

Summerland Sprint Triathlon  
September 3, 2006

## 750M Swim - 19.8Km Bike - 5Km Run

Over All	Div PL	Div	Bib Num	Name	City	<-----Swim----->				<-----Bike----->				<-----Run----->				Total Event	
						Plce	Plce	Time	:Rate	Plce	Plce	Time	:Speed	Plce	Plce	Time	:Pace		
						In	:Over	:		In	:Over	:		In	:Over	:			
						Age	:All	:	:Mins/	Age	:All	:	:Km/	Age	:All	:	:Mins/		
						Grp	:	:	:100M	Grp	:	:	:Hour	Grp	:	:	:Km.		
						:	:	:	:	:	:	:	:	:	:	:	:		
1	1/5	M2029	495	Nathan Champness	Vernon	2	4	11:35	1:33	2	3	30:31	38.9	1	1	17:56	3:36	1:00:02	
2	2/5	M2029	487	Mike Champigny	Vernon	1	1	11:07	1:29	1	1	29:33	40.2	2	5	19:43	3:57	1:00:23	
3	1/24	M4049	425	Brent Rogers	Westbank	1	7	11:59	1:36	1	2	29:53	39.8	3	7	20:40	4:08	1:02:32	
4	1/16	M3039	484	Clive Asplen	Summerland	1	2	11:25	1:32	1	4	31:10	38.1	1	8	20:45	4:09	1:03:20	
5	2/24	M4049	396	Bob Isaak	Summerland	3	11	12:40	1:42	3	6	32:11	36.9	1	2	18:37	3:44	1:03:28	
6	1/3	M1719	368	Kris Loshack	Edmonton	1	6	11:54	1:36	2	11	33:05	35.9	1	3	18:57	3:48	1:03:56	
7	2/3	M1719	369	Braedon Cashion	Port Coquitl	2	15	13:00	1:44	1	8	32:47	36.2	2	4	19:10	3:50	1:04:57	
8	3/24	M4049	446	Gord McInnes	Kelowna	11	46	15:00	2:00	2	5	31:35	37.6	4	11	21:18	4:16	1:07:53	
9	2/16	M3039	457	Mike Cooke	Summerland	2	3	11:31	1:33	4	26	34:52	34.1	3	13	21:38	4:20	1:08:01	
10	1/9	F2029	499	Rose Filiatrault	Kelowna	1	9	12:30	1:40	1	9	32:55	36.1	3	29	22:53	4:35	1:08:18	
11	1/1	M1516	372	Taylor Lick	Kelowna	1	19	13:34	1:49	1	19	34:23	34.6	1	9	20:55	4:11	1:08:52	
12	3/16	M3039	448	Sergio Da SILVA	Westbank	4	17	13:16	1:47	2	13	33:17	35.7	8	26	22:49	4:34	1:09:22	
13	1/12	M5059	388	Ken Cashion	Port Coquitl	1	14	12:56	1:44	2	17	34:00	34.9	3	24	22:36	4:32	1:09:32	
14	3/5	M2029	486	Peter Solymosi	Vernon	4	22	13:55	1:52	3	12	33:15	35.7	3	23	22:30	4:30	1:09:40	
15	1/20	F3039	469	Virginia Sellars	Vernon	4	29	14:17	1:55	1	18	34:19	34.6	1	12	21:24	4:17	1:10:00	
16	2/12	M5059	393	Mark Fromberg	Kelowna	3	30	14:17	1:55	1	10	32:57	36.1	4	27	22:49	4:34	1:10:03	
17	4/16	M3039	450	Miroslav Kavicky	Summerland	3	13	12:55	1:44	5	29	35:34	33.4	5	15	21:44	4:21	1:10:13	
18	2/9	F2029	494	Ashlee Robinson	Kelowna	2	16	13:13	1:46	2	25	34:51	34.1	1	20	22:20	4:28	1:10:24	
19	4/24	M4049	422	Tony Desjarlais	Kelowna	7	28	14:15	1:54	6	15	33:47	35.2	6	28	22:51	4:35	1:10:53	
20	2/20	F3039	458	Jennifer Andrews	Penticton	1	24	14:00	1:52	2	24	34:50	34.1	2	19	22:18	4:28	1:11:08	
21	5/24	M4049	397	Tom Wyatt	Penticton	6	23	13:58	1:52	5	14	33:20	35.6	11	44	24:02	4:49	1:11:20	
22	4/5	M2029	489	Shayne Tryon	Vancouver	3	10	12:33	1:41	4	28	35:11	33.8	4	38	23:39	4:44	1:11:23	
23	6/24	M4049	428	Ken Pommier	Kelowna	15	71	16:42	2:14	4	7	32:22	36.7	7	30	22:56	4:36	1:12:00	
24	1/27	F4049	434	Gayanne Pacholzuk	Kelowna	1	5	11:36	1:33	2	39	36:37	32.4	1	43	23:57	4:48	1:12:10	
25	3/12	M5059	392	Paul Eby	Oliver	2	21	13:50	1:51	5	36	36:23	32.7	2	18	22:01	4:25	1:12:14	
26	7/24	M4049	418	Ed Marbach	Penticton	4	18	13:28	1:48	9	27	35:00	33.9	14	47	24:20	4:52	1:12:48	
27	3/9	F2029	29	Anna Gebert	Kelowna	4	43	14:57	2:00	3	32	36:02	33.0	2	21	22:20	4:28	1:13:19	
28	8/24	M4049	417	Paul Plocktis	Westbank	2	8	12:12	1:38	12	34	36:15	32.8	18	55	25:19	5:04	1:13:46	
29	5/16	M3039	500	Andre Larivee	Penticton	7	50	15:18	2:03	9	47	37:24	31.8	2	10	21:08	4:14	1:13:50	
30	9/24	M4049	408	Rob Price	Canmore	22	109	19:55	2:40	7	16	33:53	35.1	2	6	20:30	4:06	1:14:18	
31	4/12	M5059	391	Andy Hamilton	Summerland	8	72	16:45	2:14	3	20	34:29	34.5	5	31	23:07	4:38	1:14:21	
32	2/27	F4049	399	Barb Penner	Kelowna	2	32	14:21	1:55	1	21	34:35	34.4	2	57	25:26	5:06	1:14:22	
33	1/3	M6069	378	Gary Hoffman	Osoyoos	2	49	15:13	2:02	1	31	35:50	33.2	1	35	23:21	4:41	1:14:24	

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						Plce	Plce	Time	:Rate	Plce	Plce	Time	:Speed	Plce	Plce	Time	:Pace	
						In	:Over	:		In	:Over	:		In	:Over	:		
						Age	:All	:	:Mins/	Age	:All	:	:Km/	Age	:All	:	:Mins/	
						Grp	:	:	:100M	Grp	:	:	:Hour	Grp	:	:	:Km.	
						:	:	:	:	:	:	:	:	:	:	:	:	
34	10/24	M4049	403	Kim Young	Coldstream	5	20	13:37	1:49	16	50	37:27	31.7	10	37	23:36	4:44	1:14:40
35	11/24	M4049	401	Lorie Loshack	Edmonton	12	51	15:35	2:05	8	22	34:39	34.3	16	51	24:51	4:59	1:15:05
36	6/16	M3039	477	Darren White	Vancouver	11	76	17:00	2:16	3	23	34:41	34.3	11	40	23:44	4:45	1:15:25
37	12/24	M4049	402	Alex Vincent	Calgary	8	33	14:27	1:56	11	33	36:09	32.9	15	50	24:50	4:58	1:15:26
38	5/12	M5059	387	Gary Horsting	Coldstream	6	39	14:40	1:58	4	35	36:20	32.7	6	49	24:38	4:56	1:15:38
39	7/16	M3039	480	Mike De koning	Kamloops	6	48	15:09	2:02	8	44	37:13	31.9	9	34	23:17	4:40	1:15:39
40	8/16	M3039	461	Cameron Holloway	Kelowna	13	81	17:24	2:20	6	38	36:30	32.5	6	16	21:46	4:22	1:15:40
41	3/20	F3039	478	Tonya Haines	Kelowna	2	26	14:06	1:53	3	56	38:17	31.0	3	36	23:31	4:43	1:15:54
42	9/16	M3039	476	Arthur Bakx	Summerland	14	87	17:44	2:22	11	48	37:25	31.8	4	14	21:40	4:20	1:16:49
43	2/3	M6069	376	Karl Donoghue	Okanagan Fal	1	12	12:42	1:42	2	45	37:22	31.8	2	72	26:47	5:22	1:16:51
44	13/24	M4049	437	Todd Nordstrom-Young	Vernon	20	97	18:25	2:28	10	30	35:44	33.2	8	32	23:07	4:38	1:17:16
45	14/24	M4049	436	Chris Forster	Penticton	16	79	17:20	2:19	17	51	37:47	31.4	5	22	22:20	4:28	1:17:27
46	10/16	M3039	464	Michael Elder	Kelowna	8	54	15:40	2:06	13	57	38:18	31.0	10	39	23:43	4:45	1:17:41
47	15/24	M4049	440	Danny Kermode	Vernon	17	82	17:32	2:21	13	37	36:25	32.6	12	45	24:08	4:50	1:18:05
48	4/20	F3039	472	Sunette Louw	Naramata	7	41	14:53	2:00	4	58	38:35	30.8	5	52	25:00	5:00	1:18:28
49	6/12	M5059	381	Brian Travelbea	Vernon	4	34	14:29	1:56	7	46	37:23	31.8	9	71	26:41	5:21	1:18:33
50	16/24	M4049	406	Paul McCann	Penticton	9	36	14:35	1:57	14	41	36:51	32.2	20	75	27:08	5:26	1:18:34
51	5/5	M2029	488	Todd Semeniuk	Vernon	5	38	14:38	1:58	5	73	40:00	29.7	5	48	24:22	4:53	1:19:00
52	3/27	F4049	421	KIm Froom	Kelowna	3	45	14:59	2:00	4	54	38:07	31.2	5	65	26:07	5:14	1:19:13
53	11/16	M3039	467	Troy Schalm	Penticton	16	106	19:36	2:37	7	42	37:06	32.0	7	25	22:47	4:34	1:19:29
54	17/24	M4049	497	Murray Farbridge	Penticton	19	95	18:22	2:27	15	43	37:08	32.0	13	46	24:10	4:50	1:19:40
55	18/24	M4049	427	Danny Scuka	Kelowna	14	59	16:08	2:10	18	53	38:00	31.3	19	59	25:37	5:08	1:19:45
56	7/12	M5059	394	Mark DeVolder	Vernon	7	44	14:58	2:00	6	40	36:40	32.4	10	90	28:08	5:38	1:19:46
57	8/12	M5059	380	Michael Everett	Vernon	5	35	14:31	1:57	8	67	39:32	30.1	7	62	25:54	5:11	1:19:57
58	19/24	M4049	398	Gerry Naito	Vernon	18	92	18:11	2:26	19	60	38:52	30.6	9	33	23:12	4:39	1:20:15
59	5/20	F3039	475	Marnie Todd	Keremeos	3	27	14:08	1:54	9	84	40:46	29.1	6	56	25:21	5:05	1:20:15
60	4/27	F4049	438	Donna Bartel	Delta	4	47	15:01	2:01	6	62	38:57	30.5	8	70	26:39	5:20	1:20:37
61	12/16	M3039	479	Jason Besse	Kelowna	5	31	14:19	1:55	10	49	37:25	31.8	14	96	29:06	5:50	1:20:50
62	9/12	M5059	30	Andrew Amundsen	Summerland	9	102	18:53	2:32	9	79	40:15	29.5	1	17	21:49	4:22	1:20:57
63	6/20	F3039	463	Karen Humes	Kelowna	5	37	14:35	1:57	5	59	38:51	30.6	12	82	27:33	5:31	1:20:59
64	4/9	F2029	492	Kelsey Mulvihill	Kelowna	3	25	14:05	1:53	5	68	39:39	30.0	5	83	27:33	5:31	1:21:17
65	1/2	F6069	28	Shirley Gray	Penticton	2	64	16:27	2:12	1	64	39:19	30.2	1	60	25:38	5:08	1:21:24
66	7/20	F3039	470	Heather Swetnam	Lake Country	6	40	14:50	1:59	7	72	39:48	29.8	9	77	27:14	5:27	1:21:52

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						Plce	Plce	Time	:Rate	Plce	Plce	Time	:Speed	Plce	Plce	Time	:Pace	
						In	:Over	:		In	:Over	:		In	:Over	:		
						Age	:All	:	:Mins/	Age	:All	:	:Km/	Age	:All	:	:Mins/	
						Grp	:	:	:100M	Grp	:	:	:Hour	Grp	:	:	:Km.	
						:	:	:	:	:	:	:	:	:	:	:	:	
67	5/27	F4049	443	Bonnie Bare	Kelowna	8	63	16:25	2:12	7	69	39:39	30.0	4	64	26:02	5:13	1:22:06
68	6/27	F4049	426	Dory Dueck	Kelowna	13	78	17:12	2:18	5	61	38:53	30.6	6	66	26:08	5:14	1:22:13
69	7/27	F4049	424	Myra Mattila	Vernon	15	88	17:54	2:24	3	52	37:50	31.4	7	68	26:36	5:20	1:22:20
70	8/27	F4049	395	Debra Reid	Nelson	11	69	16:38	2:14	12	78	40:14	29.5	3	63	25:55	5:11	1:22:47
71	8/20	F3039	462	Tanya Holloway	Kelowna	8	52	15:35	2:05	8	83	40:32	29.3	10	79	27:26	5:30	1:23:33
72	9/20	F3039	453	Ingrid Stewart	Kelowna	15	104	19:04	2:33	11	87	40:54	29.0	4	41	23:45	4:45	1:23:43
73	13/16	M3039	452	Brendan Farrelly	Richmond	12	80	17:20	2:19	12	55	38:08	31.2	13	92	28:31	5:43	1:23:59
74	10/20	F3039	460	Shelley Would	Kelowna	9	58	16:07	2:09	12	90	41:17	28.8	8	69	26:36	5:20	1:24:00
75	9/27	F4049	429	Sandy Corrado	Kelowna	9	65	16:30	2:12	8	71	39:47	29.9	14	86	27:46	5:34	1:24:03
76	10/27	F4049	412	Corinne Obedkoff	Kelowna	6	57	16:05	2:09	9	74	40:05	29.6	15	87	27:54	5:35	1:24:04
77	5/9	F2029	491	Krista Houtman	Vernon	5	83	17:33	2:21	4	63	38:58	30.5	6	85	27:38	5:32	1:24:09
78	14/16	M3039	473	Scott Dean	Coquitlam	9	70	16:40	2:14	16	96	41:57	28.3	12	58	25:33	5:07	1:24:10
79	11/27	F4049	404	Lorna McGill	Penticton	7	60	16:10	2:10	16	94	41:52	28.4	9	73	26:51	5:23	1:24:53
80	20/24	M4049	435	Kevin Edgecombe	Kelowna	23	111	20:04	2:41	20	70	39:42	29.9	17	54	25:18	5:04	1:25:04
81	1/4	F5059	389	Sandra Thomson	Kelowna	1	74	16:50	2:15	2	104	43:20	27.4	1	53	25:11	5:03	1:25:21
82	12/27	F4049	444	Rosalie Swart	Kelowna	14	84	17:34	2:21	15	88	41:04	28.9	10	74	26:52	5:23	1:25:30
83	11/20	F3039	471	Heather Cooke	Summerland	12	67	16:34	2:13	10	86	40:52	29.1	13	89	28:07	5:38	1:25:33
84	13/27	F4049	423	Sandy Ferguson	Penticton	5	55	15:56	2:08	11	77	40:10	29.6	17	98	29:29	5:54	1:25:35
85	21/24	M4049	432	Shaun Roberts	Kelowna	10	42	14:55	2:00	21	98	42:07	28.2	21	94	28:52	5:47	1:25:54
86	12/20	F3039	466	Crissy Cuddihy	Kelowna	10	61	16:21	2:11	6	65	39:24	30.2	18	107	30:09	6:02	1:25:54
87	14/27	F4049	439	Cara McMillan	Kelowna	16	90	17:59	2:24	13	80	40:21	29.4	13	84	27:35	5:31	1:25:55
88	15/16	M3039	455	Kelly David	Penticton	10	75	16:57	2:16	14	66	39:26	30.1	15	102	29:46	5:58	1:26:09
89	3/3	M1719	31	James Cook	Summerland	3	56	15:56	2:08	3	115	46:27	25.6	3	42	23:51	4:47	1:26:14
90	6/9	F2029	485	Kim Willey	Vancouver	6	85	17:36	2:21	7	89	41:06	28.9	7	88	27:56	5:36	1:26:38
91	7/9	F2029	490	Heidi Maddess	Vancouver	7	96	18:22	2:27	8	93	41:49	28.4	4	78	27:15	5:27	1:27:26
92	13/20	F3039	481	Talia Rosa	Kelowna	17	113	20:09	2:42	13	92	41:31	28.6	7	61	25:49	5:10	1:27:29
93	15/27	F4049	430	Caroline Isaak	Summerland	10	68	16:35	2:13	14	85	40:50	29.1	18	105	30:07	6:02	1:27:32
94	22/24	M4049	445	Derrick Carlson	Kelowna	13	53	15:38	2:06	22	101	42:49	27.7	22	100	29:30	5:54	1:27:57
95	14/20	F3039	454	Sandi Fazan	Kelowna	13	77	17:01	2:17	14	95	41:56	28.3	15	97	29:09	5:50	1:28:06
96	16/27	F4049	433	Mechal Corbett	Coldstream	24	117	20:55	2:48	10	75	40:07	29.6	11	76	27:09	5:26	1:28:11
97	15/20	F3039	468	Janice Stevens	Vernon	14	86	17:40	2:22	15	100	42:28	28.0	14	93	28:48	5:46	1:28:56
98	16/16	M3039	456	Jayson Lucash	Lake Country	15	89	17:56	2:24	15	91	41:24	28.7	16	103	29:59	6:00	1:29:19
99	2/2	F6069	377	Sue Abbott	Vernon	1	62	16:23	2:12	2	76	40:07	29.6	2	113	33:00	6:36	1:29:30

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						In	:Over	:		In	:Over	:		In	:Over	:		
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						Grp	:	:	:100M	Grp	:	:	:Hour	Grp	:	:	:Km.	
						:	:	:	:	:	:	:	:	:	:	:	:	
100	17/27	F4049	415	Shelly Stephens	Kelowna	23	112	20:07	2:41	17	97	41:59	28.3	12	81	27:29	5:30	1:29:35
101	10/12	M5059	498	Timothy LaBoucane	Revelstoke	10	107	19:38	2:38	11	109	43:37	27.2	8	67	26:24	5:17	1:29:39
102	8/9	F2029	496	Mandy Ventresca	Vernon	8	98	18:29	2:28	6	81	40:23	29.4	8	108	31:03	6:13	1:29:55
103	3/3	M6069	379	Don Gayton	Summerland	3	91	18:07	2:25					3				1:31:00
104	16/20	F3039	483	Alysia Carlson	Kelowna	11	66	16:32	2:13	18	110	44:21	26.8	17	106	30:08	6:02	1:31:01
105	18/27	F4049	419	Adriana Scuka	Abbotsford	18	94	18:19	2:27	21	112	44:30	26.7	16	91	28:14	5:39	1:31:03
106	2/4	F5059	385	Charlotte Heidt	Kelowna	3	116	20:27	2:44	1	102	42:50	27.7	2	95	29:04	5:49	1:32:21
107	17/20	F3039	447	Shelley LaBerge	Kelowna	18	115	20:25	2:44	16	103	43:16	27.5	16	99	29:29	5:54	1:33:10
108	18/20	F3039	451	Darlene Wood	Vernon	16	105	19:10	2:34	17	106	43:29	27.3	19	109	31:37	6:20	1:34:16
109	19/27	F4049	420	Colleen Stensrude	Vernon	17	93	18:17	2:27	20	111	44:25	26.7	19	110	32:04	6:25	1:34:46
110	11/12	M5059	383	Mike Harrison	Burnaby	11	118	21:42	2:54	10	82	40:24	29.4	12	115	33:08	6:38	1:35:14
111	20/27	F4049	400	Kathy Wilson	Kamloops	21	108	19:40	2:38	18	99	42:13	28.1	23	118	35:04	7:01	1:36:57
112	21/27	F4049	411	Laura Travelbea	Vernon	20	103	18:57	2:32	23	116	46:41	25.4	20	111	32:28	6:30	1:38:06
113	23/24	M4049	409	David Bushby	Penticton	24	122	25:08	3:22	23	107	43:32	27.3	23	101	29:31	5:55	1:38:11
114	3/4	F5059	384	Chris Durnford	Penticton	2	114	20:23	2:44	3	108	43:35	27.3	4	117	34:56	7:00	1:38:54
115	22/27	F4049	442	Veronica Farrelly	Richmond	12	73	16:45	2:14	27	125	50:55	23.3	21	112	32:47	6:34	1:40:27
116	19/20	F3039	459	Kim Vardon	Vernon	20	125	26:56	3:36	19	117	46:46	25.4	11	80	27:28	5:30	1:41:10
117	23/27	F4049	431	Carol McQuaid	Penticton	19	101	18:45	2:30	25	122	49:06	24.2	22	116	33:44	6:45	1:41:35
118	9/9	F2029	493	Stephanie Eby	Vancouver	9	99	18:35	2:29	9	114	46:16	25.7	9	124	39:56	8:00	1:44:47
119	12/12	M5059	382	Shon Ostafew	Vernon	12	121	24:38	3:18	12	121	47:46	24.9	11	114	33:04	6:37	1:45:28
120	24/27	F4049	414	Barbara Picken	Golden	25	119	23:55	3:12	22	113	44:52	26.5	24	120	36:58	7:24	1:45:45
121	25/27	F4049	405	Julie Harmer	Vernon	22	110	20:00	2:40	24	120	47:37	24.9	26	122	38:38	7:44	1:46:15
122	26/27	F4049	410	Connie Deane	Vernon	26	120	24:07	3:13	19	105	43:27	27.3	27	123	38:48	7:46	1:46:22
123	4/4	F5059	386	Marlene Everett	Vernon	4	126	31:05	4:09	4	119	47:12	25.2	3	104	30:06	6:02	1:48:23
124	20/20	F3039	465	Shelley Lair	Kelowna	19	124	26:13	3:30	20	118	46:57	25.3	20	119	36:01	7:13	1:49:11
125	27/27	F4049	416	Linda Edgecombe	Kelowna	27	123	25:18	3:23	26	124	50:19	23.6	25	121	37:36	7:32	1:53:13
126	24/24	M4049	441	Joseph (Joe) Pagulayan	Abbotsford	21	100	18:41	2:30	24	123	49:32	24.0	24	125	46:22	9:17	1:54:35