

Chinook Half Ironman Triathlon  
 Calgary, AB  
 June 24th, 2006

Age Group Triathlon Results

Pos	Time	Name	City	Plc/Total	Category #
1	4:42:20	Jeremy PERESSINI	Calgary	1/6	Men 18-29 203
2	4:57:18	Joel WILKINSON	Cochrane	1/11	Men 40-49 213
3	5:10:40	Peter OSADETZ	Calgary	2/6	Men 18-29 208
4	5:19:15	Mike PASCOE	Calgary	1/24	Men 30-39 174
5	5:22:10	John KOVACS	Jasper	2/11	Men 40-49 165
6	5:36:05	Frank VANDONGEN	Calgary	2/24	Men 30-39 156
7	5:37:37	Anthony JONES	143	1/7	Men 50-59 204
8	5:38:51	Maureen SAUL	Calgary	1/15	Women 30 176
9	5:38:58	Greg REDMAN	Calgary	3/24	Men 30-39 217
10	5:39:05	Pete STANTON	Calgary	1/2	Men 60 + 197
11	5:42:48	Darin HUNTER	Calgary	4/24	Men 30-39 154
12	5:43:06	Darren EKLUND	Calgary	5/24	Men 30-39 152
13	5:50:01	Warren LISTER	Regina	3/11	Men 40-49 216
14	5:50:17	Nick RONTOGIANNIS	Calgary	6/24	Men 30-39 166
15	5:53:51	Nick PAULET	Winnipeg	7/24	Men 30-39 137
16	5:56:20	Melanie JONES	Calgary	1/7	Women 18 147
17	5:57:53	Marcelo SULKIN	Calgary	2/7	Men 50-59 172
18	5:58:37	Shelley BROLSMA	Cochrane	1/9	Women 40 210
19	6:04:07	Jason CURRY	Calgary	3/6	Men 18-29 101
20	6:04:14	Shane MACLEOD	Calgary	8/24	Men 30-39 168
21	6:04:52	Matthew HOFFMAN	Calgary	9/24	Men 30-39 189
22	6:04:53	Katherine SEVERSON	Calgary	2/15	Women 30 145
23	6:06:00	Derek FIELD	Calgary	4/6	Men 18-29 196
24	6:07:43	Charlie LALONDE	Winnipeg	1 0/24	Men 30-39 142
25	6:08:25	Robert JENSEN	Lethbridge	1 1/24	Men 30-39 151
26	6:08:25	Carmen KERGAN	Calgary	3/15	Women 30 134
27	6:10:06	Rita SIDDALL	Rossland	2/7	Women 18 191
28	6:10:28	Hilda DUFFIELD	Red deer	2/9	Women 40 153
29	6:12:00	Lyne LIBOIRON	Black diamon	3/7	Women 18 198
30	6:13:08	Jen NEWMAN	Calgary	4/15	Women 30 223
31	6:13:35	Ian DAVIES	Calgary	4/11	Men 40-49 194
32	6:14:49	Mike REYNOLDS	Calgary	1 2/24	Men 30-39 201
33	6:15:53	Dalton FAYAD	Regina	1 3/24	Men 30-39 135
34	6:16:05	Sheena MILLER	St. Albert	4/7	Women 18 200
35	6:16:12	Scott BRASS	Calgary	1 4/24	Men 30-39 214
36	6:16:51	Shannon WINSLADE	Okotoks	5/15	Women 30 187
37	6:21:14	Bruce BROWN	Calgary	1 5/24	Men 30-39 170
38	6:21:33	Brennan CRAIG	Winnipeg	1 6/24	Men 30-39 110
39	6:23:02	Calvin KELLETT	Calgary	3/7	Men 50-59 209
40	6:25:45	Bruce DRUERY	Calgary	5/11	Men 40-49 220
41	6:25:48	Valerie KIM	Calgary	3/9	Women 40 141

42	6:25:51	Linnea MAWER	Calgary		6/15	Women 30 163
43	6:26:00	Alice DASZKOWSKI	Calgary		4/9	Women 40 192
44	6:27:31	Tanis SCHNEPF	Calgary		5/7	Women 18 177
45	6:29:39	Michelle PRATT	Calgary		7/15	Women 30 180
46	6:32:29	Cindy POCZA	Calgary		5/9	Women 40 164
47	6:36:55	Nola SEDORE	Calgary		6/9	Women 40 193
48	6:42:41	Randy GABEL	Winnipeg		6/11	Men 40-49 131
49	6:42:42	Michael HAMILTON	Calgary		5/6	Men 18-29 219
50	6:44:51	Wendy NELSON	Calgary		1/1	Women 50 159
51	6:46:48	Paul POFFENROTH	Calgary		2/2	Men 60 + 143
52	6:48:40	Kerri EDISON	Winnipeg		8/15	Women 30 126
53	6:49:54	Daisy TSE	Calgary		9/15	Women 30 195
54	6:50:34	Tom KERBER	Black Diamon		7/11	Men 40-49 188
55	6:51:10	Lara WIEBE	Calgary	1	0/15	Women 30 186
56	6:53:26	Dennis TOKARZ	Regina		8/11	Men 40-49 190
57	6:56:45	Chantelle MCGIVERN	Calgary		6/7	Women 18 212
58	6:56:45	Richard CORVARI	Calgary		4/7	Men 50-59 175
59	6:58:01	Maxine SECH	Winnipeg	1	1/15	Women 30 138
60	7:05:13	Corrie MENON	Vancouver	1	2/15	Women 30 146
61	7:08:28	Jon GITTOES	Lethbridge	1	7/24	Men 30-39 103
62	7:10:39	Andrew TURNBULL	Red Deer	1	8/24	Men 30-39 178
63	7:14:20	Gareth PRICE	Calgary		5/7	Men 50-59 184
64	7:18:02	Chris MCCUEN	Dauphin		9/11	Men 40-49 133
65	7:19:24	Brigitte RUEL	Calgary		7/9	Women 40 221
66	7:20:04	Denise LAFORGE	Calgary		8/9	Women 40 139
67	7:22:13	Colleen CUTHBERT	Calgary	1	3/15	Women 30 211
68	7:27:41	Stephen HARRIS	Calgary	1	9/24	Men 30-39 150
69	7:30:54	Martin BLAKE	Calgary	2	0/24	Men 30-39 202
70	7:33:34	Nancy HERMAN	Winnipeg	1	4/15	Women 30 125
71	7:34:15	Emanuela BANDOL	Regina		7/7	Women 18 136
72	7:36:01	Steve BRIERLEY	Calgary	1	0/11	Men 40-49 162
73	7:40:37	Jason ANDERSON	Dauphin	2	1/24	Men 30-39 132
74	7:58:36	John MYKYTCHUK	Regina		6/7	Men 50-59 144
75 DNF		Kevin SHOPLAND	St. Albert		6/6	Men 18-29 207
76 DNF		Brock PHILLIPS	Jasper	1	1/11	Men 40-49 205
77 DNF		Tara PATRICK	Calgary	1	5/15	Women 30 222
78 DNF		Alan POYTRESS	Ft. Macleod		7/7	Men 50-59 199
79 DNF		Elaine LOWRY	Calgary		9/9	Women 40 218
80 DQ		Peter LAWSON	Calgary	2	2/24	Men 30-39 171

Chinook Half Ironman Triathlon  
 Calgary, AB, June 24th 2006

Age Group Triathlon Results

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 Pos Time Name City, Country Category Plc/Total Category #

81 DQ	Dieter WENTZEL	Edmonton	2	3/24	Men 30-39 206
82 DQ	Jason DAUM	Regina	2	4/24	Men 30-39 169

2.2km SWIM				90 km BIKE				
Cat	Ovr	Time	/100m	Cat	Ovr	Time	km/hr	Cat
2	4	33:23	1:32	1	1	2:39:54	33.8	1
1	2	33:05	1:31	1	2	2:42:59	33.1	1
4	14	39:41	1:49	2	3	2:44:53	32.8	2
2	10	38:42	1:46	1	4	2:49:11	31.9	4
4	33	42:30	1:56	2	6	2:55:32	30.8	2
6	19	40:21	1:51	2	11	3:02:17	29.6	7
2	26	42:15	1:56	1	12	3:04:44	29.2	1
1	5	36:05	1:39	1	14	3:07:56	28.7	1
4	12	38:49	1:46	4	15	3:10:48	28.3	1
1	50	46:29	2:07	1	8	2:56:18	30.6	1
1	7	37:33	1:43	5	17	3:11:53	28.1	6
5	16	39:49	1:49	6	18	3:12:31	28.0	2
8	56	47:54	2:11	5	10	3:02:04	29.7	3
19	69	51:47	2:22	3	13	3:07:00	28.9	5
9	23	40:36	1:51	9	29	3:19:28	27.1	8
3	37	43:47	2:00	3	27	3:18:53	27.2	1
1	8	37:44	1:43	2	24	3:14:59	27.7	2
6	51	46:37	2:08	1	21	3:13:11	28.0	2
3	9	38:27	1:45	5	32	3:21:28	26.8	3
3	11	38:45	1:46	16	43	3:29:54	25.7	9
7	20	40:27	1:51	17	49	3:33:19	25.3	3
7	46	46:09	2:06	2	26	3:18:45	27.2	2
6	44	46:05	2:06	4	25	3:15:35	27.6	4
10	25	41:51	1:55	7	20	3:13:09	28.0	14
11	32	42:28	1:56	15	40	3:28:42	25.9	10
11	64	49:07	2:14	3	28	3:18:53	27.2	3
2	29	42:18	1:56	1	19	3:12:50	28.0	5
7	59	48:28	2:13	2	34	3:23:27	26.5	1
7	65	49:38	2:16	2	23	3:14:51	27.7	4
15	15	39:44	1:49	4	36	3:26:30	26.2	4
9	58	48:15	2:12	6	16	3:11:14	28.2	5
8	21	40:29	1:51	10	30	3:20:49	26.9	15
15	53	47:03	2:09	11	31	3:21:08	26.8	12
5	42	45:16	2:04	4	41	3:28:48	25.9	3
21	74	55:32	2:32	8	22	3:14:49	27.7	11
2	6	37:02	1:41	9	47	3:30:55	25.6	6
14	48	46:23	2:07	14	37	3:27:06	26.1	13
12	43	45:53	2:06	12	33	3:22:01	26.7	16
4	30	42:23	1:56	3	38	3:28:00	26.0	3
3	31	42:24	1:56	4	9	3:01:44	29.7	8
4	36	43:45	2:00	3	45	3:30:06	25.7	5

3	17	39:57	1:49	7	44	3:29:57	25.7	8
3	34	43:01	1:58	4	48	3:32:50	25.4	4
6	55	47:53	2:11	5	54	3:38:09	24.8	2
5	24	41:10	1:53	5	39	3:28:13	25.9	9
2	28	42:16	1:56	5	51	3:37:13	24.9	6
5	47	46:10	2:06	6	60	3:45:55	23.9	3
11	77	56:39	2:35	7	50	3:35:50	25.0	4
5	40	44:46	2:03	6	65	3:48:33	23.6	5
1	66	50:40	2:19	1	53	3:38:02	24.8	1
2	63	49:02	2:14	2	61	3:46:07	23.9	2
4	18	40:19	1:50	8	46	3:30:26	25.7	13
12	72	52:07	2:23	11	67	3:49:49	23.5	5
6	41	45:05	2:03	8	52	3:37:49	24.8	7
6	35	43:33	1:59	10	56	3:40:11	24.5	12
7	49	46:25	2:07	10	58	3:41:28	24.4	6
1	13	38:52	1:46	7	70	3:55:49	22.9	6
6	71	52:02	2:22	5	64	3:48:11	23.7	4
10	57	48:07	2:12	14	71	3:56:50	22.8	7
9	54	47:11	2:09	12	68	3:51:27	23.3	11
20	70	51:59	2:22	13	35	3:23:38	26.5	21
22	76	55:50	2:33	19	62	3:47:46	23.7	17
3	27	42:16	1:56	4	59	3:42:31	24.3	5
5	39	44:29	2:02	9	57	3:41:26	24.4	9
9	80	59:50	2:44	7	72	3:57:07	22.8	7
8	79	59:41	2:43	8	73	3:57:18	22.8	8
13	73	52:29	2:24	15	76	4:08:48	21.7	10
23	81	59:58	2:44	18	55	3:39:46	24.6	20
17	67	51:09	2:20	21	78	4:09:22	21.7	18
14	75	55:36	2:32	13	69	3:54:32	23.0	14
4	38	43:55	2:00	6	63	3:48:11	23.7	7
10	62	48:50	2:14	11	66	3:49:05	23.6	10
16	61	48:49	2:14	20	75	4:04:02	22.1	19
7	78	58:26	2:40	6	74	3:59:57	22.5	
1	1	33:00	1:30	3	5	2:52:55	31.2	
2	3	33:10	1:31	3	7	2:56:09	30.7	
8	52	46:44	2:08	6	42	3:28:53	25.9	
5	60	48:35	2:13	7	77	4:09:18	21.7	
1	22	40:34	1:51					
13	45	46:06	2:06					

-----	2.	2km	-----	---	-----	90 km	-----	----
Cat	---S	WIM-----	/100m	Cat	Ovr T	-BIKE---	m/hr	Cat
	Ovr	Time				ime k		

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18	68	51:24	2:21					
24	82	1:04:17	2:56					

## 21km

## RUN

Ovr	Time	/km
1	1:29:05	4:14
2	1:41:15	4:48
4	1:46:07	5:02
9	1:51:23	5:17
3	1:44:09	4:57
12	1:53:28	5:23
6	1:50:40	5:15
15	1:54:50	5:27
5	1:49:22	5:11
17	1:56:19	5:31
11	1:53:23	5:23
7	1:50:47	5:15
22	2:00:03	5:42
10	1:51:30	5:18
14	1:53:48	5:24
13	1:53:41	5:24
29	2:05:12	5:56
20	1:58:50	5:38
26	2:04:13	5:54
16	1:55:35	5:29
8	1:51:06	5:16
21	1:59:59	5:42
27	2:04:21	5:54
43	2:12:43	6:18
18	1:57:16	5:34
23	2:00:26	5:43
49	2:14:59	6:24
19	1:58:34	5:38
32	2:07:32	6:03
31	2:06:56	6:01
48	2:14:07	6:22
46	2:13:31	6:20
33	2:07:43	6:04
25	2:02:02	5:48
30	2:05:52	5:58
36	2:08:56	6:07
34	2:07:46	6:04
47	2:13:40	6:21
42	2:12:40	6:18
65	2:41:38	7:40
41	2:11:58	6:16

50	2:15:57	6:27
38	2:10:10	6:11
24	2:01:30	5:46
53	2:20:17	6:39
44	2:13:01	6:19
28	2:04:51	5:55
39	2:10:13	6:11
37	2:09:25	6:08
51	2:16:10	6:28
40	2:11:40	6:15
64	2:37:56	7:30
35	2:07:59	6:04
62	2:27:41	7:00
61	2:27:26	7:00
58	2:25:33	6:54
55	2:22:06	6:45
52	2:16:33	6:29
45	2:13:05	6:19
59	2:26:36	6:57
71	2:52:51	8:12
60	2:27:04	6:59
69	2:49:35	8:03
70	2:52:09	8:10
56	2:22:28	6:46
57	2:23:07	6:47
54	2:20:57	6:41
68	2:47:59	7:58
63	2:30:24	7:08
66	2:43:27	7:45
74	3:02:09	8:38
72	2:58:06	8:27
67	2:47:47	7:58
73	3:00:14	8:33

2            1km  
-----    RUN----    -----  
Ovr         Time        km

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