

Run Times

Sprint 5K

Name	Bib#	Time	Category	Heat
24. ROBDRUP, DANNY	258	00:18:49.09	SPRT30-39M	
25. WHITING, DANIEL	260	00:19:58.91	SPRT30-39M	
26. MAUDIE, BOB	265	00:20:03.69	SPRT40-49M	
27. PETTIFOR, COLE	277	00:20:56.81	SPRTTEAM3-30-39MX	
28. FREHLICH, HEIDI	231	00:21:20.79	SPRT19&UF	
29. ARTHUR, NICOLE	261	00:22:27.93	SPRT40-49F	
30. SUTHERLAND, JEFF	259	00:23:11.19	SPRT30-39M	
31. MCDONALD, DANIEL	256	00:23:13.90	SPRT30-39M	
32. DOEY, BRUCE	283	00:23:20.65	XSPRT30-39M	
33. SCHMIDT, NATHAN	275	00:23:36.48	SPRTTEAM2-30-39M	
34. GAGNON, COLLEEN	270	00:24:31.25	SPRT60+F	
35. RANKINE, LAURA	249	00:24:31.81	SPRT30-39F	
36. LUCK, TARREN	281	00:24:32.12	XSPRT20-29M	
37. JUELL, DAVIS	242	00:26:02.06	SPRT20-29M	
38. SCHEBESCH, TIFFANY	239	00:26:04.65	SPRT20-29F	
39. SIMPKIN, DEVIN	244	00:26:24.07	SPRT20-29M	
40. MASSEY, DAN	287	00:26:27.08	XSPRT50-59M	
41. HARRINGTON, MIKE	264	00:26:36.96	SPRT40-49M	
42. FRANCOEUR-LEBLOND, NICOLA	255	00:26:39.40	SPRT30-39M	
43. FORNWALD, RACHELLE	234	00:26:40.84	SPRT20-29F	
44. BADGERY, EMMA	233	00:26:43.48	SPRT20-29F	
45. KOELMA, MATT	243	00:26:51.78	SPRT20-29M	
46. PAGE-SHINER, IAN	257	00:26:58.07	SPRT30-39M	
47. LEMIEUX, STEPHANIE	263	00:27:13.89	SPRT40-49F	
48. TAPHORN, ANTHONY	232	00:27:14.46	SPRT19&UM	
49. PODEMSKI, ELLISA	284	00:27:28.61	XSPRT40-49F	
50. HUGHES, MADDY	236	00:27:40.90	SPRT20-29F	
51. RUSSELL, KATHERINE	288	00:28:18.64	XSPRTTEAM2-40-49MX	
52. SISKA, LINDSAY	282	00:29:02.17	XSPRT30-39F	
53. HOOGSTRATEN, LAURA	235	00:29:25.86	SPRT20-29F	
54. JOHANCSIK, ANDREA	237	00:29:48.18	SPRT20-29F	
55. ATHERTON, KEVIN	266	00:29:54.08	SPRT50-59M	
56. INMAN, JAMIE	247	00:29:58.63	SPRT30-39F	
57. SULLIVAN, FARREN	241	00:30:02.26	SPRT20-29F	
58. DECKER MASON, COLLEEN	245	00:30:06.84	SPRT30-39F	
59. FLEMMING, SUE	269	00:30:15.60	SPRT60+F	
60. LARSON, ROB	286	00:30:23.22	XSPRT40-49M	
61. DORATTY, STEPHANIE	246	00:30:41.49	SPRT30-39F	
62. JERIA, NICOLE	248	00:31:36.34	SPRT30-39F	
63. COMEAU, Chelsea	276	00:32:10.45	SPRTTEAM2-30-39MX	
64. ROGERS, LINDA	272	00:32:19.08	SPRT60+F	
65. TOGO, KRISTY	251	00:32:26.17	SPRT30-39F	
66. CREELMAN, MELISSA	262	00:32:41.55	SPRT40-49F	
67. USHER, SAM	252	00:34:34.37	SPRT30-39F	
68. MURPHY, COLLEEN	271	00:38:34.87	SPRT60+F	
69. VORONINA, LYUDMYLA	285	00:39:37.06	XSPRT40-49F	
70. BOULTON, DEBBIE	279	00:41:56.23	SPRTTEAM3-60+F	

**2019 Elkford Triathlon
Run Times****Sprint 5K**

Name	Bib#	Time	Category	Heat
71. ZIMMER, NICKI	253	00:43:42.60	SPRT30-39F	
72. MOORE, PATRICIA	278	00:46:13.08	SPRTTEAM3-60+F	
73. BERGMAN, KAREN	268	00:47:50.13	SPRT60+F	
74. PIERCE MALMAS, PATTI	280	00:48:24.14	SPRTTEAM3-60+F	
75. JORDAN, WILLIAM C.	273	01:04:13.85	SPRT60+M	