

2019 TYHEE LAKE TRIATHLON RESULTS					
indicates fastest leg					
indicates fastest overall & new masters record					
indicates fastest overall					
OLYMPIC DISTANCE RACE 1500m SWIM, 40 km BIKE, 10 km RUN					
Olympic Distance Female Open (20-39)		SWIM	BIKE	RUN	TOTAL
Leanne	Garrison	0:28:35	1:20:45	0:53:40	2:43:00
Erin	Mutrie	0:31:41	1:34:25	0:51:55	2:58:01
Danica	Crystal	0:26:16	1:35:35	1:03:32	3:05:23
Olympic Distance Female Masters (40+)		SWIM	BIKE	RUN	TOTAL
Laurie	Kallio	0:25:25	1:26:21	0:51:49	2:43:35
Susanne	Wølck	0:34:34	1:29:18	0:54:36	2:58:28
Wahnese	Antonioni-Bishop	0:35:36	1:29:37	1:01:00	3:06:13
Erin	Brienesse	0:31:47	1:37:01	0:58:14	3:07:02
Olympic Distance Male Open (20-39)		SWIM	BIKE	RUN	TOTAL
Jonathan	Taylor	0:30:10	1:16:27	0:43:54	2:30:31
Tim	Waggott	0:26:33	1:17:12	0:55:46	2:39:31
Shane	Vandewater	0:30:10	1:15:20	0:55:03	2:40:33
Alexandros	Constandinou	0:33:47	1:49:03	1:14:23	3:37:13
Olympic Distance Male Masters (40+)		SWIM	BIKE	RUN	TOTAL
Robert	Millar	0:24:45	1:04:45	0:44:02	2:13:32
Fred	Lambright	0:28:05	1:12:41	0:49:54	2:30:40
Mark	Grasley	0:31:33	1:13:19	0:46:52	2:31:44
Patrick	Williston	0:27:49	1:16:04	0:50:48	2:34:41
J	Boddy	0:32:03	1:32:45	1:15:19	3:20:07
Olympic Distance Team		SWIM	BIKE	RUN	TOTAL
Dad Bod	Dustin Hersee Malcolm Johnson Duran Hurry	0:20:29	1:19:53	0:39:59	2:20:21
Yahoos	Jessie Smids Conor Murphy Greg Baxter	0:27:38	1:20:59	0:40:50	2:29:27
FC	Fergus Hobson Charles Paquette Brandy Hughes	0:22:39	1:22:49	0:45:17	2:30:45
tri-curious	Antje Von Seydlitz Antje Von Seydlitz Zachary Blanche	0:27:24	1:16:30	0:48:48	2:32:42
high road hunnies	Yeva Glover Laura Grant Emma Hoffma	0:31:11	1:18:42	0:51:05	2:40:58
Wi-Wo Cyclo	Kevin Woustra Joshua Wimbush Titia Woudstra	0:27:18	1:25:49	0:52:05	2:45:12
Seemore	Helene Fleury Dean Allen Helene Fleury	0:31:24	1:24:31	0:50:43	2:46:38
SPRINT DISTANCE RACE 750 m SWIM, 20 km BIKE, 5 km RUN					
Sprint Open Female (20-39)		SWIM	BIKE	RUN	TOTAL
Rebecca	Powell	0:14:29	0:43:59	0:22:09	1:20:37
Carlene	Dingwall	0:11:46	0:44:47	0:25:43	1:22:16
Maggie	Mahan	0:14:48	0:42:48	0:24:57	1:22:33
Karla	Griffin	0:13:36	0:48:47	0:26:57	1:29:20
Kaia	Andal	0:19:48	0:45:26	0:25:33	1:30:47
Nicole	Sutherland	0:19:28	0:49:42	0:24:10	1:33:20
Jamie	Komadina	0:18:15	0:52:02	0:25:33	1:35:50
Rachel	Eller	0:18:41	0:50:07	0:27:48	1:36:36
Jenna	Smith	0:16:43	0:51:09	0:29:28	1:37:20
Simone	Beattie	0:20:24	0:51:01	0:28:41	1:40:06
Lacy	Scuffi	0:20:05	0:56:32	0:32:13	1:48:50
Janelle	Holm	0:20:17	0:59:28	0:29:57	1:49:42
Jenn	Anderson	0:22:42	0:52:57	0:39:19	1:54:58
Heather	Hovland Muchowski	0:18:34	1:02:32	0:39:55	2:01:01
Tamlyn	Tabata	0:21:09	1:07:42	0:38:02	2:06:53
Donna Michelle	Ralphs	0:18:07	1:07:53	0:43:17	2:09:17
Sprint Masters Female (40+)		SWIM	BIKE	RUN	TOTAL
Jody	Barber	0:17:48	0:46:08	0:25:52	1:29:48
Lara	Collingwood	0:16:45	0:47:35	0:28:46	1:33:06

Lea-Marie	Bowes-Lyon	0:17:48	0:48:36	0:26:54	1:33:18
Shelley	Worthington	0:17:19	0:52:18	0:27:11	1:36:48
Carrie	Collingwood	0:17:33	0:49:21	0:30:30	1:37:24
Maggie	Georgy-Embree	0:16:45	0:51:51	0:30:42	1:39:18
Angela	Souter	0:16:35	0:53:09	0:31:17	1:41:01
Callie	Lancaster	0:18:24	0:53:38	0:29:32	1:41:34
Cobey	Oliemans	0:18:41	0:53:21	0:41:04	1:53:06
Tobi	Tabata	0:27:10	0:55:36	0:33:57	1:56:43
Sprint Junior Male (16-19)		SWIM	BIKE	RUN	TOTAL
Konrad	Thummerer	0:12:44	0:39:17	0:23:01	1:15:02
Sprint Open Male (20-39)		SWIM	BIKE	RUN	TOTAL
Peter	Krause	0:13:56	0:37:37	0:23:01	1:14:34
Daniel	Helm	0:15:10	0:41:16	0:21:39	1:18:05
Ian	Tersago	0:16:15	0:45:01	0:26:02	1:27:18
Brent	Irvine	0:18:40	0:45:52	0:22:50	1:27:22
Robbie	Dunbar	0:12:36	0:46:27	0:32:19	1:31:22
Nick	Markowsky	0:14:15	0:40:09	0:43:56	1:38:20
Matthew	Allen	0:27:27	1:03:52	0:31:53	2:03:12
Sprint Masters Male (40+)		SWIM	BIKE	RUN	TOTAL
Greg	Yeomans	0:20:14	0:33:06	0:28:02	1:21:22
Andrew	Georgy-Embree	0:17:30	0:44:30	0:26:05	1:28:05
Don	Chinnick	0:14:44	0:49:06	0:25:44	1:29:34
Charles	Helm	0:20:58	0:47:56	0:27:30	1:36:24
Ray	Praught	0:19:10	0:45:09	0:33:28	1:37:47
James	Koch	0:20:30	0:47:48	0:31:50	1:40:08
Rick	Tabata	0:20:38	0:50:03	0:30:28	1:41:09
Mark	Huscroft	0:19:15	0:55:50	0:35:32	1:50:37
Sprint Distance Team		SWIM	BIKE	RUN	TOTAL
THE POMERANIANS	Andrea Hikisch Cormac Hikisch Dylan Hikisc	0:15:05	0:38:21	0:25:51	1:19:17
Belanger-Dumais-Baxter	Liam Belanger Zephyr Dumais James Baxter	0:13:11	0:42:50	0:24:28	1:20:29
Just for the Fun of it	Tamara Gillis Keri Morrison Caitlyn Gillis	0:16:20	0:40:36	0:27:52	1:24:48
The Third Wheel	Fergus Hobson Jonathan Dieleman Terri-Ann Beerens	0:11:32	0:48:21	0:27:30	1:27:23
The Odd Couple	Edward Quinlan Joanne Williams Edward Quinlan	0:13:20	0:46:23	0:39:00	1:38:43
TRY-A-TRI DISTANCE TRIATHLON 300 m SWIM, 10 km BIKE, 3 km RUN					
Try-a-Tri Female Youth (12-15)		SWIM	BIKE	RUN	TOTAL
Bridie	Hikisch	0:05:31	0:24:33	0:13:25	0:43:29
Darah	Gillis	0:05:29	0:24:37	0:14:45	0:44:51
Sophia	Grasley	0:05:13	0:25:46	0:17:29	0:48:28
Chloe	Williston	0:07:03	0:26:37	0:14:49	0:48:29
Stephanie	Arronge	0:07:06	0:38:16	0:25:05	1:10:27
Try-a-Tri Female Open (16+)					
Tanya	McCarron	0:08:24	0:25:22	0:19:00	0:52:46
Ali	Marleau	0:10:56	0:40:51	0:26:13	1:18:00
Try-a-Tri Male Youth (12-15)					
Caedmon	Dunbar	0:04:57	0:22:59	0:14:53	0:42:49
Try-a-Tri Male Open					
Calder	Gulbranson	0:15:43	22:44:17	2:19:49	1:19:49
DUATHLON RACE 5 km RUN, 40 km BIKE, 5 km RUN					
Duathlon Female Open (20-39)		RUN	BIKE	RUN	TOTAL
Toby	Lake	0:26:06	1:07:27	0:25:31	1:59:04
Jen	Walsh	0:27:21	1:03:21	0:30:16	2:00:58
Julie	Chaplin	0:27:42	1:19:16	0:29:11	2:16:09
Crystal	Donio	0:29:49	1:21:12	0:37:46	2:28:47
Genevieve	Gilbert	0:33:17	1:24:41	0:42:09	2:40:07
Duathlon Male Open (20-39)		RUN	BIKE	RUN	TOTAL
Ryan	Hill	0:21:42	0:53:33	0:21:05	1:36:20

Jeff	McKay	0:22:22	0:52:49	0:24:05	1:39:16
Duathlon Male Masters (40+)		RUN	BIKE	RUN	TOTAL
Trevor	Lake	0:26:06	1:00:58	0:27:07	1:54:11
Tj	Winslade	0:28:00	1:00:33	0:27:11	1:55:44
Clay	McEntee	0:23:49	1:06:27	0:28:46	1:59:02
Phil	Briennesse	0:26:17	1:09:20	0:30:35	2:06:12
Duathlon Female Masters (40+)		RUN	BIKE	RUN	TOTAL
Megan	Reid	0:27:16	1:08:33	0:30:46	2:06:35
Holly	Hovland	0:32:08	1:46:35	0:39:04	2:57:47