

Gerick's Rocky Mountain Triathlon www.rmevents.com

June 13, 2004

Wasa Lake Provincial Park (Cranbrook), BC

Results by "Results Canada" 1-780-416-5124

Short Course Triathlon Results

Place	Time	Name	City and Category	Race #	500 m SwimTime	Place Overall	Pace /100m	20 KM Bike Time	Place Overall	Pace km/hr	5 km Run Time	Place Overall	Pace min/km
1	54:32:00	Trev WILLIAMS	Calgary 1/35 Men 16-99	504	6:40	2	1:20	30:44:00	1	39.1	17:09	1	3:26
2	1:03:02	Joel KOPF	Plummer 2/35 Men 16-99	493	8:25	11	1:41	35:17:00	3	34	19:21	2	3:53
3	1:03:09	Bob KWASNY	Calgary 3/35 Men 16-99	509	10:40	46	2:08	32:45:00	2	36.7	19:45	4	3:57
4	1:03:19	Matt CATLEY	Calgary 4/35 Men 16-99	521	6:03	1	1:13	37:18:00	10	32.2	19:59	6	4:00
5	1:03:40	Alex BROTHERS	Canmore 5/35 Men 16-99	559	6:44	4	1:21	37:02:00	9	32.4	19:55	5	3:59
6	1:05:31	Mike MEINIG	Kimberley 6/35 Men 16-99	583	8:29	13	1:42	36:49:00	8	32.6	20:13	8	4:03
7	1:05:46	Geran BOLKE	Medicine Hat 7/35 Men 16-99	562	10:21	41	2:05	35:46:00	5	33.6	19:41	3	3:57
8	1:06:02	Joe HILDES	Windermere 8/35 Men 16-99	491	7:00	5	1:24	35:17:00	4	34	23:46	27	4:46
9	1:06:27	Kevin HEINZE	Mission 9/35 Men 16-99	544	9:41	28	1:57	36:31:00	6	32.9	20:16	9	4:04
10	1:07:23	Paige GARDINER	Victoria 1/56 Women 16-99	564	8:31	15	1:43	37:44:00	11	31.8	21:08	11	4:14
11	1:08:31	Tom MAIER	Canmore 10/35 Men 16-99	485	9:10	22	1:50	38:57:00	13	30.8	20:25	10	4:05
12	1:09:42	Jason ENGLISH	Calgary 11/35 Men 16-99	586	9:02	21	1:49	38:01:00	12	31.6	22:39	18	4:32
13	1:11:12	Leah SCHEITEL	Calgary 2/56 Women 16-99	515	7:29	7	1:30	41:26:00	18	29	22:18	16	4:28
14	1:11:48	Hunter CORRIGAL	Cranbrook 12/35 Men 16-99	490	9:24	25	1:53	42:15:00	22	28.4	20:10	7	4:02
15	1:12:02	Troy NEALE	Canal Flats 13/35 Men 16-99	552	9:22	23	1:53	39:59:00	15	30	22:42	19	4:33
16	1:12:26	Kyle KEITH	Calgary 14/35 Men 16-99	599	9:55	37	1:59	40:59:00	17	29.3	21:33	13	4:19
17	1:13:02	Laura CARLYLE	Westbank 1/6 Women 13-15	511	6:42	3	1:21	43:44:00	26	27.4	22:37	17	4:32
18	1:13:23	Tim FIX	Cranbrook 15/35 Men 16-99	593	12:51	81	2:35	36:35:00	7	32.8	23:58	30	4:48
19	1:13:51	Clark TRAVERSE	Kelowna 16/35 Men 16-99	596	8:43	17	1:45	42:13:00	21	28.4	22:56	20	4:36
20	1:13:54	Sherri BUCHIGNANI	Calgary 3/56 Women 16-99	548	8:26	12	1:42	39:16:00	14	30.6	26:13:00	51	5:15
21	1:14:18	Nikki NORRIE	Fernie 4/56 Women 16-99	529	8:29	14	1:42	42:07:00	20	28.5	23:42	26	4:45
22	1:14:23	Nick BRUSH	Panorama 17/35 Men 16-99	494	9:43	29	1:57	42:27:00	23	28.3	22:14	15	4:27
23	1:16:17	Steve FOWLES	Kamloops 18/35 Men 16-99	560	10:38	45	2:08	44:16:00	32	27.1	21:24	12	4:17
24	1:16:22	Jocelyn BROPHY	Calgary 5/56 Women 16-99	573	7:11	6	1:27	43:36:00	25	27.5	25:36:00	48	5:08
25	1:17:52	Janine COLLINSON	Vernon 6/56 Women 16-99	508	8:43	16	1:45	45:29:00	37	26.4	23:41	25	4:45
26	1:17:53	Lyle PARR	Lethbridge 19/35 Men 16-99	525	9:45	30	1:57	43:51:00	27	27.4	24:19:00	33	4:52
27	1:18:11	Kim KITCHING	Windermere 7/56 Women 16-99	495	12:49	80	2:34	40:59:00	16	29.3	24:25:00	36	4:53
28	1:18:42	Sue BALDREY	Calgary 8/56 Women 16-99	549	9:57	38	2:00	43:33:00	24	27.6	25:13:00	42	5:03
29	1:19:11	Wendy KON	Calgary 9/56 Women 16-99	575	10:36	43	2:08	44:59:00	35	26.7	23:37	24	4:44
30	1:19:25	Ann BURRAGE	Calgary 10/56 Women 16-99	518	9:30	27	1:54	42:03:00	19	28.5	27:53:00	66	5:35
31	1:19:34	Jill FUGEDI	WestBank 2/6 Women 13-15	557	8:08	9	1:38	46:08:00	41	26	25:20:00	45	5:04
32	1:20:03	Jack HUMMEL	Cranbrook 20/35 Men 16-99	500	12:39	78	2:32	44:01:00	29	27.3	23:23	22	4:41
33	1:20:14	John LYNN	Calgary 21/35 Men 16-99	539	11:01	57	2:13	44:13:00	31	27.1	25:01:00	39	5:01

34	1:20:14	Nicole SPRENGER	Calgary	11/56	Women 16-99	535	9:27	26	1:54	45:44:00	39	26.2	25:03:00	41	5:01
35	1:21:40	Amy WATERHOUSE	Nelson	12/56	Women 16-99	517	9:49	33	1:58	47:08:00	49	25.5	24:44:00	38	4:57
36	1:21:46	Sarah WATERHOUSE	South Sloca	13/56	Women 16-99	516	11:42	65	2:21	46:13:00	42	26	23:52	28	4:47
37	1:22:02	Denise LOWING	Kimberley	14/56	Women 16-99	506	9:45	31	1:57	45:36:00	38	26.3	26:41:00	53	5:21
38	1:22:22	C. Wallace ROSS	Invermere	22/35	Men 16-99	590	13:26	89	2:42	46:49:00	45	25.6	22:08	14	4:26
39	1:22:43	Zachary TAYLOR	Creston	1/6	Men 13-15	486	9:24	24	1:53	48:56:00	58	24.5	24:24:00	35	4:53
40	1:22:55	Jillian RENOUF	Invermere	15/56	Women 16-99	571	10:15	40	2:03	45:20:00	36	26.5	27:21:00	60	5:29
41	1:22:59	Eduardo AGUIRRE	Wasa	23/35	Men 16-99	553	12:10	71	2:26	46:43:00	44	25.7	24:07:00	31	4:50
42	1:23:02	Roxane BROCKLEBA	Lethbridge	16/56	Women 16-99	592	10:56	54	2:12	44:12:00	30	27.2	27:55:00	67	5:35
43	1:23:18	Michael TURNER	Olds	2/6	Men 13-15	513	8:56	20	1:48	49:05:00	59	24.5	25:18:00	43	5:04
44	1:23:23	Susanna HURD	Calgary	17/56	Women 16-99	507	8:52	18	1:47	49:12:00	60	24.4	25:19:00	44	5:04
45	1:23:28	Clem VANDERHORS	Cranbrook	24/35	Men 16-99	488	11:33	64	2:19	48:03:00	50	25	23:53	29	4:47
46	1:23:33	Frances CAMERON	Rossland	18/56	Women 16-99	519	10:09	39	2:02	46:05:00	40	26	27:20:00	59	5:28
47	1:23:52	Spela GRASIC	Invermere	3/6	Women 13-15	489	12:12	73	2:27	48:33:00	54	24.7	23:08	21	4:38
48	1:24:14	Lyn MACKKEY	Grand Forks	19/56	Women 16-99	526	10:36	44	2:08	48:37:00	55	24.7	25:02:00	40	5:01
49	1:24:31	Marnie FUDGE	Calgary	20/56	Women 16-99	524	13:01	84	2:37	46:53:00	47	25.6	24:38:00	37	4:56
50	1:24:57	Daniel BARGHSHOO	Calgary	25/35	Men 16-99	546	10:56	55	2:12	43:51:00	28	27.4	30:10:00	82	6:02
51	1:25:39	Robin MOORE	Invermere	21/56	Women 16-99	528	10:42	48	2:09	48:21:00	52	24.8	26:37:00	52	5:20
52	1:26:01	Catherine FILLIS	Cranbrook	22/56	Women 16-99	482	14:03	93	2:49	44:43:00	34	26.8	27:16:00	58	5:28
53	1:26:12	Bozena GILLESPIE	Calgary	23/56	Women 16-99	567	11:21	60	2:17	46:51:00	46	25.6	28:01:00	68	5:37
54	1:26:25	Mike BAKER	Cochrane	26/35	Men 16-99	520	9:53	36	1:59	48:55:00	57	24.5	27:38:00	65	5:32
55	1:26:33	Tamara HYND	Kimberley	24/56	Women 16-99	484	12:22	76	2:29	49:51:00	65	24.1	24:22:00	34	4:53
56	1:26:35	Rachel COHEN	Kimberley	4/6	Women 13-15	572	11:16	59	2:16	49:29:00	62	24.3	25:51:00	49	5:11
57	1:26:50	Allegra ROGERS	Westbank	5/6	Women 13-15	512	7:33	8	1:31	51:56:00	77	23.1	27:23:00	61	5:29
58	1:26:59	Graham KENDALL	Creston	27/35	Men 16-99	588	10:46	49	2:10	52:07:00	79	23	24:07:00	32	4:50
59	1:27:11	Philip BOYER	Fairmont Hot	28/35	Men 16-99	523	9:47	32	1:58	49:54:00	67	24.1	27:31:00	63	5:31
60	1:27:12	Mackenzie BRUSH	Panorama	3/6	Men 13-15	502	14:15	94	2:51	49:31:00	63	24.2	23:27	23	4:42
61	1:27:33	Elise REEH	Mission	25/56	Women 16-99	543	11:51	66	2:23	46:35:00	43	25.8	29:08:00	75	5:50
62	1:28:23	Caeri ENSTROM	Calgary	26/56	Women 16-99	580	11:08	58	2:14	50:18:00	69	23.9	26:58:00	56	5:24
63	1:28:29	Lindsay VALLANCE	Fernie	27/56	Women 16-99	537	11:58	68	2:24	47:01:00	48	25.5	29:31:00	79	5:55
64	1:28:39	Leslie THOMAS	Calgary	28/56	Women 16-99	527	10:55	53	2:11	51:45:00	74	23.2	26:00:00	50	5:12
65	1:29:03	Sumarie LEROUX	Creston	29/56	Women 16-99	581				1:12:19	101	16.6	25:22:00	46	5:05
66	1:29:03	Kriegler LEROUX	Creston	29/35	Men 16-99	582	11:55	67	2:23	51:46:00	75	23.2	25:24:00	47	5:05
67	1:30:45	Shauna SIDERITSCH	Fernie	30/56	Women 16-99	556	11:23	61	2:17	50:26:00	71	23.8	28:57:00	74	5:48
68	1:31:00	John NIESLEN	Cranbrook	30/35	Men 16-99	483	19:06	101	3:50	44:30:00	33	27	27:25:00	62	5:29
69	1:31:28	Andrea WINCKERS	Rossland	31/56	Women 16-99	587	10:54	52	2:11	49:31:00	64	24.2	31:03:00	88	6:13
70	1:31:31	Theresa ROSS	Invermere	32/56	Women 16-99	591	12:39	79	2:32	51:49:00	76	23.2	27:04:00	57	5:25
71	1:32:12	Vera FUNK	Calgary	33/56	Women 16-99	579	14:30	95	2:54	48:11:00	51	24.9	29:31:00	80	5:55
72	1:32:17	Amber CLARKE	Calgary	34/56	Women 16-99	589	9:50	34	1:58	55:45:00	89	21.5	26:43:00	54	5:21
73	1:32:33	Cody CUTHILL	Kimberley	4/6	Men 13-15	503	15:46	99	3:10	49:52:00	66	24.1	26:56:00	55	5:24
74	1:32:59	Chris KON	Calgary	31/35	Men 16-99	577	12:25	77	2:29	48:54:00	56	24.5	31:41:00	90	6:21
75	1:33:06	Tanya LABRECQUE	Calgary	35/56	Women 16-99	594	11:59	69	2:24	50:07:00	68	24	31:02:00	87	6:13
76	1:33:12	Lesley CLINT	Banff	36/56	Women 16-99	538	11:27	62	2:18	53:35:00	82	22.4	28:11:00	71	5:39
77	1:33:24	Marilyn SAWFORD	Calgary	37/56	Women 16-99	534	10:48	50	2:10	49:27:00	61	24.3	33:09:00	93	6:38

78	1:33:48	Jacinta MILLER	Lethbridge	38/56	Women 16-99	536	13:47	92	2:46	51:57:00	78	23.1	28:04:00	69	5:37
79	1:35:13	J.d. DAMEN	Strathmore	5/6	Men 13-15	498	10:50	51	2:10	54:12:00	84	22.1	30:12:00	83	6:03
80	1:35:29	Lisa VANDERGOUWI	Coaldale	39/56	Women 16-99	545	11:31	63	2:19	53:35:00	81	22.4	30:24:00	85	6:05
81	1:35:53	Richard LABRECQUE	Fairmont	32/35	Men 16-99	574	13:14	87	2:39	52:44:00	80	22.8	29:56:00	81	6:00
82	1:36:14	Christine HAWRYLOV	Calgary	40/56	Women 16-99	531	12:15	75	2:27	53:41:00	83	22.4	30:19:00	84	6:04
83	1:36:14	Jessica SPOWRON	Panorama	41/56	Women 16-99	492	12:12	72	2:27	55:48:00	90	21.5	28:16:00	72	5:40
84	1:36:31	Vera GJERDRUM	Okotoks	42/56	Women 16-99	530	12:08	70	2:26	50:26:00	70	23.8	33:59:00	95	6:48
85	1:36:42	Joeleen MANN	Cranbrook	43/56	Women 16-99	570	10:40	47	2:08	50:47:00	72	23.6	35:16:00	96	7:04
86	1:36:51	Mike HART	Calgary	33/35	Men 16-99	533	14:40	97	2:56	51:13:00	73	23.4	30:59:00	86	6:12
87	1:37:31	MaryJane HENDERS	Calgary	44/56	Women 16-99	561	12:56	82	2:36	55:26:00	87	21.7	29:10:00	76	5:50
88	1:39:03	Caren HALL	Panorama	45/56	Women 16-99	578	11:00	56	2:12	54:57:00	86	21.8	33:07:00	92	6:38
89	1:40:28	Thora BARNES	Cranbrook	46/56	Women 16-99	568	16:19	100	3:16	48:29:00	53	24.8	35:41:00	97	7:09
90	1:41:46	Marcy KAIN	Lethbridge	47/56	Women 16-99	585	13:20	88	2:40	56:34:00	91	21.2	31:53:00	91	6:23
91	1:42:35	Shannon WILLSIE	Caroline	48/56	Women 16-99	563	14:48	98	2:58	59:06:00	94	20.3	28:42:00	73	5:45
92	1:42:48	Angela PEEBLES	Kimberley	49/56	Women 16-99	501	14:35	96	2:55	54:18:00	85	22.1	33:55:00	94	6:47
93	1:43:20	Kristen GOULD	Calgary	50/56	Women 16-99	555	13:12	85	2:39	1:00:44	99	19.8	29:25:00	77	5:53
94	1:43:21	Jonathan GOULD	Calgary	34/35	Men 16-99	551	13:13	86	2:39	1:00:43	98	19.8	29:26:00	78	5:54
95	1:43:25	Heather HUSEBY	Calgary	51/56	Women 16-99	499	8:20	10	1:40	1:07:31	100	17.8	27:36:00	64	5:32
96	1:44:10	Leslie CHEVERIER	Calgary	52/56	Women 16-99	497	12:58	83	2:36	59:44:00	95	20.1	31:29:00	89	6:18
97	1:46:57	Carrie GRANT	Calgary	53/56	Women 16-99	510	12:13	74	2:27	56:47:00	92	21.1	37:58:00	99	7:36
98	1:49:31	Catherine COOKE	Cranbrook	54/56	Women 16-99	565	13:45	91	2:45	56:52:00	93	21.1	38:55:00	100	7:47
99	1:49:59	Jordan PATTERSON	Marysville	6/6	Women 13-15	558	13:38	90	2:44	1:00:08	96	20	36:14:00	98	7:15
100	1:51:20	Rio GLOWASKY	Mission	35/35	Men 16-99	542	9:53	35	1:59	55:38:00	88	21.6	45:51:00	102	9:11
101	1:51:20	Melissa STANG	Airdrie	55/56	Women 16-99	496	10:24	42	2:05	1:00:26	97	19.9	40:31:00	101	8:07
102	2:06:45	TAYLOR/LEROUX/T	Creston	1/1	Teams YS	301	8:53	19	1:47	1:29:43	103	13.4	28:11:00	70	5:39
103	2:45:32	Winnie DONOVAN	Sundre	56/56	Women 16-99	487	27:02:00	103	5:25	1:26:58	102	13.8	51:33:00	103	10:19
104		Brian BADEN	Cranbrook	6/6	Men 13-15	554	23:16	102	4:40						