

2009 Mackenzie Triathlon Final Results by Category

Category	Participant Name	Swim	BIKE	Run	FINAL
F16-29					
	Lindsay Mandryk	0:14:07	0:42:08	0:24:03	1:20:18
	Leanne Garrison	0:15:55	0:41:59	0:26:35	1:24:29
	Jennifer Wheeler	0:16:47	0:45:50	0:27:25	1:30:02
	Melanie Chapple	0:20:29	0:43:13	0:27:04	1:30:46
	Leanne Mckinnon	0:20:09	0:46:24	0:25:49	1:32:22
	Susanna Cross	0:16:33	0:50:32	0:29:22	1:36:27
	Rietta Brisco	0:17:13	0:47:56	0:31:47	1:36:56
	Kara Przewczek	0:18:30	0:51:37	0:27:37	1:37:44
	Tanya Poblete	0:19:23	0:50:55	0:28:19	1:38:37
	Kelsey Boizard	0:17:52	0:49:05	0:37:33	1:44:30
	Sara VanWieringen	0:22:51	0:57:55	0:28:19	1:49:05
	Nicole Vongkeo	#####	1:45:31	0:36:36	1:50:02
F30-39					
	Naomi Callaghan	0:13:05	0:39:02	0:23:35	1:15:42
	Carolyn Bax	0:14:27	0:39:44	0:22:06	1:16:17
	Marika Jurgens	0:14:14	0:39:23	0:23:39	1:17:16
	Janice Karpes	0:14:45	0:40:40	0:23:58	1:19:23
	Gail Millar	0:14:47	0:40:40	0:27:51	1:23:18
	Kathryn Fairweather	0:17:23	0:38:23	0:27:43	1:23:29
	Mellissa Winfield	0:17:44	0:41:16	0:25:03	1:24:03
	Amanda Alexander	0:19:12	0:45:31	0:25:18	1:30:01
	Alison Hoskins	0:19:40	0:44:32	0:27:59	1:32:11
	Nicole Hamel	0:19:27	0:46:34	0:29:24	1:35:25
	Janet Arnott	0:21:29	0:49:11	0:28:51	1:39:31
	Jamie Cloet	0:22:28	0:48:12	0:29:02	1:39:42
	Amber Genero	0:19:40	0:47:22	0:32:52	1:39:54
	Holly Hughes	0:17:44	0:53:47	0:31:42	1:43:13
	Laura Blonski	0:21:46	0:50:47	0:33:55	1:46:28
	Karen Furlong	0:30:54	0:54:04	0:38:52	2:03:50
F40-49					
	Christine Souka	0:17:18	0:38:24	0:30:15	1:25:57
	Laura Brough	0:16:29	0:42:38	0:27:32	1:26:39
	Corinne Nearing	0:19:02	0:42:27	0:29:07	1:30:36
	Annie Horning	0:25:00	0:42:33	0:24:00	1:31:33
	Karen MacKay	0:20:32	0:44:40	0:27:14	1:32:26
	Suzanne LeBlanc	0:15:00	0:48:02	0:29:46	1:32:48
	Sue Cyr	0:22:50	0:44:38	0:26:17	1:33:45
	Kirsten Zogas	0:17:40	0:46:59	0:30:06	1:34:45
	Donna Mulvey	0:21:58	0:47:01	0:28:41	1:37:40
F50+					
	Joanne Morgan	0:17:59	0:38:44	0:25:04	1:21:47

F50+	Cheryl Miller	0:20:07	0:40:55	0:25:21	1:26:23
	Mary Lou Brisco	0:19:06	0:42:22	0:25:17	1:26:45

M16-29

Cody Muhle	0:15:31	0:42:47	0:23:17	1:21:35
Alex Eriksen	0:19:01	0:43:34	0:21:32	1:24:07
Jon Schneider	0:18:33	0:45:57	0:24:58	1:29:28
Marian Minar	0:18:59	0:48:37	0:33:01	1:40:37

M30-39

Clayton Wilkinson	0:11:29	0:32:45	0:20:16	1:04:30
Paul Kennedy	0:13:57	0:34:59	0:22:35	1:11:31
Paul Knudsgaard	0:14:17	0:39:16	0:24:46	1:18:19
Bruce Arnott	0:18:54	0:46:45	0:30:48	1:36:27
Shawn Baldwin	0:22:11	0:46:39	0:35:02	1:43:52
Dirk Finger	0:22:09	0:56:59	0:25:56	1:45:04

M40-49

Reno Cyr	0:16:56	0:34:56	0:21:33	1:13:25
Wayne Lewis	0:14:23	0:36:19	0:24:26	1:15:08
Craig Somerville	0:16:12	0:36:58	0:24:39	1:17:49
Mark Nielsen	0:14:40	0:40:23	0:30:57	1:26:00
Gregg Kauk	0:21:01	0:40:24	0:25:35	1:27:00
Richard Glazier	0:18:15	0:47:31	0:27:30	1:33:16
Mike Mulvey	0:25:07	0:44:56	0:37:52	1:47:55
Kevin Vriesendorp	0:20:24	0:56:18	0:38:37	1:55:19

M50+

Scott Forrest	0:14:26	0:37:09	0:22:20	1:13:55
Frank Blues	0:14:21	0:38:25	0:24:17	1:17:03
Rob Souka	0:15:06	0:39:13	0:28:02	1:22:21
Mark Earle	0:18:15	0:39:55	0:24:54	1:23:04
David Godfrey	0:18:34	0:40:39	0:29:35	1:28:48
Dennis Straussfogel	0:24:32	0:44:16	0:21:54	1:30:42

Fteam

Team LenaAmy	0:13:46	0:39:15	0:31:10	1:24:11
Blister Sisters	0:21:41	0:49:36	0:29:08	1:40:25

Mxteam

All Washed Up	0:22:22	0:39:02	0:28:43	1:30:07
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