

# 2006 Icebreaker Kids of Steel

May 7, 2006

| KOS: Boys 7 & Under |                  |           |                   |             |             |            | Swim     |           |            | Bike     |       |           | Run       |         |  |
|---------------------|------------------|-----------|-------------------|-------------|-------------|------------|----------|-----------|------------|----------|-------|-----------|-----------|---------|--|
| Finish Time         | Name             | City      | Place in Category | Category    | Race Number | Swim Place | 50m Time | Time/100m | Bike Place | 2km Time | km/hr | Run Place | 500m Time | Time/km |  |
| 1 14:59             | Jacob KORPAN     | Regina    | 1/6               | Boys 7 & Un | 42          | 1          | 1:29     | 2:57      | 1          | 8:19     | 14.4  | 2         | 5:12      | 10:24   |  |
| 2 17:12             | Jayden DREHER    | Regina    | 2/6               | Boys 7 & Un | 4           | 4          | 2:26     | 4:51      | 4          | 11:14    | 10.7  | 1         | 3:33      | 7:06    |  |
| 3 19:19             | Paul TOKARZ      | Regina    | 3/6               | Boys 7 & Un | 7           | 5          | 2:34     | 5:07      | 3          | 10:59    | 10.9  | 4         | 5:47      | 11:33   |  |
| 4 20:19             | Aidan HAMILTON   | Regina    | 4/6               | Boys 7 & Un | 5           | 6          | 2:50     | 5:40      | 2          | 10:47    | 11.1  | 6         | 6:43      | 13:26   |  |
| 5 21:03             | Thomas GOLDADE   | Regina    | 5/6               | Boys 7 & Un | 31          | 2          | 2:16     | 4:32      | 6          | 13:13    | 9.1   | 3         | 5:34      | 11:08   |  |
| 6 21:27             | Peter GRAUER     | Regina    | 6/6               | Boys 7 & Un | 8           | 3          | 2:22     | 4:44      | 5          | 12:51    | 9.3   | 5         | 6:15      | 12:29   |  |
| KOS: Boys 08-11     |                  |           |                   |             |             |            | Swim     |           |            | Bike     |       |           | Run       |         |  |
| Finish Time         | Name             | City      | Place in Category | Category    | Race Number | Swim Place | 50m Time | Time/100m | Bike Place | 2km Time | km/hr | Run Place | 500m Time | Time/km |  |
| 1 21:39             | Ryder EPOCH      | Moose Jaw | 1/10              | Boys 8-11   | 20          | 1          | 2:02     | 2:02      | 1          | 12:07    | 19.8  | 1         | 7:31      | 3:46    |  |
| 2 24:55             | Brammon EDWARDS  | Saskatoon | 2/10              | Boys 8-11   | 30          | 2          | 2:16     | 2:16      | 2          | 13:04    | 18.4  | 3         | 9:37      | 4:49    |  |
| 3 25:05             | Blake ARAKA      | Regina    | 3/10              | Boys 8-11   | 18          | 6          | 3:15     | 3:15      | 3          | 13:16    | 18.1  | 2         | 8:35      | 4:18    |  |
| 4 28:09             | Brandon POWELL   | Regina    | 4/10              | Boys 8-11   | 19          | 4          | 3:08     | 3:08      | 4          | 14:30    | 16.6  | 6         | 10:32     | 5:16    |  |
| 5 28:33             | Connor PATERSON  | Regina    | 5/10              | Boys 8-11   | 13          | 5          | 3:09     | 3:09      | 5          | 14:54    | 16.1  | 5         | 10:31     | 5:16    |  |
| 6 29:55             | Logan ARAKA      | Regina    | 6/10              | Boys 8-11   | 10          | 9          | 3:50     | 3:50      | 6          | 15:27    | 15.5  | 7         | 10:39     | 5:20    |  |
| 7 30:18             | Dylan POWELL     | Regina    | 7/10              | Boys 8-11   | 6           | 8          | 3:34     | 3:34      | 7          | 15:37    | 15.4  | 8         | 11:09     | 5:35    |  |
| 8 30:46             | Sawyer BVETTNER  | Moose Jaw | 8/10              | Boys 8-11   | 11          | 7          | 3:22     | 3:22      | 9          | 17:38    | 13.6  | 4         | 9:47      | 4:54    |  |
| 9 31:32             | Daniel GOLDADE   | Regina    | 9/10              | Boys 8-11   | 22          | 3          | 3:03     | 3:03      | 8          | 16:12    | 14.8  | 9         | 12:18     | 6:09    |  |
| 10 37:17            | Joshua HAGERTY   | Regina    | 10/10             | Boys 8-11   | 12          | 10         | 4:51     | 4:51      | 10         | 18:02    | 13.3  | 10        | 14:25     | 7:13    |  |
| KOS: Boys 12-15     |                  |           |                   |             |             |            | Swim     |           |            | Bike     |       |           | Run       |         |  |
| Finish Time         | Name             | City      | Place in Category | Category    | Race Number | Swim Place | 50m Time | Time/100m | Bike Place | 2km Time | km/hr | Run Place | 500m Time | Time/km |  |
| 1 33:43             | Carter COBEN     | Saskatoon | 1/8               | Boys 12-15  | 27          | 3          | 6:15     | 2:05      | 3          | 27:13    | 26.5  | 1         | 0:15      | 0:05    |  |
| 2 37:18             | Joel HOWLETT     | Saskatoon | 2/8               | Boys 12-15  | 38          | 1          | 4:28     | 1:30      | 1          | 22:08    | 32.5  | 3         | 10:43     | 3:35    |  |
| 3 41:23             | Jeremy ANDERSON  |           | 3/8               | Boys 12-15  | 35          | 2          | 5:50     | 1:57      | 2          | 24:58    | 28.8  | 2         | 10:35     | 3:32    |  |
| 4 53:39             | Cole LEBLANC     | Regina    | 4/8               | Boys 12-15  | 23          | 7          | 8:25     | 2:49      | 4          | 29:11    | 24.7  | 7         | 16:04     | 5:22    |  |
| 5 53:53             | Pavel KONDRASHOV | Regina    | 5/8               | Boys 12-15  | 34          | 4          | 6:36     | 2:12      | 5          | 33:10    | 21.7  | 5         | 14:08     | 4:43    |  |
| 6 55:55             | Jake RUE         | Regina    | 6/8               | Boys 12-15  | 33          | 6          | 7:49     | 2:37      | 6          | 35:07    | 20.5  | 4         | 13:00     | 4:20    |  |
| 7 1:06:30           | Curtis MAILANDER | Regina    | 7/8               | Boys 12-15  | 15          | 8          | 8:44     | 2:55      | 7          | 42:27    | 17.0  | 6         | 15:19     | 5:07    |  |
| 8 1:09:10           | Gavin HILL       | Regina    | 8/8               | Boys 12-15  | 32          | 5          | 7:24     | 2:28      | 8          | 44:56    | 16.0  | 8         | 16:51     | 5:37    |  |

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May 7, 2006

| KOS: Boys 16-19      |                   |           |                   |             |             |            | Swim     |           |            | Bike     |       |           | Run       |         |  |
|----------------------|-------------------|-----------|-------------------|-------------|-------------|------------|----------|-----------|------------|----------|-------|-----------|-----------|---------|--|
| Finish Time          | Name              | City      | Place in Category | Category    | Race Number | Swim Place | 50m Time | Time/100m | Bike Place | 2km Time | km/hr | Run Place | 500m Time | Time/km |  |
| 1 1:15:04            | Brad CLIFFORD     | Regina    | 1/2               | Boys 16-19  | 41          | 1          | 12:41    | 1:42      | 1          | 39:10    | 30.6  | 2         | 23:13     | 4:39    |  |
| 2 1:16:58            | Kevin SHARP       | Regina    | 2/2               | Boys 16-19  | 40          | 2          | 13:40    | 1:50      | 2          | 40:54    | 29.3  | 1         | 22:24     | 4:29    |  |
| KOS: Girls 7 & Under |                   |           |                   |             |             |            | Swim     |           |            | Bike     |       |           | Run       |         |  |
| Finish Time          | Name              | City      | Place in Category | Category    | Race Number | Swim Place | 50m Time | Time/100m | Bike Place | 2km Time | km/hr | Run Place | 500m Time | Time/km |  |
| 1 13:48              | Libby EPOCH       | Moose Jaw | 1/4               | Girls 7 & U | 9           | 1          | 1:09     | 2:17      | 1          | 8:25     | 14.3  | 1         | 4:15      | 8:30    |  |
| 2 21:46              | Emma SCHAEFFER    | Moose Jaw | 2/4               | Girls 7 & U | 2           | 3          | 2:40     | 5:20      | 2          | 12:23    | 9.7   | 2         | 6:44      | 13:28   |  |
| 3 23:05              | Caelin PATERSON   | Regina    | 3/4               | Girls 7 & U | 3           | 4          | 2:48     | 5:36      | 3          | 13:15    | 9.1   | 4         | 7:03      | 14:05   |  |
| 4 25:57              | Taylor GRAVELLE   | Lumsden   | 4/4               | Girls 7 & U | 1           | 2          | 2:15     | 4:30      | 4          | 16:53    | 7.1   | 3         | 6:50      | 13:39   |  |
| KOS: Girls 08-11     |                   |           |                   |             |             |            | Swim     |           |            | Bike     |       |           | Run       |         |  |
| Finish Time          | Name              | City      | Place in Category | Category    | Race Number | Swim Place | 50m Time | Time/100m | Bike Place | 2km Time | km/hr | Run Place | 500m Time | Time/km |  |
| 1 24:31              | Tye BVETTNER      | Moose Jaw | 1/5               | Girls 8-11  | 17          | 1          | 2:06     | 2:06      | 1          | 13:36    | 22.1  | 1         | 8:50      | 5:53    |  |
| 2 26:07              | Sadie SCHAEFFER   | Moose Jaw | 2/5               | Girls 8-11  | 21          | 2          | 2:17     | 2:17      | 2          | 14:24    | 20.8  | 2         | 9:27      | 6:18    |  |
| 3 28:31              | Zoe LOUTTIT       | Regina    | 3/5               | Girls 8-11  | 26          | 3          | 2:37     | 2:37      | 3          | 15:16    | 19.7  | 3         | 10:39     | 7:06    |  |
| 4 31:28              | Lauren THIES      | Regina    | 4/5               | Girls 8-11  | 24          | 4          | 3:22     | 3:22      | 4          | 15:55    | 18.8  | 5         | 12:12     | 8:08    |  |
| 5 36:37              | Santana GRAVELLE  | Lumsden   | 5/5               | Girls 8-11  | 14          | 5          | 3:42     | 3:42      | 5          | 22:07    | 13.6  | 4         | 10:49     | 7:13    |  |
| KOS: Girls 12-15     |                   |           |                   |             |             |            | Swim     |           |            | Bike     |       |           | Run       |         |  |
| Finish Time          | Name              | City      | Place in Category | Category    | Race Number | Swim Place | 50m Time | Time/100m | Bike Place | 2km Time | km/hr | Run Place | 500m Time | Time/km |  |
| 1 36:24              | Rachael EDWARDS   | Saskatoon | 1/6               | Girls 12-15 | 28          | 1          | 4:36     | 1:32      | 1          | 22:16    | 32.3  | 2         | 9:33      | 3:11    |  |
| 2 37:11              | Julia GARNET      | Saskatoon | 2/6               | Girls 12-15 | 36          | 3          | 4:44     | 1:35      | 2          | 22:34    | 31.9  | 3         | 9:53      | 3:18    |  |
| 3 41:27              | Gabrielle EDWARDS | Saskatoon | 3/6               | Girls 12-15 | 29          | 4          | 5:01     | 1:41      | 3          | 26:56    | 26.7  | 1         | 9:31      | 3:11    |  |
| 4 47:59              | Kelsey KILBACH    | Regina    | 4/6               | Girls 12-15 | 39          | 2          | 4:43     | 1:35      | 5          | 31:29    | 22.9  | 4         | 11:48     | 3:56    |  |
| 5 52:04              | Leah CAMERON      | Regina    | 5/6               | Girls 12-15 | 37          | 5          | 6:01     | 2:01      | 4          | 31:11    | 23.1  | 5         | 14:53     | 4:58    |  |
| 6 1:08:37            | Taylor MAILANDER  | Regina    | 6/6               | Girls 12-15 | 16          | 6          | 7:47     | 2:36      | 6          | 44:14    | 16.3  | 6         | 16:36     | 5:32    |  |
| KOS: Girls 16-19     |                   |           |                   |             |             |            | Swim     |           |            | Bike     |       |           | Run       |         |  |
| Finish Time          | Name              | City      | Place in Category | Category    | Race Number | Swim Place | 50m Time | Time/100m | Bike Place | 2km Time | km/hr | Run Place | 500m Time | Time/km |  |
| no participants      |                   |           |                   |             |             |            |          |           |            |          |       |           |           |         |  |

# 2006 Icebreaker Triathlon

May 7, 2006

| Race # | Name                   | City        | Finish Time | Overall Place | Place in Category | Category    | Swim       |           |         | Bike       |                 |            | Run       |              |         |
|--------|------------------------|-------------|-------------|---------------|-------------------|-------------|------------|-----------|---------|------------|-----------------|------------|-----------|--------------|---------|
|        |                        |             |             |               |                   |             | Swim place | 750m Swim | Time/km | Bike place | 20 km Bike Time | Bike km/hr | Run place | 5km Run Time | Time/km |
| 53     | Conway NELSON          | Regina      | 1:10:06     | 1             | 1/15              | Men 30-39   | 13         | 13:50     | 1:51    | 2          | 37:24:00        | 32.1       | 1         | 18:53        | 3:47    |
| 70     | Mike POWELL            | Regina      | 1:11:24     | 2             | 1/14              | Men 40-49   | 3          | 11:21     | 1:31    | 1          | 37:12:00        | 32.3       | 12        | 22:53        | 4:35    |
| 59     | Curtis WILDE           | Regina      | 1:13:51     | 3             | 1/4               | Men 20-29   | 14         | 13:52     | 1:51    | 3          | 38:10:00        | 31.4       | 3         | 21:50        | 4:22    |
| 61     | Wanda LATIMER          | Regina      | 1:15:15     | 4             | 1/15              | Women 40-49 | 4          | 11:25     | 1:32    | 8          | 41:46:00        | 28.7       | 6         | 22:05        | 4:25    |
| 55     | Howard EPOCH           | Moose Jaw   | 1:16:38     | 5             | 2/14              | Men 40-49   | 12         | 13:41     | 1:50    | 5          | 40:12:00        | 29.9       | 11        | 22:46        | 4:34    |
| 113    | Ciaran DICKSON         | Regina      | 1:18:24     | 6             | 2/4               | Men 20-29   | 1          | 10:13     | 1:22    | 28         | 45:36:00        | 26.3       | 10        | 22:36        | 4:32    |
| 114    | Ian BONNELL            | Regina      | 1:19:01     | 7             | 3/4               | Men 20-29   | 21         | 14:41     | 1:58    | 7          | 41:16:00        | 29.1       | 14        | 23:05        | 4:37    |
| 109    | Nathan VIRCAUS         | Regina      | 1:19:44     | 8             | 4/4               | Men 20-29   | 9          | 13:09     | 1:46    | 13         | 43:01:00        | 27.9       | 21        | 23:36        | 4:44    |
| 67     | Milos KOSTIC           | Regina      | 1:20:27     | 9             | 1/3               | Men 60-69   | 34         | 15:39     | 2:06    | 12         | 42:54:00        | 28         | 4         | 21:55        | 4:23    |
| 126    | Marie FISH             | Moose Jaw   | 1:20:52     | 10            | 2/15              | Women 40-49 | 10         | 13:13     | 1:46    | 20         | 43:59:00        | 27.3       | 22        | 23:41        | 4:45    |
| 91     | Jim GREENWOOD          | Regina      | 1:21:13     | 11            | 2/15              | Men 30-39   | 38         | 15:56     | 2:08    | 22         | 44:18:00        | 27.1       | 2         | 21:00        | 4:12    |
| 125    | Jeff PACHAL            | Regina      | 1:21:58     | 12            | 3/15              | Men 30-39   | 30         | 15:28     | 2:04    | 15         | 43:22:00        | 27.7       | 15        | 23:08        | 4:38    |
| 54     | Thomas HAMILTON        | Regina      | 1:22:07     | 13            | 3/14              | Men 40-49   | 28         | 15:04     | 2:01    | 18         | 43:45:00        | 27.4       | 18        | 23:18        | 4:40    |
| 87     | Duane LUNDE            | Regina      | 1:22:10     | 14            | 4/15              | Men 30-39   | 40         | 16:21     | 2:11    | 17         | 43:38:00        | 27.5       | 7         | 22:12        | 4:27    |
| 56     | Barb AUSTIN            | Regina      | 1:22:22     | 15            | 1/11              | Women 30-39 | 5          | 11:44     | 1:34    | 27         | 45:20:00        | 26.5       | 30        | 25:19:00     | 5:04    |
| 75     | Barry HAUKAAS          | Regina      | 1:23:05     | 16            | 4/14              | Men 40-49   | 31         | 15:30     | 2:04    | 10         | 42:04:00        | 28.5       | 33        | 25:32:00     | 5:07    |
| 134    | Wes NELSON             | Saskatoon   | 1:23:19     | 17            | 5/14              | Men 40-49   | 35         | 15:39     | 2:06    | 21         | 43:59:00        | 27.3       | 23        | 23:42        | 4:45    |
| 62     | Ross FINDLATER         | Regina      | 1:24:26     | 18            | 1/7               | Men 50-59   | 58         | 17:58     | 2:24    | 11         | 42:53:00        | 28         | 20        | 23:36        | 4:44    |
| 66     | Catherine ROBERTS      | Regina      | 1:24:28     | 19            | 1/6               | Women 20-29 | 25         | 14:48     | 1:59    | 29         | 45:43:00        | 26.2       | 25        | 23:58        | 4:48    |
| 132    | David SCUKA            | Moose Jaw   | 1:25:08     | 20            | 6/14              | Men 40-49   | 15         | 13:54     | 1:52    | 31         | 46:35:00        | 25.8       | 27        | 24:41:00     | 4:57    |
| 78     | Daryl BROCK            | Regina      | 1:25:11     | 21            | 2/7               | Men 50-59   | 56         | 17:34     | 2:21    | 14         | 43:16:00        | 27.7       | 26        | 24:22:00     | 4:53    |
| 58     | Barry HOPKINS          | Regina      | 1:25:31     | 22            | 3/7               | Men 50-59   | 62         | 18:16     | 2:27    | 26         | 44:58:00        | 26.7       | 8         | 22:18        | 4:28    |
| 108    | Blair PARKINSON        | Fort Quappe | 1:26:11     | 23            | 2/3               | Men 60-69   | 26         | 14:57     | 2:00    | 24         | 44:34:00        | 26.9       | 46        | 26:42:00     | 5:21    |
| 110    | Milo FINK              | Regina      | 1:26:14     | 24            | 4/7               | Men 50-59   | 23         | 14:45     | 1:58    | 16         | 43:27:00        | 27.6       | 55        | 28:02:00     | 5:37    |
| 63     | Jason CHRISTBASON      | Regina      | 1:26:26     | 25            | 5/15              | Men 30-39   | 59         | 17:59     | 2:24    | 4          | 39:37:00        | 30.3       | 61        | 28:51:00     | 5:47    |
| 107    | Ryan BAADE             | Regina Bea  | 1:27:06     | 26            | 6/15              | Men 30-39   | 42         | 16:26     | 2:12    | 36         | 47:27:00        | 25.3       | 17        | 23:14        | 4:39    |
| 106    | Mike MALLETT           | Regina      | 1:27:11     | 27            | 7/14              | Men 40-49   | 33         | 15:38     | 2:05    | 51         | 49:08:00        | 24.4       | 9         | 22:26        | 4:30    |
| 102    | Renee VERGE            | Moose Jaw   | 1:27:28     | 28            | 3/15              | Women 40-49 | 49         | 17:05     | 2:17    | 37         | 47:27:00        | 25.3       | 13        | 22:57        | 4:36    |
| 68     | Mark GIBSON            | Regina      | 1:27:33     | 29            | 8/14              | Men 40-49   | 67         | 18:44     | 2:30    | 9          | 41:59:00        | 28.6       | 47        | 26:51:00     | 5:23    |
| 80     | Gay RENOUF             | Regina      | 1:27:55     | 30            | 4/15              | Women 40-49 | 64         | 18:24     | 2:28    | 38         | 47:30:00        | 25.3       | 5         | 22:02        | 4:25    |
| 88     | Don LUNDE              | Calgary     | 1:28:02     | 31            | 9/14              | Men 40-49   | 53         | 17:12     | 2:18    | 25         | 44:54:00        | 26.7       | 39        | 25:57:00     | 5:12    |
| 119    | Rob NOTENBOOM          | Regina      | 1:28:12     | 32            | 7/15              | Men 30-39   | 36         | 15:40     | 2:06    | 48         | 48:59:00        | 24.5       | 19        | 23:34        | 4:43    |
| 77     | Nick DOULIAS           | Regina      | 1:28:51     | 33            | 8/15              | Men 30-39   | 51         | 17:10     | 2:18    | 42         | 47:48:00        | 25.1       | 24        | 23:53        | 4:47    |
| 115    | Vicky BONNELL          | Regina      | 1:28:53     | 34            | 1/5               | Women 50-59 | 57         | 17:41     | 2:22    | 45         | 48:04:00        | 25         | 16        | 23:09        | 4:38    |
| 92     | Suzanne LOUTTIT        | Regina      | 1:29:06     | 35            | 5/15              | Women 40-49 | 11         | 13:29     | 1:48    | 54         | 49:24:00        | 24.3       | 41        | 26:13:00     | 5:15    |
| 74     | Kathy DREHER           | Regina      | 1:29:15     | 36            | 6/15              | Women 40-49 | 20         | 14:29     | 1:56    | 47         | 48:34:00        | 24.7       | 40        | 26:13:00     | 5:15    |
| 72     | Patti SANDISON-CATTELL | Regina      | 1:29:17     | 37            | 7/15              | Women 40-49 | 37         | 15:43     | 2:06    | 44         | 47:58:00        | 25         | 35        | 25:37:00     | 5:08    |
| 83     | Orenda PELZER          | Regina      | 1:29:45     | 38            | 2/6               | Women 20-29 | 2          | 10:47     | 1:27    | 70         | 53:23:00        | 22.5       | 34        | 25:35:00     | 5:07    |
| 85     | Richard DOBROWOLSKI    | Regina      | 1:30:04     | 39            | 10/14             | Men 40-49   | 17         | 14:25     | 1:56    | 43         | 47:53:00        | 25.1       | 53        | 27:47:00     | 5:34    |
| 104    | Warren MCCALL          | Regina      | 1:30:24     | 40            | 9/15              | Men 30-39   | 8          | 13:01     | 1:45    | 39         | 47:31:00        | 25.3       | 66        | 29:54:00     | 5:59    |
| 117    | Christine POVEY        | Regina      | 1:30:28     | 41            | 3/6               | Women 20-29 | 32         | 15:32     | 2:05    | 52         | 49:19:00        | 24.3       | 36        | 25:37:00     | 5:08    |
| 123    | Karla HANDLEY          | Moose Jaw   | 1:30:32     | 42            | 4/6               | Women 20-29 | 7          | 12:56     | 1:44    | 61         | 51:15:00        | 23.4       | 44        | 26:23:00     | 5:17    |
| 116    | Sherri CLIFFORD        | Regina      | 1:31:00     | 43            | 2/11              | Women 30-39 | 41         | 16:25     | 2:12    | 35         | 47:14:00        | 25.4       | 51        | 27:22:00     | 5:29    |
| 127    | Paula BEARD            | Edmonton    | 1:31:16     | 44            | 8/15              | Women 40-49 | 6          | 12:35     | 1:41    | 34         | 46:42:00        | 25.7       | 72        | 32:00:00     | 6:24    |
| 57     | Marianne BOYCHUK       | Regina      | 1:31:30     | 45            | 9/15              | Women 40-49 | 39         | 16:03     | 2:09    | 40         | 47:31:00        | 25.3       | 54        | 27:57:00     | 5:36    |

# 2006 Icebreaker Triathlon

May 7, 2006

| Race # | Name                   | City      | Finish Time | Overall Place | Place in Category | Category    | Swim       |           |          | Bike       |                 |            | Run       |              |              |
|--------|------------------------|-----------|-------------|---------------|-------------------|-------------|------------|-----------|----------|------------|-----------------|------------|-----------|--------------|--------------|
|        |                        |           |             |               |                   |             | Swim place | 750m Swim | Time/ km | Bike place | 20 km Bike Time | Bike km/hr | Run place | 5km Run Time | Run Time/ km |
| 51     | Tara CARLETON          | Regina    | 1:31:36     | 46            | 5/6               | Women 20-29 | 29         | 15:07     | 2:01     | 60         | 51:04:00        | 23.5       | 32        | 25:25:00     | 5:05         |
| 73     | Kelly COZINE           | Regina    | 1:31:48     | 48            | 10/15             | Men 30-39   | 24         | 14:45     | 1:58     | 23         | 44:21:00        | 27.1       | 74        | 32:44:00     | 6:33         |
| 90     | Paul MEHLSSEN          | Regina    | 1:31:48     | 47            | 5/7               | Men 50-59   | 22         | 14:44     | 1:58     | 63         | 51:40:00        | 23.2       | 31        | 25:24:00     | 5:05         |
| 86     | Brenda UDAHL           | Regina    | 1:32:06     | 49            | 2/5               | Women 50-59 | 43         | 16:27     | 2:12     | 49         | 49:04:00        | 24.5       | 45        | 26:36:00     | 5:20         |
| 93     | Shaun HORSMAN          | Regina    | 1:32:39     | 50            | 11/15             | Men 30-39   | 18         | 14:26     | 1:56     | 59         | 51:02:00        | 23.5       | 50        | 27:13:00     | 5:27         |
| 122    | Debbie HOFFFORT        | Regina    | 1:33:10     | 51            | 3/11              | Women 30-39 | 44         | 16:31     | 2:13     | 65         | 52:41:00        | 22.8       | 81        | 23:58:00     | 4:48         |
| 52     | Don WAITE              | Regina    | 1:33:21     | 52            | 3/3               | Men 60-69   | 19         | 14:26     | 1:56     | 58         | 50:38:00        | 23.7       | 57        | 28:18:00     | 5:40         |
| 76     | David BELLERIVE        | Regina    | 1:33:25     | 53            | 11/14             | Men 40-49   | 46         | 16:40     | 2:14     | 19         | 43:56:00        | 27.3       | 76        | 32:51:00     | 6:35         |
| 69     | Theresa DUBIEL         | Regina    | 1:33:26     | 54            | 4/11              | Women 30-39 | 27         | 14:59     | 2:00     | 41         | 47:48:00        | 25.1       | 69        | 30:40:00     | 6:08         |
| 124    | John MYKYTCHUK         | Regina    | 1:33:39     | 55            | 6/7               | Men 50-59   | 52         | 17:11     | 2:18     | 30         | 46:31:00        | 25.8       | 67        | 29:57:00     | 6:00         |
| 131    | Andrea HOFFMAN         | Regina    | 1:33:49     | 56            | 5/11              | Women 30-39 | 16         | 14:15     | 1:54     | 57         | 49:42:00        | 24.1       | 65        | 29:53:00     | 5:59         |
| 101    | Dufton LEWIS           | Regina    | 1:33:50     | 57            | 12/15             | Men 30-39   | 61         | 18:03     | 2:25     | 6          | 40:59:00        | 29.3       | 78        | 34:49:00     | 6:58         |
| 128    | Ian BAILEY             | Regina    | 1:34:08     | 58            | 7/7               | Men 50-59   | 69         | 18:53     | 2:32     | 55         | 49:31:00        | 24.2       | 37        | 25:46:00     | 5:10         |
| 133    | Joyce METCALFE         | Saskatoon | 1:34:28     | 59            | 3/5               | Women 50-59 | 60         | 18:00     | 2:24     | 56         | 49:37:00        | 24.2       | 48        | 26:52:00     | 5:23         |
| 111    | Shannon NARDIN         | Regina    | 1:34:35     | 60            | 10/15             | Women 40-49 | 70         | 18:59     | 2:32     | 53         | 49:23:00        | 24.3       | 42        | 26:14:00     | 5:15         |
| 100    | Bryce BUCHANAN         | Regina    | 1:35:58     | 61            | 12/14             | Men 40-49   | 78         | 23:03     | 3:05     | 33         | 46:40:00        | 25.7       | 43        | 26:17:00     | 5:16         |
| 65     | Maureen POWELL         | Regina    | 1:36:42     | 62            | 11/15             | Women 40-49 | 66         | 18:43     | 2:30     | 68         | 53:17:00        | 22.5       | 28        | 24:43:00     | 4:57         |
| 71     | Rob WILLIS             | Regina    | 1:37:03     | 63            | 13/14             | Men 40-49   | 65         | 18:41     | 2:30     | 50         | 49:07:00        | 24.4       | 62        | 29:16:00     | 5:52         |
| 79     | Stacey SHAND           | Regina    | 1:37:07     | 64            | 6/6               | Women 20-29 | 45         | 16:37     | 2:13     | 72         | 54:40:00        | 22         | 38        | 25:51:00     | 5:11         |
| 64     | Doris HENRY            | Regina    | 1:37:48     | 65            | 12/15             | Women 40-49 | 71         | 19:21     | 2:35     | 71         | 53:38:00        | 22.4       | 29        | 24:50:00     | 4:58         |
| 94     | Paul CHESTERS          | Regina    | 1:38:49     | 66            | 13/15             | Men 30-39   | 47         | 16:43     | 2:14     | 62         | 51:26:00        | 23.3       | 70        | 30:40:00     | 6:08         |
| 97     | Steve CAISTER          | Regina    | 1:39:01     | 67            | 14/15             | Men 30-39   | 55         | 17:18     | 2:19     | 67         | 53:09:00        | 22.6       | 58        | 28:35:00     | 5:43         |
| 95     | Crystal BARLAS         | Regina    | 1:40:35     | 68            | 6/11              | Women 30-39 | 79         | 24:23     | 3:16     | 32         | 46:37:00        | 25.7       | 64        | 29:36:00     | 5:56         |
| 82     | Kim TOKARZ             | Regina    | 1:41:10     | 69            | 7/11              | Women 30-39 | 63         | 18:18     | 2:27     | 64         | 52:28:00        | 22.9       | 68        | 30:25:00     | 6:05         |
| 81     | Darrell ZWARYCH        | Regina    | 1:41:55     | 70            | 14/14             | Men 40-49   | 75         | 20:31     | 2:45     | 69         | 53:19:00        | 22.5       | 56        | 28:06:00     | 5:38         |
| 96     | Georgina BARLAS        | Regina    | 1:43:10     | 71            | 13/15             | Women 40-49 | 76         | 20:49     | 2:47     | 66         | 52:50:00        | 22.7       | 63        | 29:32:00     | 5:55         |
| 89     | Rena GRUBB             | Regina    | 1:43:30     | 72            | 14/15             | Women 40-49 | 54         | 17:15     | 2:18     | 77         | 58:46:00        | 20.4       | 52        | 27:30:00     | 5:30         |
| 118    | William SILVER         | Regina    | 1:43:47     | 73            | 1/1               | Men 70-99   | 73         | 19:54     | 2:40     | 46         | 48:30:00        | 24.7       | 79        | 35:24:00     | 7:05         |
| 120    | Shari BALON            | Regina    | 1:44:17     | 74            | 8/11              | Women 30-39 | 48         | 16:49     | 2:15     | 75         | 56:25:00        | 21.3       | 71        | 31:04:00     | 6:13         |
| 121    | Debbie DWYER           | Regina    | 1:47:37     | 75            | 4/5               | Women 50-59 | 50         | 17:07     | 2:17     | 76         | 57:49:00        | 20.8       | 73        | 32:42:00     | 6:33         |
| 98     | Karen ST.AMAND         | Regina    | 1:47:38     | 76            | 9/11              | Women 30-39 | 74         | 20:00     | 2:40     | 78         | 59:00:00        | 20.3       | 59        | 28:38:00     | 5:44         |
| 130    | Mark RATHWELL          | Regina    | 1:48:18     | 77            | 15/15             | Men 30-39   | 72         | 19:21     | 2:35     | 73         | 54:54:00        | 21.9       | 77        | 34:03:00     | 6:49         |
| 99     | Twyla RONYK            | Regina    | 1:51:25     | 78            | 10/11             | Women 30-39 | 80         | 24:54     | 3:20     | 79         | 59:35:00        | 20.1       | 49        | 26:57:00     | 5:24         |
| 103    | Patricia MULVAY        | Regina    | 1:57:09     | 79            | 5/5               | Women 50-59 | 81         | 28:46     | 3:51     | 74         | 55:37:00        | 21.6       | 75        | 32:47:00     | 6:34         |
| 60     | Michele ROBARD SEMENCH | Regina    | 1:57:34     | 80            | 15/15             | Women 40-49 | 68         | 18:52     | 2:31     | 81         | 1:09:57         | 17.2       | 60        | 28:46:00     | 5:46         |
| 84     | Georgina SYRGIANNIS    | Regina    | 2:03:56     | 81            | 11/11             | Women 30-39 | 77         | 22:15     | 2:58     | 80         | 1:02:53         | 19.1       | 80        | 38:49:00     | 7:46         |

# 2006 Icebreaker Triathlon

## Tri-a-Tri

May 7, 2006

| Race Number | Name                    | City         | Finish Time | Overall Place | Place in Category | Category         | Swim       |           |          | Bike       |            |        | Run       |            |          |
|-------------|-------------------------|--------------|-------------|---------------|-------------------|------------------|------------|-----------|----------|------------|------------|--------|-----------|------------|----------|
|             |                         |              |             |               |                   |                  | Swim place | 300m time | Time/ km | Bike place | 10 km Time | km/h r | Run place | 2.5km Time | Time/ km |
| 145         | Jim MARKATOS            | Regina       | 0:45:28     | 1             | 1/5               | Male Try-a-Tri   | 9          | 8:07      | 2:43     | 1          | 25:05:00   | 28.7   | 1         | 12:16      | 4:55     |
| 144         | Josh LYS                | Regina       | 0:48:51     | 2             | 2/5               | Male Try-a-Tri   | 4          | 6:15      | 2:05     | 3          | 27:00:00   | 26.7   | 5         | 15:37      | 6:15     |
| 112         | Niamh DICKSON           | Regina       | 0:49:53     | 3             | 3/5               | Male Try-a-Tri   | 1          | 4:58      | 0:40     | 6          | 28:29:00   | 42.1   | 6         | 16:28      | 3:18     |
| 142         | Pat KOHLI               | Regina       | 0:51:16     | 4             | 1/12              | Female Try-a-Tri | 11         | 8:16      | 2:46     | 7          | 29:02:00   | 24.8   | 2         | 13:58      | 5:36     |
| 154         | Melanie YANO            | Calgary      | 0:51:22     | 5             | 2/12              | Female Try-a-Tri | 3          | 6:10      | 2:04     | 9          | 31:11:00   | 23.1   | 3         | 14:02      | 5:37     |
| 143         | Laurie HAMERS           | Regina       | 0:51:36     | 6             | 3/12              | Female Try-a-Tri | 10         | 8:12      | 2:44     | 4          | 27:56:00   | 25.8   | 4         | 15:28      | 6:12     |
| 146         | Patricia STEWART        | Regina       | 0:51:58     | 7             | 4/12              | Female Try-a-Tri | 13         | 8:56      | 2:59     | 2          | 26:31:00   | 27.2   | 7         | 16:32      | 6:37     |
| 151         | Alison DAVIS            | Regina       | 0:54:38     | 8             | 5/12              | Female Try-a-Tri | 14         | 9:43      | 3:15     | 5          | 28:19:00   | 25.4   | 8         | 16:36      | 6:39     |
| 153         | Lynda LOVEDAY JORGENSEN | Regina       | 0:57:03     | 9             | 6/12              | Female Try-a-Tri | 7          | 7:50      | 2:37     | 8          | 30:55:00   | 23.3   | 11        | 18:19      | 7:20     |
| 150         | Erin HARLOS             | Fort Quappel | 0:58:55     | 10            | 7/12              | Female Try-a-Tri | 5          | 6:17      | 2:06     | 10         | 31:41:00   | 22.7   | 15        | 20:58      | 8:23     |
| 152         | Rachelle CORRINS        | Regina       | 1:00:05     | 11            | 8/12              | Female Try-a-Tri | 2          | 6:00      | 2:00     | 12         | 35:39:00   | 20.2   | 12        | 18:28      | 7:23     |
| 156         | Blayr MONCRIEFF         | Fort Quappel | 1:04:19     | 12            | 9/12              | Female Try-a-Tri | 8          | 7:55      | 2:39     | 16         | 39:30:00   | 18.2   | 10        | 16:55      | 6:46     |
| 155         | Michael MONCRIEFF       | Fort Quappel | 1:04:24     | 13            | 4/5               | Male Try-a-Tri   | 6          | 7:49      | 2:37     | 17         | 39:42:00   | 18.1   | 9         | 16:54      | 6:46     |
| 141         | Melissa BAKER           | Regina       | 1:06:21     | 14            | 10/12             | Female Try-a-Tri | 15         | 10:26     | 3:29     | 11         | 34:09:00   | 21.1   | 17        | 21:47      | 8:43     |
| 148         | George YANNITSOS        | Regina       | 1:06:56     | 15            | 5/5               | Male Try-a-Tri   | 12         | 8:47      | 2:56     | 15         | 38:31:00   | 18.7   | 13        | 19:39      | 7:52     |
| 149         | Sophia YANNITSOS        | Regina       | 1:08:27     | 16            | 11/12             | Female Try-a-Tri | 16         | 10:38     | 3:33     | 14         | 37:24:00   | 19.3   | 14        | 20:27      | 8:11     |
| 147         | Gwynne MYKYTCHUK        | Regina       | 1:11:15     | 17            | 12/12             | Female Try-a-Tri | 17         | 13:15     | 4:25     | 13         | 36:24:00   | 19.8   | 16        | 21:37      | 8:39     |