

Age Group Olympic

34th Annual Nelson Cyswog 'N' Fun
Nelson, BC
July 31, 2016

Olympic Distance Age Group Results:

Women 18-19 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
-------	-------	--------	-----	-----------------	------	------	------	-----

Women 20-24 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
-------	-------	--------	-----	-----------------	------	------	------	-----

Women 25-29 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:44:46	201	Women 25-29	Linsi COMFORT	Calgary	37:09	1:20:17	47:22
2	2:57:08	182	Women 25-29	Amanda HARDING	warfield	28:17	1:24:01	1:04:51

Women 30-34 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:45:49	219	Women 30-34	Clover ARDERN	Castlegar	29:37	1:19:07	57:06

Women 35-39 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	3:11:09	185	Women 35-39	Amy FOURNIER	Patricia	35:19	1:37:25	58:26
2	3:31:14	206	Women 35-39	Tara PRIMEAU	Crescent val	40:39		

Women 40-44 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:59:47	191	Women 40-44	Corina WAAGE	Kamloops	31:32	1:29:23	58:53
2	3:03:33	117	Women 40-44	Karrie PARENT	Bury	33:59	1:32:52	56:43
3	3:04:50	240	Women 40-44	Lynda DECHIEF	Nelson	42:33	1:24:28	57:49

Women 45-49 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:39:22	181	Women 45-49	Janine BENSON	Kelowna	29:30	1:18:37	51:17
2	3:24:29	216	Women 45-49	Daiva VILLA	Nelson	36:56	1:29:18	1:18:16
3		205	Women 45-49	Linda JOHANNSON	Nelson	39:54		

Women 50-54 Category

Age Group Olympic

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:39:54	214	Women 50-54	Denise UHRYNUK	Nelson	30:52	1:21:19	47:44
2	3:25:03	196	Women 50-54	Yvonne WERKMANN	Didsbury	39:28		
3	3:35:22	204	Women 50-54	Val YOWEK	Nelson	44:10		
4	3:47:28	213	Women 50-54	Brenda BAIRD	Lethbridge	53:27		

Women 55-59 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:54:37	227	Women 55-59	Chris LALONDE	Nelson	35:16	1:25:18	54:04
2	3:17:27	187	Women 55-59	Donna DOYLE	Victoria	39:30	1:30:35	1:07:23
3	3:22:46	218	Women 55-59	Mary MCKAY	Calgary	39:13		

Women 60-64 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
-------	-------	--------	-----	-----------------	------	------	------	-----

Women 65-69 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
-------	-------	--------	-----	-----------------	------	------	------	-----

Women 70-99 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
-------	-------	--------	-----	-----------------	------	------	------	-----

34th Annual Nelson Cyswog 'N' Fun
Nelson, BC
July 31, 2016

Olympic Distance Age Group Results:

Men 18-19 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
-------	-------	--------	-----	-----------------	------	------	------	-----

Men 20-24 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
-------	-------	--------	-----	-----------------	------	------	------	-----

Men 25-29 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:49:51	203	Men 25-29	Evan NEILSEN	Calgary	31:28	1:21:32	56:52
2	3:13:28	198	Men 25-29	Otis LIPPITT	Three Hills	40:19		

Age Group Olympic

Men 30-34 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:48:52	200	Men 30-34	Basil MCLAREN	Nelson Bc	29:55	1:23:28	55:30
2	2:50:21	226	Men 30-34	Neil PRETTY	Nelson	35:49	1:20:41	53:52

Men 35-39 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:04:00	228	Men 35-39	Dallas CAIN	Nelson	25:14	59:25	39:22
2	DNF	208	Men 35-39	Chauncy BLAIR	Castlegar	27:12		

Men 40-44 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:13:16	210	Men 40-44	Joel DELEENHEER	Lake Country	25:10	1:09:26	38:41
2	2:14:23	223	Men 40-44	Seth BITTING	Rossland	24:59	1:03:39	45:46
3	2:18:01	209	Men 40-44	Cam MCTAVISH	Vancouver	25:20	1:03:47	48:56
4	2:25:48	241	Men 40-44	Nelson ROCHA	Nelson	38:28	1:06:40	40:41
5	2:42:51	224	Men 40-44	Scott SUTHERLAND	Edmonton	30:28	1:16:48	55:37
6	2:47:06	194	Men 40-44	David KONKIN	North Vancou	27:01	1:25:01	55:06

Men 45-49 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:07:23	189	Men 45-49	Gary WADE	Kelowna	25:16	1:01:27	40:40
2	2:20:59	215	Men 45-49	Greg WELWOOD	Burnaby	31:54	1:07:49	41:16
3	2:33:30	220	Men 45-49	Mike KONKIN	Trail	24:58	1:13:17	55:16
4	2:44:14	225	Men 45-49	Paul SAWATSKY	Cranbrook	40:00	1:12:36	51:38
5	2:52:35	211	Men 45-49	Robert TUTTLE	Calgary	36:57	1:21:09	54:30

Men 50-54 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:36:30	192	Men 50-54	Kim HEINZE	Calgary	35:50	1:13:19	47:22
2	2:51:18	177	Men 50-54	Andrew JONES	Nelson	43:27	1:18:16	49:36
3	2:53:55	193	Men 50-54	Kevin MCGUIRE	Nelson	40:13	1:18:58	54:45

Men 55-59 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:52:24	199	Men 55-59	Peter WARD	Nelson	35:31	1:25:34	51:20
2	2:57:24	186	Men 55-59	Stephen FORT	Kelowna	31:24	1:26:43	59:18

Men 60-64 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	2:44:46	222	Men 60-64	Mark FROMBERG	Kelowna	32:28	1:16:39	55:40
2	3:23:38	212	Men 60-64	Graham JARMIN	Nelson	43:32	1:26:43	1:13:23

3 217 Men 60-64 Ronald MCKAY Calgary 32:54

Men 65-69 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
1	3:11:50	242	Men 65-69	Con DIAMOND	Nelson	39:04	1:23:09	1:09:38
2	3:37:58	195	Men 65-69	Melvyn HUNT	Kelowna	36:46		

Men 70-99 Category

Place	Total	Number	Div	Competitor Name	City	Swim	Bike	Run
-------	-------	--------	-----	-----------------	------	------	------	-----

♀