

2009_ChinookHalfIronman_AgeGroup

5th Annual
Chinook Half Ironman Triathlon
Calgary, AB
June 20, 2009

780-416-5124

Timing by "Results Canada"

Half Iron Age Group Results

Men 18-29 Category - Half Ironman Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	4:46:11	400	Joshua Krabbe	Edmonton	35:45	2:31:29	1:38:59
2	5:16:57	391	Kyle Mitton	Calgary	35:18	2:43:13	1:58:26
3	5:51:59	393	Robert Lennox	Calgary	38:19	3:13:59	1:59:42
4	6:08:12	404	Jamie Horwood	Edmonton	30:29	3:30:58	2:06:46
5	6:36:57	336	Adam Layton	Calgary	40:58	3:28:17	2:27:43
6	7:29:52	381	Douglas Dupont	Edmonton	42:28	4:00:52	2:46:33

Men 30-39 Category - Half Ironman Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	4:53:43	348	Kyle McLaughlin	Calgary	35:44	2:41:38	1:36:22
2	5:04:25	428	Mike Pascoe	Calgary	35:42	2:50:49	1:37:55
3	5:05:09	337	Rob Mott	Calgary	36:53	2:49:32	1:38:45
4	5:05:30	377	Richard MacDonald	Calgary	32:34	2:53:44	1:39:13
5	5:14:22	355	Trevor Hanna	Calgary	37:16	2:55:16	1:41:52

2009_ChinookHalfIronman_AgeGroup

6	5:17:10	383	Karl Werner	Edmonton	35:38	2:53:14	1:48:19
7	5:31:17	347	Dave Kiwi	Calgary	36:28	3:04:59	1:49:51
8	5:42:28	350	Steven Sommerfeldt	Lethbridge	34:44	3:10:12	1:57:33
9	5:54:47	406	Mark Herasymiuk	Calgary	40:33	3:17:05	1:57:10
10	5:56:47	445	Mike Kotuk	St Albert	29:08	3:17:17	2:10:22
11	5:58:56	346	James Jensen	Lethbridge	37:19	3:25:19	1:56:19
12	6:28:03	326	Jason Hayes	Calgary	40:23	3:32:29	2:15:12
13	7:11:25	429	Jeff Cubos	Spruce Grove	40:30	3:56:31	2:34:25
14	8:31:25	389	Mark Rathwell	Regina	47:29	4:25:10	3:18:48
15		366	David Jackman	Calgary	38:43	2:50:30	
16		369	Troy Lemens	Calgary	34:39	3:03:26	
17		321	Troy Martin	Calgary	39:22	3:30:11	

Men 40-49 Category - Half Ironman Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	5:09:05	363	Kent Tilley	Calgary	32:05	2:49:35	1:47:25
2	5:19:29	397	Hiroshi Iwabuchi	Calgary	36:33	2:57:36	1:45:22
3	5:19:34	415	Bernard Maillet	Chestermere	29:04	2:57:41	1:52:50
4	5:21:31	379	Jason Nadeau	Calgary	40:37	2:53:40	1:47:16
5	5:24:41	442	Michael Bergeron	Calgary	34:11	2:57:56	1:52:36
6	5:29:54	370	Dan Stillwell	Calgary	34:54	3:05:03	1:49:59
7	5:34:15	345	Tim Dutton	Calgary	38:43	3:05:31	1:50:02
8	5:37:29	322	Brad Pachal	Calgary	36:22	3:00:02	2:01:05
9	5:49:54	395	Ian Davies	Calgary	36:57	3:05:18	2:07:41
10	5:53:33	439	Darryl Bandas	Calgary	34:50	3:22:41	1:56:04
11	6:06:14	384	Greg Doerges	Calgary	40:31	3:13:10	2:12:35
12	6:07:52	372	Todd Samuelson	Medicine Hat	40:31	3:26:55	2:00:26
13	6:08:57	436	Kevin Copeland	Calgary	42:43	3:06:37	2:19:37
14	6:09:44	353	Paul Barker	Calgary	36:01	3:46:41	1:47:03
15	6:12:41	410	Tim Toohey	Edmonton	36:38	3:34:20	2:01:45

2009_ChinookHalfIronman_AgeGroup

16	6:16:10	390	Dave Meyers	Calgary	40:41	3:27:19	2:08:11
17	6:17:27	359	Enio Ricci	Regina	49:37	3:17:59	2:09:52
18	6:17:51	371	Mike Canadine	Medicine Hat	38:25	3:30:30	2:08:56
19	6:28:52	424	Alan Eberle	Calgary	41:10	3:34:16	2:13:27
20	6:32:05	403	Laird Leckie	Calgary	42:45	3:31:28	2:17:54
21	6:37:40	344	Colin wiebe	Calgary	39:29	3:46:56	2:11:16
22	6:42:22	380	Pat Fiacco	regina	52:07	3:36:33	2:13:42
23	6:48:03	430	Barry Robbins	Calgary	57:10	3:39:10	2:11:43
24	7:05:26	407	Charles Day	Calgary	41:37	3:59:47	2:24:04
25	7:22:02	332	Rich Leighton	Calgary	41:28	3:37:10	3:03:25
26	7:34:21	330	Trevor Nakka	Calgary	46:25	4:00:09	2:47:48
27	7:55:54	329	Russell Garries	Calgary	1:02:22	4:16:34	2:36:58
28		320	Doug Henderson	Calgary	40:26	3:27:09	
29		409	Paul Scheirick	Calgary	1:03:48	5:12:13	

Men 50-59 Category - Half Ironman Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	5:43:26	310	Mark Dantzer	Calgary	35:37	3:07:23	2:00:28
2	5:50:16	354	Murray Stewart	Calgary	42:37	3:11:57	1:55:43
3	5:50:55	475	Gordon Kirk	Calgary	35:27	3:06:41	2:08:48
4	6:06:38	419	Greg Nigh	Calgary	35:23	3:27:22	2:03:53
5	6:10:22	444	Carl Olssen	Calgary	52:35	3:09:08	2:08:41
6	6:15:35	412	John Milford	Dewinton	36:32	3:28:48	2:10:16
7	6:18:10	387	Michael Edmonds	Calgary	44:17	3:28:37	2:05:17
8	6:29:17	340	Robert Jensen	Calgary	31:56	3:42:20	2:15:01
9	6:39:51	401	Jurgen Kaminsky	Calgary	47:19	3:46:01	2:06:32
10	6:45:39	426	Lyle Keillor	Calgary	43:31	3:52:51	2:09:18
11	7:09:53	416	Peter Roginski	Canmore	49:28	3:53:27	2:26:59
12	7:25:46	342	Keith Cartmell	Calgary	38:55	3:42:44	3:04:09

13 357 Earl Emberton 2009_ChinookHalfIronman_AgeGroup Canmore 51:40

Men 60 + Category - Half Ironman Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	5:48:02	358	Peter Stanton	Calgary	42:39	2:54:02	2:11:22

Women 18-29 Category - Half Ironman Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	5:28:40	392	Amy Woodward	Calgary	34:55	3:03:08	1:50:38
2	6:19:53	405	Alison Rudge	Edmonton	32:40	3:25:35	2:21:39
3	6:23:02	411	Joanna Welsh	Calgary	49:03	3:34:15	1:59:45
4	6:29:42	351	Trina Cobbledick	Regina	43:21	3:34:36	2:11:47
5	6:33:57	399	Shyla Robertson	Regina	42:24	3:42:27	2:09:07
6	7:37:42	434	Meredith Buckingham	Fort McMurra	42:47	4:00:37	2:54:20
7	8:10:11	334	Sarah Getson	Calgary	1:00:06	4:15:26	2:54:40

Women 30-39 Category - Half Ironman Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	5:16:47	413	Jenny Rowe	Calgary	28:24	3:04:16	1:44:08
2	5:34:27	376	Jennifer Mansell	Calgary	39:18	2:57:17	1:57:52
3	5:41:58	375	Kate Macpherson	Calgary	31:53	3:23:58	1:46:09
4	5:45:28	382	Rena Almon	Calgary	47:06	3:07:16	1:51:07
5	5:48:31	378	Megan Macdonald	Calgary	38:41	3:17:52	1:51:58
6	6:08:21	402	Tara Patrick	Calgary	42:23	3:26:09	1:59:50
7	6:11:26	385	Tanya Winkel	Regina	38:30	3:23:16	2:09:41
8	6:18:14	364	Jodi Medveszek	calgary	42:44	3:22:46	2:12:45

2009_ChinookHalfIronman_AgeGroup

9	6:19:57	414	Jacqueline Flewitt	Calgary	29:07	3:26:10	2:24:41
10	6:24:00	327	Erica Sheppard	Calgary	36:52	3:30:40	2:16:29
11	6:34:55	422	Andrea Adams	Calgary	39:59	3:36:30	2:18:27
12	6:45:58	427	Elan Lamontagne	Calgary	40:33	3:40:24	2:25:02
13	6:46:43	394	Keri Isbister	Saskatoon	37:03	3:56:35	2:13:06
14	6:50:40	398	Susi De Leeuw	Cochrane	40:44	3:42:06	2:27:52
15	6:51:45	356	Lorraine Churchill	Calgary	38:24	3:41:29	2:31:52
16	7:17:30	417	Erin Attrill	Calgary	44:14	3:53:02	2:40:14
17	7:23:37	335	Maria Rupcich	White City	39:06	4:05:07	2:39:24
18	7:29:52	365	Leanne Sherman	Calgary	53:11	4:02:03	2:34:39
19		343	Kerry Snelson	Calgary	52:30	4:27:43	

Women 40-49 Category - Half Ironman Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	6:03:16	396	Isabel Ostrom	Calgary	42:05	3:27:15	1:53:57
2	6:05:23	361	Sue Padua	Calgary	38:50	3:13:26	2:13:07
3	6:09:01	423	Kris Cannon	Calgary	36:39	3:20:51	2:11:32
4	6:10:29	437	Joanne Morin	Calgary	37:15	3:30:20	2:02:56
5	6:11:50	431	Melanie Rush	Calgary	35:43	3:35:13	2:00:55
6	6:12:53	386	Kelly Murphy	Calgary	45:33	3:33:02	1:54:19
7	6:28:50	438	Carolyn Botterill	Calgary	40:36	3:38:55	2:09:20
8	6:31:38	435	Jolene Gordon	Calgary	37:01	3:39:05	2:15:33
9	6:44:32	325	Deb Quick	Calgary	46:02	3:33:01	2:25:30
10	6:50:14	425	Lee-Ann Ricci	Regina	48:12	3:46:13	2:15:50
11	6:51:21	433	Rossana Zubiato	Calgary	42:20	3:48:20	2:20:42
12	7:02:22	432	Allison Delsnyder	Regina	42:10	3:57:58	2:22:15
13	7:11:54	341	Liz McManus	Calgary	38:42	3:57:10	2:36:03
14	7:34:20	331	Diana Nakka	Calgary	39:02	4:07:19	2:48:01
15	7:34:53	388	Francoise Pelletier	Regina	42:25	4:03:03	2:49:26

2009_ChinookHalfIronman_AgeGroup

16	7:54:19	324	Barb Halladay	Lethbridge	52:47	3:54:32	3:07:00
17		443	Rose Serpico	Calgary	42:31		
18		349	Brenda Guebert	Calgary	52:34		

women 50-59 Category - Half Ironman Results

Place	Run	Numb	Name	City	Swim	Bike	Run
1	5:23:39	421	Edie Fisher	Kenora	29:14	2:57:39	1:56:47
2	6:38:07	374	Patti Doody	Calgary	33:56	3:42:08	2:22:04
3	7:01:21	368	wendy Nelson	Calgary	42:56	3:47:51	2:30:35

women 60 + Category - Half Ironman Results

Place	Run	Numb	Name	City	Swim	Bike	Run

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