



## RESULTS

### INDOOR TRIATHLON PROVINCIAL CHAMPIONSHIPS

February 24, 2019

#### Winners

##### Overall

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Gender	AG
Aleksandra Jones	Female	19<	45	12.3	16	450	615	400	1465	1	1
Tristen Jones	Male	19<	49	14.7	21.5	490	735	538	1763	1	1

##### Age Group - Women

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Gender	AG
Aleksandra Jones	Female	19<	45	12.3	16	450	615	400	1465	1	1
Lauren Kanko	Female	20-29	34	13.1	18	340	655	450	1445	2	1
Stephanie Uren	Female	30-39	35	12.2	13.5	350	610	338	1298	5	1
Joanna Jackson	Female	40-49	38	11.4	16	380	570	400	1350	3	1
Christine Laflamme	Female	50+	35	10.1	14.5	350	505	363	1218	10	1

##### Age Group - Men

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Gender	AG
Tristen Jones	Male	19<	49	14.7	21.5	490	735	538	1763	1	1
Evan Heenan	Male	20-29	40	14	19	400	700	475	1575	3	1
Mikael Staer Nathan	Male	30-39	45	15	20	450	750	500	1700	2	1
Mark Taucar	Male	40-49	42	12.2	14	420	610	350	1380	13	1
Mike Alderdice	Male	50+	40	11.9	17	400	595	425	1420	9	1

##### Relay

Name	Category	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	Category
The Unmotivated Triathletes	Relay	Relay	48.5	12.4	21	485	620	525	1630	3	1

#### AG Results

##### F19<

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Gender	AG
Aleksandra Jones	Female	19<	45	12.3	16	450	615	400	1465	1	1
Tasha Cory	Female	19<	33	11.2	13.5	330	560	338	1228	9	2
Victoria Flowerday	Female	19<	40	10	11.5	400	500	288	1188	13	3
Arquelle Staveley	Female	19<								DNS	DNS

##### F20-29

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Gender	AG
Lauren Kanko	Female	20-29	34	13.1	18	340	655	450	1445	2	1
Alana Fangrad	Female	20-29	31.5	12.7	14.5	315	635	363	1313	4	2
Ivanna Franko	Female	20-29	28	13	14	280	650	350	1280	6	3
Irina Metelyuk	Female	20-29	33	10.6	16	330	530	400	1260	7	4
Kelsey Roberts	Female	20-29	27	11.2	14.5	270	560	363	1193	11	5
Rebecca Chessman	Female	20-29	28	11.5	13.5	280	575	338	1193	11	5
Rachel Parks	Female	20-29	30	10.7	14	300	535	350	1185	14	7
Katie Reese	Female	20-29	23	12.7	11.5	230	635	288	1153	16	8
Mel Rogers	Female	20-29	29	10.2	12.5	290	510	313	1113	23	9
Wendy Reid	Female	20-29	27	11.3	11	270	565	275	1110	24	10
Alyssa Sennema	Female	20-29	30	10.1	12	300	505	300	1105	25	11
Kelsey Grieve	Female	20-29	29	10.1	10	290	505	250	1045	35	12
Melissa Edwards	Female	20-29	27	8.9	13	270	445	325	1040	38	13
Allison Tse	Female	20-29	21	10.5	11.5	210	525	288	1023	40	14
Alison Mcphedran	Female	20-29	29	8.4	12.5	290	420	313	1023	40	14

**F30-39**

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Gender	AG
Stephanie Uren	Female	30-39	35	12.2	13.5	350	610	338	1298	5	1
Tori Nichols	Female	30-39	28	12.1	15	280	605	375	1260	7	2
Kirsty Millwood	Female	30-39	30	10.1	14	300	505	350	1155	15	3
Izabella Bejm	Female	30-39	35	10.6	10.5	350	530	263	1143	17	4
Lia Negen	Female	30-39	33	8.8	14.5	330	440	363	1133	18	5
Lauren Lesarge	Female	30-39	27	10.1	14	270	505	350	1125	20	6
Lindsay Brin	Female	30-39	25	10.6	13.5	250	530	338	1118	21	7
Zoe Gamache	Female	30-39	31	10	11	310	500	275	1085	27	8
Cassandra Mcnichol	Female	30-39	25	11.6	10	250	580	250	1080	29	9
Maia Bessemer	Female	30-39	29	9.1	13	290	455	325	1070	32	10
Andrea Short	Female	30-39	24	10.3	12.5	240	515	313	1068	33	11
Shannon Mcintyre	Female	30-39	22	8	12.5	220	400	313	933	44	12
Jenny Foster	Female	30-39	24	8.5	8.5	240	425	213	878	45	13
Chelsea Mohler	Female	30-39	17	7.5	8.5	170	375	213	758	47	14
Mitra Farzaneh	Female	30-39	20	6.5	5.5	200	325	138	663	48	15
Jennifer Farquharson	Female	30-39								DNS	DNS

**F40-49**

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Gender	AG
Joanna Jackson	Female	40-49	38	11.4	16	380	570	400	1350	3	1
Kelly Hyatt	Female	40-49	30	11.4	10.5	300	570	263	1133	18	2
Amy Herskowitz	Female	40-49	30	9.6	12	300	480	300	1080	29	3
Lori Liggesmeyer	Female	40-49	27	9.5	12	270	475	300	1045	35	4
Melanie Waltman	Female	40-49	30	9	10.5	300	450	263	1013	42	5
Vassiliki Tsoutsoubri	Female	40-49	18	11	10	180	550	250	980	43	6
Judy Munro	Female	40-49	18	8.1	8.5	180	405	213	798	46	7
Julie Oxley	Female	40-49								DNS	DNS

**F50+**

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Gender	AG
Christine Laflamme	Female	50+	35	10.1	14.5	350	505	363	1218	10	1
Patricia Man	Female	50+	30	10.1	12.5	300	505	313	1118	21	2
Kristin Heshka	Female	50+	28	11.1	10.5	280	555	263	1098	26	3
Andrea Whiteacre	Female	50+	33	11.1	8	330	555	200	1085	27	4
Susan Critoph	Female	50+	27	10.3	11.5	270	515	288	1073	31	5
Jyl Mcgunigal	Female	50+	26	10.3	11	260	515	275	1050	34	6
Tanya Eyram	Female	50+	24	10.6	11	240	530	275	1045	35	7
Leslie Macdonald	Female	50+	26	9.6	12	260	480	300	1040	38	8
Carole Staveley	Female	50+								DNS	DNS
Lorna Murphy	Female	50+								DNS	DNS

**M19<**

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Gender	AG
Tristen Jones	Male	19<	49	14.7	21.5	490	735	538	1763	1	1
Nicholas Lambert	Male	19<	46	12.3	19.5	460	615	488	1563	4	2
Thomas Meijer	Male	19<	40	12.7	14.5	400	635	363	1398	10	3
Liam Berger	Male	19<	46	11	14	460	550	350	1360	17	4
Maanav Khurana	Male	19<	34	11.1	15.5	340	555	388	1283	27	5
Nevyn Kruczynski	Male	19<	32	8.9	14.5	320	445	363	1128	42	6
Leo Huang	Male	19<	35	8.1	13	350	405	325	1080	48	7
Stefan Chimet	Male	19<	19	8.8	13.5	190	440	338	968	59	8
Andrei Mitran	Male	19<	27	9	9	270	450	225	945	63	9



**M50+**

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Gender	AG
Mike Alderdice	Male	50+	40	11.9	17	400	595	425	1420	9	1
John Meijer	Male	50+	36	11.6	18	360	580	450	1390	11	2
Matt O'Gorman	Male	50+	35.5	12.3	15.5	355	615	388	1358	18	3
Todd Latham	Male	50+	39	11.4	15	390	570	375	1335	19	4
Darrin Amell	Male	50+	39	10.7	15.5	390	535	388	1313	23	5
Ab Doyle	Male	50+	32	12.3	13.5	320	615	338	1273	28	6
Peter Gilpin	Male	50+	28	10.5	18	280	525	450	1255	32	7
Mark Bridges	Male	50+	38	9.3	14.5	380	465	363	1208	33	8
Daniel Kaye	Male	50+	30	11	13.5	300	550	338	1188	34	9
Michael Patrick	Male	50+	26	10.6	15	260	530	375	1165	35	10
Glen Berger	Male	50+	32	10	13.5	320	500	338	1158	38	11
Steve Kent	Male	50+	26	11	13	260	550	325	1135	41	12
Julian Kenney	Male	50+	29	10.8	9	290	540	225	1055	52	13
Sherif Hashem	Male	50+	28	8.4	13.5	280	420	338	1038	53	14
Gerald O'Toole	Male	50+	22	9	14.5	220	450	363	1033	55	15
Ron Krueger	Male	50+	21	9.7	12.5	210	485	313	1008	57	16
Edwin Pabitu	Male	50+	23	8.6	12	230	430	300	960	61	17
David-Guide Okashimo	Male	50+								N/A	N/A
Andrew Butler	Male	50+								DNS	DNS
Stephen Cairns	Male	50+								DNS	DNS

**Relay**

Name	Gender	AG	Swim Laps	Bike Distance	Run Laps	Swim Points	Bike Points	Run Points	Total Points	Overall	AG
The Unmotivated Triathletes	Relay	Relay	48.5	12.4	21	485	620	525	1630	3	1
#ChateauChauvin	Relay	Relay	32	12.2	15.5	320	610	388	1318	26	2
JWAnge	Relay	Relay	30	12.9	12.5	300	645	313	1258	42	3
Worth a tri	Relay	Relay	27	11.5	14.5	270	575	363	1208	46	4
Cowster Kids	Relay	Relay	18	10.5	17.5	180	525	438	1143	61	5

**Notes**

**Scoring:** Swim 10pt/25m lap, Bike 50pt/km, Run 25pt/200m lap, scored at 0.5 lap increments swim & run, 0.1km bike.

**Changes:** Protests to lap counting are *not allowed* under any circumstances. Missing score cards are scored DNS.