary	36:05	2:42:49	1:48:01
3	5:09:48	49	Dave NOONAN	Okotoks	30:20	2:41:56	1:57:33
4	5:29:50	50	Harold ARGUE	Lloydminster	32:54	3:00:17	1:56:39
5	5:32:29	53	Bryan HICKEY	Sylvan Lake	41:24	3:01:19	1:49:48
6	5:41:13	214	Ed RECHNITZER	Calgary	32:57	3:04:34	2:03:43
7	5:42:06	54	Marshall SLATER	Calgary	39:41	2:56:35	2:05:51
8	6:03:36	213	Jamey HEATON	Edmonton	38:42	3:08:59	2:15:56
9	6:16:21	46	Irvin GARRIES	Calgary	46:34	3:19:24	2:10:24
10	6:17:22	56	Haithem AL-SALAM	Calgary	35:45	3:12:25	2:29:13
11	6:25:58	55	Grant BEACH	Edmonton	40:41	3:27:39	2:17:38
12	6:39:49	47	Corey HINES	Fort McMurra	30:18	3:16:45	2:52:47

13	6:54:12	45	Rick CARR	Calgary	33:42	3:42:34	2:37:57
14		52	Klaus VENCOVSKY	Calgary	31:27	2:57:18	

Men 45-49 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	4:47:16	226	Bernard MAILLET	Chestermere	30:00	2:37:25	1:39:53
2	4:48:09	67	Mark WOOD	Edmonton	31:52	2:40:59	1:35:19
3	4:51:45	58	Martin COURTENAY	Kelowna	29:37	2:37:38	1:44:31
4	4:53:40	70	Jerry MURPHY	Edmonton	34:39	2:37:07	1:41:55
5	5:01:11	68	Darren BERRETH	Calgary	31:45	2:55:06	1:34:22
6	5:03:38	71	Brad PACHAL	Calgary	34:29	2:38:56	1:50:14
7	5:05:48	218	Michael BERGERON	Calgary	31:50	2:50:32	1:43:26
8	5:08:49	72	Joseph POWER	Hinton	34:58	2:52:47	1:41:05
9	5:09:26	59	Carl SOUCHEREAU	Calgary	29:54	2:44:07	1:55:26
10	5:15:21	66	Stephen WEBER	Calgary	26:56	2:49:39	1:58:47
11	5:28:42	60	Lorne SUNDBY	St Albert	34:41	2:56:26	1:57:35
12	5:32:44	65	Tim TOOHEY	Emonton	34:16	2:59:31	1:58:58
13	5:43:39	61	Steve TAYLOR	Calgary	36:44	3:11:10	1:55:46
14	5:50:05	74	Ross SALMON	Calgary	37:55	3:18:46	1:53:25
15	5:55:01	69	Gabriel BUDZINSKI	Edmonton	40:54	3:10:06	2:04:02
16	6:02:13	63	Brian COSTELLO	Cold Lake	36:39	3:09:35	2:16:00
17	6:07:16	73	Bill PRESHING	Edmonton	35:27	3:24:54	2:06:57
18	6:23:54	217	Steve MCQUEEN	Calgary	50:01	3:34:41	1:59:14
19	6:29:14	75	Peter WHITEHEAD	Calgary	35:35	3:27:12	2:26:27
20	6:33:03	215	Robert CORMIER	Prince Alber	38:58	3:29:14	2:24:52
21	6:42:54	76	Andy WONG	Yellowknife	46:33	3:33:01	2:23:20
22	8:00:46	62	Ron USIPIUK	Leduc	46:55	4:02:14	3:11:38
23		216	Greg DOUGLAS	Regina	32:05	2:58:02	

Men 50-54 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	4:51:17	81	Gordon MORRISON	Edmonton	30:03	2:35:25	1:45:49
2	5:08:50	84	Ross THOMPSON	Lloydminster	36:17	2:51:04	1:41:29
3	5:09:10	83	Kevin STALKER	Rocky Mnt Ho	32:09	2:53:45	1:43:17
4	5:11:52	228	Guy MILNER	Edmonton	35:47	2:47:07	1:48:59
5	5:29:55	219	Doug URNESS	Red deer	33:36	2:45:55	2:10:25
6	5:33:35	227	Gord MARK	Edmonton	35:48	2:59:22	1:58:26
7	5:34:56	79	Michael EDMONDS	Calgary	38:40	3:01:46	1:54:31
8	5:39:59	231	Lou HETKE	Edmonton	36:02	3:04:58	1:59:00

9	5:49:29	87	Leon KENNES	Lethbridge	36:15	3:17:06	1:56:10
10	5:59:08	86	Don LAING	Prince Alber	39:00	3:12:22	2:07:47
11	6:10:33	88	Vaughn COOPER	Vermillion	36:56	3:22:17	2:11:21
12	6:26:20	89	Ken SORENSEN	Sherwood Par	42:04	3:22:06	2:22:11
13	7:36:41	78	Hugh COLOHAN	Calgary	45:13	4:13:26	2:38:03

Men 55-59 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	4:50:22	94	John WINTERDYK	Calgary	32:05	2:36:49	1:41:28
2	5:11:57	92	Allan MCINTOSH	Edmonton	33:24	2:47:34	1:51:00
3	5:45:55	95	Patrick COPPENS	Grande Prair	35:11	3:08:33	2:02:12
4	5:48:43	96	Mchael BROWN	Edmonton	32:01	2:55:39	2:21:04
5	6:05:31	100	James LOGGIE	Calgary	34:07	2:55:26	2:35:59
6	6:09:52	93	Stephan REEKIE	Edmonton	32:12	3:17:00	2:20:41
7	6:17:54	98	Randall PENNEY	Edmonton	34:52	3:37:32	2:05:31
8	6:18:12	97	Csaba HEGEDUS	Lethbriddge	38:38	3:18:27	2:21:08
9	7:17:38	99	Bruce GALENZA	Grande Prair	45:30	3:40:30	2:51:39

Women 19-24 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	5:58:16	117	Josephine TRACZ	Calgary	34:27	3:23:12	2:00:37
2	6:19:21	103	Andrea MILLS	Sylvan Lake	32:14	3:37:30	2:09:38
3	6:34:13	104	Kristen ODLAND	Calgary	46:37	3:37:01	2:10:36
4	6:35:13	102	Kaylee MORIARITY	Calgary	34:31	3:26:26	2:34:18
5	7:02:03	101	Rebecca LAMDEN	Spruce Grove	38:07	4:01:07	2:22:50

Women 25-29 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	4:55:55	112	Megan ELLIOTT	Lloydminster	31:30	2:46:19	1:38:07
2	4:56:38	220	Catherine BROWN	Calgary	29:52	2:44:13	1:42:33
3	5:01:22	114	Jen PANTELUK	Edmonton	31:35	2:55:43	1:34:05
4	5:26:38	107	Ollie NAGY	Banff	34:59	3:00:54	1:50:46
5	5:49:17	105	Brooke CAMPBELL	Calgary	32:24	3:05:31	2:11:22
6	5:49:17	106	Christine MURRAY	Edmonton	34:21	3:03:02	2:11:55
7	6:04:57	115	Becky BURBANK	Sylvan Lake	31:47	3:23:04	2:10:06
8	6:14:26	110	Leslie RUDD	Crossfield	36:32	3:33:08	2:04:46

9	6:40:15	111	Laura DODDS	Calgary	47:19	3:38:24	2:14:33
10	7:34:00	116	Lindsay JOHNSON	Cochrane	46:10	2:33:21	4:14:30

Women 30-34 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	4:48:44	124	Jennifer MANSELL	Calgary	33:54	2:36:22	1:38:28
2	5:17:52	205	Kate MACPHERSON	Calgary	29:57	3:03:38	1:44:18
3	5:27:20	131	Robin MCCULLOCH	Leth	33:21	3:05:35	1:48:25
4	5:39:55	118	Lida FRYDRYCHOVA	Calgary	34:53	3:11:23	1:53:41
5	5:46:20	132	Sandra SPITERI	Calgary	32:03	3:12:48	2:01:30
6	5:47:54	126	Sonya ELIAS	Standard	36:18	3:12:34	1:59:03
7	5:57:31	130	Neana LINTOTT	Fort Saskatc	36:08	3:16:53	2:04:30
8	6:09:10	120	Rebecca HEEMERYCK	Rocky Mounti	38:55	3:26:48	2:03:27
9	6:09:39	125	Sabrina COLANGELO	Calgary	42:00	3:25:00	2:02:40
10	6:10:12	127	Carla JACKMAN	Calgary	36:56	3:10:10	2:23:08
11	6:19:26	122	Naomi CROWE	Red Deer Cou	31:54	3:23:57	2:23:36
12	6:20:35	119	Lindsay HACK	Airdrie	37:52	3:22:16	2:20:28
13	6:27:50	123	Tara FERRIS	Calgary	41:36	3:28:05	2:18:10
14	6:35:16	128	Trina JAMES	Calgary	44:31	3:41:12	2:09:34

Women 35-39 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	5:13:31	138	Teresa RICHER	Red Deer	34:23	2:53:40	1:45:29
2	5:20:42	135	Tracey ROEMMELE	Lethbridge	36:54	2:50:31	1:53:18
3	5:24:08	134	Laura MACKAY	Edmonton	34:15	2:57:00	1:52:54
4	5:28:45	144	Stephanie DUMONT	Calgary	39:15	2:57:20	1:52:11
5	5:29:30	140	Nancy LYNCH	Calgary	35:38	2:58:57	1:54:57
6	5:53:23	206	Kathy RICE	Prince Georg	33:05	3:06:34	2:13:45
7	6:21:41	133	Kim MISICK	Red Deer	35:55	3:17:22	2:28:26
8	6:24:16	142	Allison VUCUREVICH	Lethbridge	41:31	3:34:05	2:08:41
9	6:47:07	141	Michelle SMALLMAN	Lacombe	46:35	3:40:27	2:20:05
10	7:05:45	143	Marley BROWN	Calgary	46:42	3:39:01	2:40:04
11	7:51:50	137	Corry BYRNE	Medicine Hat	46:58	4:16:50	2:48:04

Women 40-44 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	6:07:50	147	Ella ROKOSH	St. Albert	41:05	3:15:06	2:11:41

2	6:13:18	146	Nina REID	Ft. Saskatch	42:35	3:25:51	2:04:53
3	6:27:03	149	Jaclyn DRAKER	Sherwood Par	38:34	3:34:17	2:14:13
4	7:58:35	207	Karen FRANK	Port Coquitl	39:32	4:04:59	3:14:04
5		148	Liz MCLEOD	Calgary	43:33		

Women 45-49 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	5:16:21	163	Elise GAUDET	Edmonton	31:53	2:53:47	1:50:42
2	5:25:49	156	Rita MCNULTY	Sylvan Lake	36:41	2:56:42	1:52:26
3	5:28:00	157	Kathy MEAD	Edmonton	32:31	3:03:02	1:52:28
4	5:44:12	155	Shelley MACAULEY	Sylvan Lake	35:28	3:05:50	2:02:55
5	5:44:23	158	Nancy BARNES	Banff	36:13	3:12:54	1:55:17
6	5:46:41	208	Carolyn HILES	Calgary	34:50	3:04:44	2:07:08
7	6:18:40	153	Carol COSTELLO	Cold Lake	46:56	3:25:43	2:06:03
8	6:47:45	151	Shirley ANDRUKO	Calgary	38:49	3:57:28	2:11:29
9	6:59:20	154	Laurie HAMERS	Regina	43:36	3:53:11	2:22:34
10	7:00:32	160	Jocelyn FRANKOW	Calgary	52:47	3:47:01	2:20:45
11	7:34:26	221	Dorene LOUGHLIN	Innisfail	43:00	3:52:00	2:59:28
12	7:57:05	159	Wendy DOWNES	Calgary	46:44	4:07:44	3:02:38
13	8:07:17	162	Linda ZACHARIASSEN	Yellowknife	45:22	4:22:57	2:58:59

Women 50-54 Category Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	5:38:25	165	Lyn BECKWITH	Eckville	40:40	3:03:07	1:54:39
2	5:54:04	169	Barb PENNEY	Edmonton	34:20	3:13:47	2:05:58
3	6:14:07	170	Jocelyn REEKIE	Edmonton	41:25	3:13:03	2:19:40
4	6:33:55	168	Beverly ARMSTRONG	Hinsdale	35:34	3:23:00	2:35:22
5	6:56:25	167	Michele GRANGER	Edmonton	36:52	3:38:34	2:40:59
6	7:49:39	166	Gail UNGSTAD	Slave Lake	46:08	4:11:23	2:52:09