

Sprint Overall

34th Annual Nelson Cyswog 'N'

Fun

Nelson, BC  
July 31, 2016

Sprint Distance Individual

Results

-----FINAL-----		0.5 km		22 km		5 km		Category	
Pos	SWIM	Time	Name	BIKE	City	RUN	Plc/Total	Category	#
Rank	Time	/100m	Rank	Time	km/hr	Rank	Time	/km	
1	1:07:20		Solen WOOD		Lethbridge	1/2		Men 16-17	239
1	8:32	1:43	2	40:00	33.0	1	18:50	3:46	
2	1:11:38		Michael OGLOFF		Salmon Arm	1/3		Men 30-34	146
3	11:17	2:16	1	38:46	34.0	2	21:36	4:20	
3	1:18:41		Charlie STEWART		Hong Kong	2/2		Men 16-17	238
4	11:18	2:16	7	44:38	29.6	3	22:46	4:34	
4	1:19:32		Dannica STEVENSON-WADE		Kelowna	1/5		Women 40-44	108
5	11:27	2:18	3	42:17	31.2	10	25:49	5:10	
5	1:20:20		Timothy OLSON		Plains	1/9		Men 50-59	149
8	11:52	2:23	4	42:48	30.8	9	25:40	5:08	
6	1:23:07		Lisa BARNES		Cranbrook	1/4		Women 30-34	132
11	12:25	2:29	5	43:42	30.2	15	27:02	5:25	
7	1:23:16		Curtis SCHREIBER		Kelowna	2/9		Men 50-59	154
20	13:42	2:45	8	45:01	29.3	7	24:33	4:55	
8	1:23:24		Scott CARR		Burnaby	1/6		Men 40-49	167
6	11:41	2:21	21	47:29	27.8	5	24:15	4:51	
9	1:23:52		Jason DOSDALL		Calgary	2/6		Men 40-49	122
31	15:11	3:03	6	44:23	29.7	6	24:19	4:52	
10	1:25:51		Lauren KOCH		Salmon Arm	2/4		Women 30-34	145
2	11:07	2:14	9	45:31	29.0	28	29:13	5:51	
11	1:26:39		Alanna MACDONALD		Prince Georg	1/2		Women 20-24	137
49	17:09	3:26	13	46:24	28.4	4	23:07	4:38	
12	1:26:56		Kim JOLLYMORE		Kelowna	1/7		Women 55-59	109
10	12:10	2:26	17	47:06	28.0	19	27:41	5:33	
13	1:27:23		Danita SCHREIBER		Kelowna	1/3		Women 50-54	153
15	13:08	2:38	19	47:13	28.0	16	27:03	5:25	
14	1:27:32		Laura DAVIS		Calgary	1/6		Women 25-29	129
40	16:23	3:17	12	46:13	28.6	8	24:57	5:00	
15	1:28:30		Wally COUSINS		South Sloca	3/6		Men 40-49	173
23	13:56	2:48	20	47:18	27.9	17	27:16	5:28	
16	1:29:34		Rob PORTERFIELD		Calgary	1/2		Men 35-39	147
7	11:51	2:23	30	50:44	26.0	14	27:00	5:24	
17	1:29:39		Rheannon BROOKS		Kitimat	3/4		Women 30-34	105
26	14:20	2:52	23	49:25	26.7	11	25:55	5:11	
18	1:30:17		Dave HRABCHUK		Vernon	4/6		Men 40-49	170
19	13:38	2:44	14	46:41	28.3	33	29:59	6:00	
19	1:30:34		Jim WERNHAM		Winnipeg	3/9		Men 50-59	144
21	13:45	2:45	10	45:40	28.9	39	31:11	6:15	
20	1:30:41		Darren BEUTEL		Nelson	4/9		Men 50-59	142
51	17:22	3:29	15	46:47	28.2	12	26:33	5:19	
21	1:30:57		Evan CESCONE		Rossland	1/1		Men 25-29	114
9	11:57	2:24	11	46:12	28.6	43	32:49	6:34	
22	1:31:59		Shane PEARSALL		Calgary	5/9		Men 50-59	103
32	15:15	3:03	18	47:06	28.0	30	29:38	5:56	
23	1:32:40		Robert SIMMERLING		Nelson	1/3		Men 60-64	126
44	16:35	3:19	16	46:59	28.1	26	29:08	5:50	

Sprint Overall

24	1:32:49	Brent RUNNETT			Didsbury	6/9	Men 50-59	120
14	13:04 2:37	22 48:45 27.1			37 31:02 6:13			
25	1:32:53	Shannon PRICE			Trail	1/5	Women 35-39	160
17	13:31 2:43	25 50:07 26.3			29 29:15 5:51			
26	1:34:06	Tony BEUTEL			Nelson	5/6	Men 40-49	141
12	12:31 2:31	31 51:49 25.5			32 29:46 5:58			
27	1:34:51	Kim IRVING			Nelson	2/7	Women 55-59	161
35	15:32 3:07	28 50:31 26.1			24 28:49 5:46			
28	1:35:22	James STEWART			Hong Kong	2/3	Men 60-64	188
29	15:04 3:01	24 49:26 26.7			35 30:53 6:11			
29	1:35:43	Jason HENDREN			Kelowna	6/6	Men 40-49	113
55	18:25 3:41	27 50:20 26.2			13 26:59 5:24			
30	1:36:15	Alison ROSSEL			North Vancou	2/5	Women 40-44	143
47	16:49 3:22	32 52:09 25.3			18 27:17 5:28			
31	1:36:27	Paul MCCREEDY			Nelson	7/9	Men 50-59	140
27	14:34 2:55	26 50:12 26.3			41 31:42 6:21			
32	1:37:05	Mark SCHMUTZ			Fruitvale	8/9	Men 50-59	116
24	14:02 2:49	38 53:54 24.5			27 29:10 5:50			
33	1:37:57	Larry OTTEWELL			Calgary	2/3	Men 30-34	169
30	15:07 3:02	37 53:53 24.5			25 28:58 5:48			
34	1:38:21	Kate BRADLEY			Salmo	2/5	Women 35-39	115
16	13:18 2:40	43 56:19 23.4			23 28:44 5:45			
35	1:38:36	Tyler RICE			Nelson	2/2	Men 35-39	178
13	12:52 2:35	41 55:09 23.9			34 30:36 6:08			
36	1:38:39	Kristen SPEARMAN			Nelson	2/6	Women 25-29	118
39	16:21 3:17	33 52:33 25.1			31 29:46 5:58			
37	1:40:08	Erendira SILVA			Vancouver	3/6	Women 25-29	151
57	19:23 3:53	34 53:04 24.9			20 27:42 5:33			
38	1:40:45	Cheryl MUELLER			Nelson	3/7	Women 55-59	124
36	15:33 3:07	48 56:51 23.2			22 28:21 5:41			
39	1:40:50	Dale FROMBERG			Kelowna	4/7	Women 55-59	168
28	14:45 2:57	29 50:37 26.1			51 35:30 7:06			
40	1:42:01	Laura HALEY			Kitimat	3/5	Women 35-39	148
18	13:35 2:43	50 57:15 23.1			40 31:12 6:15			

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FINAL		22 km		5 km		Category		#
Pos	Time	Name	Rank	Time	City	Plc/Total	Category	
Rank	Time /100m		Rank	Time km/hr	Rank	/km		
41	1:42:42	Erika CSUPAK			Saskatoon	4/6	Women 25-29	150
48	17:00 3:24	52 57:50 22.8			21 27:54 5:35			
42	1:45:46	Sarah GOWER			Nelson	1/3	Women 45-49	159
53	18:10 3:38	36 53:41 24.6			47 33:55 6:47			
43	1:45:50	Kathy UPWARD			Castlegar	3/5	Women 40-44	106
25	14:09 2:50	42 56:01 23.6			52 35:41 7:09			
44	1:45:58	Peter POLLHAMMER			Kelowna	1/3	Men 70-99	119
38	16:11 3:15	53 58:04 22.7			42 31:44 6:21			

Sprint Overall

45	1:46:22	Jennifir ANDERSON	Revelstoke	4/5	Women 35-39	156
45	16:41 3:21	47 56:49 23.2	44 32:53	6:35		
46	1:46:34	Nicola SIMPSON	Kimberley	1/2	Women 60-64	176
56	19:05 3:49	39 54:01 24.4	46 33:30	6:42		
47	1:47:09	Tara KEIRN	Nelson	2/3	Women 45-49	171
58	19:30 3:54	45 56:30 23.4	38 31:10	6:14		
48	1:50:01	Miriam SKELTON	Three Hills,	2/3	Women 50-54	138
52	17:38 3:32	49 57:11 23.1	50 35:13	7:03		
49	1:50:07	Morag RUNNETT	Didsbury	2/2	Women 20-24	121
43	16:33 3:19	40 54:26 24.2	60 39:09	7:50		
50	1:50:14	Meagan ZUNTI-READ	Castlegar	5/6	Women 25-29	104
37	15:45 3:09	58 1:01:22 21.5	45 33:07	6:38		
51	1:50:22	James MCLEAN	Calgary	3/3	Men 30-34	184
22	13:52 2:47	56 1:00:02 22.0	53 36:28	7:18		
52	1:50:39	Natalie PORTLOCK	Canmore	6/6	Women 25-29	174
65	23:22 4:41	44 56:20 23.4	36 30:58	6:12		
53	1:50:51	Heather SUTTIE	Calgary	4/4	Women 30-34	165
33	15:26 3:06	57 1:01:21 21.5	48 34:05	6:49		
54	1:53:07	Glen CARLSON	Fruitvale	1/3	Men 65-69	112
46	16:44 3:21	60 1:01:58 21.3	49 34:26	6:54		
55	1:53:51	Al SMITH	Osoyoos	2/3	Men 70-99	166
64	22:46 4:34	35 53:27 24.7	57 37:39	7:32		
56	1:55:54	Doug MATTHEWS	Nelson	2/3	Men 65-69	123
41	16:30 3:18	59 1:01:38 21.4	58 37:47	7:34		
57	1:57:29	Gene WENINGER	Kelowna	3/3	Men 60-64	135
50	17:19 3:28	62 1:03:09 20.9	54 37:01	7:25		
58	1:57:29	Kerry WENINGER	Kelowna	5/7	Women 55-59	136
42	16:33 3:19	65 1:03:54 20.7	55 37:03	7:25		
59	1:59:01	Ruth SAWATSKY	Cranbrook	3/3	Women 45-49	172
54	18:21 3:41	55 59:22 22.2	63 41:18	8:16		
60	1:59:14	Irene BRINKMAN	Meadow Creek	6/7	Women 55-59	139
63	22:36 4:32	51 57:48 22.8	59 38:51	7:47		
61	2:00:26	Linda TYNAN	Nelson	7/7	Women 55-59	127
61	21:14 4:15	54 59:07 22.3	62 40:06	8:02		
62	2:01:06	Candis KEIRN	Delta	4/5	Women 40-44	152
59	19:33 3:55	67 1:04:30 20.5	56 37:04	7:25		
63	2:05:12	Deborah BIRD	Nelson	2/2	Women 60-64	107
66	24:23 4:53	46 56:43 23.3	65 44:07	8:50		
64	2:08:45	Robert SIDDALL	Fernie	3/3	Men 65-69	131
60	19:38 3:56	61 1:02:14 21.2	66 46:53	9:23		
65	2:12:49	Peter MOLL	Castlegar	3/3	Men 70-99	157
67	24:55 4:59	66 1:04:24 20.5	64 43:31	8:43		
66	2:13:10	Donna SIDDALL	Fernie	1/1	Women 65-69	130
69	30:45 6:09	63 1:03:17 20.9	61 39:09	7:50		
67	2:18:01	Victor COMMANDEUR	Nelson	9/9	Men 50-59	134
68	26:23 5:17	64 1:03:33 20.8	67 48:06	9:38		
68	2:18:01	Laurilee COMMANDEUR	Nelson	3/3	Women 50-54	133
62	22:15 4:27	69 1:07:40 19.5	68 48:07	9:38		
69	2:39:40	Sherrill MORENO	Castlegar	5/5	Women 35-39	162
70	38:39 7:44	68 1:07:33 19.5	69 53:29	10:42		
70		Jennifer MCAULEY	Beasley	5/5	Women 40-44	125
34	15:31 3:07					

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