

**Prestige Half Triathlon**  
**July 25, 2004**  
**Norbury Lake Provincial Park**  
**Cranbrook, BC**

Overall	Bib	Place	Age	Name	City	Swim	Swim	Swim	Bike	Bike	Bike	Run	Run	Run	Finish
Place	#	in Age	Group			Place	Time	Rate	Place	Time	Speed	Place	Time	Pace	Time
		Group						Mins/100M			Km/Hour			Mins/KM	
1	26	1/8	Men 25-29	Williams Trevor	Cranbrook	5	27:37	1:28	2	2:17:56	39.1	4	1:28:38	4:13	4:14:10
2	123	2/8	Men 25-29	McDonald Chris	Christchurch	13	28:41	1:31	4	2:24:08	37.5	1	1:25:37	4:04	4:18:24
3	36	3/8	Men 25-29	McArthur Colin	Cranbrook	11	28:22	1:30	6	2:25:55	37.0	3	1:26:46	4:07	4:21:02
4	132	1/11	Men 35-39	Smith Eddie	Vancouver	14	28:45	1:31	9	2:29:56	36.0	2	1:25:51	4:05	4:24:31
5	291	1/2	Teams X1	TEAM FUNGUS	Cranbrook	6	27:37	1:28	1	2:17:35	39.3	15	1:40:30	4:46	4:25:41
6	127	4/8	Men 25-29	Krochak Paul	Vancouver	1	25:34	1:21	3	2:22:33	37.9	13	1:37:51	4:39	4:25:56
7	292	1/4	Teams M1	Pistol and Aussie	Cranbrook	12	28:23	1:30	8	2:28:28	36.4	5	1:29:23	4:15	4:26:12
8	99	5/8	Men 25-29	Wurtele Trevor	Victoria	23	29:47	1:35	5	2:24:29	37.4	8	1:33:30	4:26	4:27:45
9	295	2/4	Teams M1	Firebird Technologies	Rossland	9	27:48	1:28	11	2:31:10	35.7	6	1:32:21	4:23	4:31:18
10	109	1/11	Women 35-39	Cooper Cherie	Marysville	28	31:26	1:40	14	2:36:16	34.6	7	1:32:58	4:25	4:40:39
11	94	2/11	Men 35-39	Sellars Andrew	Vernon	2	27:05	1:26	13	2:35:16	34.8	14	1:38:20	4:40	4:40:40
12	59	1/18	Men 45-49	Emerson Barry	Lethbridge	3	27:27	1:27	15	2:36:36	34.5	20	1:44:23	4:57	4:48:25
13	97	1/15	Men 40-44	Suter Paul	Penticton	15	28:54	1:32	12	2:34:26	35.0	34	1:51:47	5:18	4:55:05
14	126	2/18	Men 45-49	Mayer Al	Coeur d'alene	42	32:40	1:44	28	2:46:56	32.4	11	1:36:11	4:34	4:55:46
15	43	3/18	Men 45-49	Lee Brad	Penticton	39	32:29	1:43	18	2:39:25	33.9	22	1:45:01	4:59	4:56:53
16	23	1/10	Women 30-34	Patterson Cailla	Penticton	43	33:00	1:45	31	2:48:41	32.0	9	1:35:32	4:32	4:57:12
17	45	3/11	Men 35-39	Shokeir Marc Omar	Bellingham	81	38:45	2:03	7	2:28:14	36.4	30	1:50:29	5:15	4:57:27
18	24	1/10	Men 30-34	Patterson Dale	Penticton	49	35:13	1:52	27	2:46:42	32.4	12	1:36:42	4:35	4:58:36
19	296	3/4	Teams M1	MA, PA and SON	Calgary	7	27:41	1:28	10	2:30:32	35.9	50	2:00:31	5:43	4:58:43
20	95	2/15	Men 40-44	Mallory Robert	Lake Oswego	44	33:08	1:45	19	2:42:24	33.3	19	1:43:23	4:54	4:58:53
21	120	2/10	Women 30-34	Uibel Kayleen	Spokane	36	32:07	1:42	22	2:43:53	33.0	24	1:46:19	5:03	5:02:18
22	88	3/15	Men 40-44	Christoffel David	St. Albert	93	39:54	2:06	21	2:43:39	33.0	16	1:40:52	4:47	5:04:24
23	93	3/10	Women 30-34	Sellars Virginia	Vernon	54	35:34	1:53	29	2:47:04	32.3	18	1:43:14	4:54	5:05:51
24	116	4/11	Men 35-39	Nakahara Chris	Cranbrook	84	38:52	2:03	17	2:39:16	33.9	25	1:48:08	5:08	5:06:15
25	86	6/8	Men 25-29	Devantier Steven	Port Coquitlam	31	31:44	1:41	16	2:37:58	34.2	48	1:59:02	5:39	5:08:42
26	111	2/10	Men 30-34	Tutti Graham	North Vancouver	27	31:23	1:40	24	2:45:45	32.6	35	1:53:04	5:22	5:10:10
27	125	7/8	Men 25-29	Merrett Sean	Lower Sackville	56	35:43	1:53	33	2:51:31	31.5	21	1:44:25	4:57	5:11:38

28	39	5/11	Men 35-39	Champlin Peter	Denver	18	29:24	1:33	20	2:42:43	33.2	51	2:00:33	5:43	5:12:39
29	51	1/5	Women 18-24	Baird Emily	Calgary	4	27:30	1:27	38	2:54:24	31.0	32	1:51:00	5:16	5:12:53
30	70	4/15	Men 40-44	Savin Robert	Calgary	16	29:15	1:33	37	2:53:07	31.2	37	1:54:53	5:27	5:17:15
31	69	1/5	Men 50-54	Woodhurst Derek	Salmon Arm	55	35:36	1:53	36	2:52:35	31.3	28	1:49:49	5:13	5:17:58
32	55	2/11	Women 35-39	Taylor Louise	Calgary	53	35:33	1:53	45	2:57:23	30.4	23	1:46:04	5:02	5:19:00
33	112	5/15	Men 40-44	Conaghan Mitch	Calgary	85	39:06	2:04	46	2:58:22	30.3	17	1:42:08	4:51	5:19:35
34	42	4/10	Women 30-34	Gorman Jennifer	Vernon	37	32:13	1:42	25	2:46:17	32.5	53	2:03:36	5:52	5:22:04
35	78	6/15	Men 40-44	Richardson Dave	Langley	41	32:38	1:44	40	2:54:33	30.9	38	1:55:04	5:28	5:22:14
36	28	5/10	Women 30-34	Norona Marisa	Vancouver	48	35:04	1:51	47	2:58:48	30.2	26	1:48:47	5:10	5:22:38
37	9	6/10	Women 30-34	BICHSEL Stefanie	Calgary	32	31:50	1:41	35	2:51:47	31.4	49	1:59:15	5:40	5:22:50
38	98	3/10	Men 30-34	Bouillet Jordy	Kaleden	64	36:23	1:55	81	3:11:02	28.3	10	1:35:52	4:33	5:23:16
39	96	3/11	Women 35-39	Suter Christine	Penticton	17	29:18	1:33	34	2:51:39	31.5	54	2:04:00	5:53	5:24:56
40	13	1/2	Women 50-54	Rankin Barb	Calgary	40	32:37	1:43	48	2:59:03	30.2	36	1:53:25	5:23	5:25:04
41	64	1/2	Men 55-59	Vermette Gary	Duncan	99	40:39	2:09	44	2:56:18	30.6	33	1:51:29	5:18	5:28:26
42	71	4/11	Women 35-39	Angus Catherine	Calgary	46	33:56	1:48	43	2:56:04	30.7	47	1:58:39	5:38	5:28:39
43	121	4/18	Men 45-49	Walker Mark	Kimberley	19	29:24	1:33	23	2:44:33	32.8	73	2:14:56	6:24	5:28:52
44	21	7/15	Men 40-44	Meinig Mike	Kimberley	73	37:58	2:00	54	3:01:50	29.7	31	1:50:53	5:16	5:30:39
45	297	1/2	Teams F1	Tri Hotties	Kimberley	89	39:20	2:05	39	2:54:29	31.0	41	1:57:05	5:33	5:30:52
46	54	8/15	Men 40-44	Strang Darcy	St.albert	102	41:00	2:10	51	3:00:20	29.9	27	1:49:48	5:13	5:31:08
47	58	7/10	Women 30-34	Taylor Rachel	Calgary	45	33:10	1:45	57	3:03:57	29.4	40	1:55:54	5:30	5:33:00
48	124	4/10	Men 30-34	Sigouin Dan	Calgary	51	35:25	1:52	26	2:46:27	32.4	69	2:11:35	6:15	5:33:26
49	81	9/15	Men 40-44	Mitchell Gordon	Edmonton	96	40:22	2:08	67	3:06:15	29.0	29	1:50:04	5:13	5:36:40
50	80	1/5	Women 40-44	Richardson Wendy	Langley	20	29:28	1:34	75	3:09:37	28.5	46	1:58:18	5:37	5:37:21
51	74	1/4	Women 45-49	Bergstrom Linda	Summerland	78	38:08	2:01	56	3:02:24	29.6	45	1:58:03	5:36	5:38:33
52	113	5/18	Men 45-49	Ward Mike	Surrey	52	35:32	1:53	65	3:06:09	29.0	44	1:57:29	5:35	5:39:10
53	106	6/11	Men 35-39	Carew Colin	Castlegar	8	27:48	1:28	60	3:04:35	29.3	58	2:06:48	6:01	5:39:10
54	67	7/11	Men 35-39	Allaway Robert	Salmon Arm	72	37:52	2:00	52	3:00:59	29.8	55	2:04:01	5:53	5:42:50
55	299	1/1	Teams F2	LisaBlue	Coaldale	29	31:34	1:40	53	3:01:30	29.8	64	2:10:28	6:11	5:43:31
56	25	2/5	Men 50-54	Holmes Reg	Calgary	80	38:42	2:03	59	3:04:20	29.3	52	2:02:11	5:48	5:45:13
57	44	6/18	Men 45-49	Mathias Paul	South Surrey	106	41:17	2:11	72	3:08:32	28.6	39	1:55:31	5:29	5:45:19
58	8	1/6	Women 25-29	MacCormak Debbie	Calgary	21	29:39	1:34	79	3:10:20	28.4	57	2:05:41	5:58	5:45:40
59	16	7/18	Men 45-49	Bacon David	Calgary	59	35:51	1:54	49	2:59:34	30.1	75	2:15:24	6:25	5:50:48
60	75	2/2	Men 55-59	Bergstrom Don	Summerland	63	36:09	1:55	61	3:04:56	29.2	63	2:10:27	6:11	5:51:31
61	90	2/4	Women 45-49	Gordon Jolene	Calgary	57	35:45	1:53	69	3:07:25	28.8	61	2:08:26	6:06	5:51:35
62	298	2/2	Teams F1	Brownies	Kelowna	116	45:39	2:25	41	2:55:07	30.8	70	2:11:38	6:15	5:52:23
63	76	10/15	Men 40-44	Murphy Pat	Langley	66	36:34	1:56	50	3:00:11	30.0	76	2:16:10	6:28	5:52:54
64	114	8/11	Men 35-39	Roark Brad	Vancouver	77	38:05	2:01	93	3:17:43	27.3	43	1:57:16	5:34	5:53:03
65	128	9/11	Men 35-39	Zehnder Dave	Invermere	70	37:23	1:59	62	3:04:56	29.2	71	2:11:53	6:15	5:54:11
66	17	3/4	Women 45-49	Llewellyn Charlie	Calgary	71	37:25	1:59	63	3:05:47	29.1	68	2:11:12	6:14	5:54:23

67	31	8/18	Men 45-49	Townley Mike	Lethbridge	105	41:15	2:11	88	3:16:24	27.5	42	1:57:14	5:34	5:54:52
68	40	9/18	Men 45-49	Kennes Leon	Lethbridge	88	39:16	2:04	73	3:08:45	28.6	59	2:07:29	6:03	5:55:29
69	115	10/11	Men 35-39	Pecora Mike	Golden	87	39:14	2:04	30	2:47:58	32.1	93	2:29:08	7:05	5:56:20
70	104	10/18	Men 45-49	Romao George	Brooks	110	43:51	2:19	58	3:04:12	29.3	65	2:10:33	6:12	5:58:35
71	65	2/5	Women 18-24	Bentham Alison	Edmonton	25	29:55	1:35	71	3:08:18	28.7	85	2:21:43	6:43	5:59:54
72	130	5/10	Men 30-34	Klapstein Kim	Nanaimo	67	36:38	1:56	66	3:06:15	29.0	79	2:17:34	6:32	6:00:25
73	102	11/15	Men 40-44	Thompson Matthew	Wynndel	90	39:37	2:06	78	3:10:13	28.4	67	2:11:02	6:13	6:00:51
74	79	3/5	Women 18-24	Richardson Laurel	Langley	58	35:50	1:54	92	3:17:23	27.4	60	2:07:49	6:04	6:01:00
75	92	11/18	Men 45-49	Hill Joe	Langley	79	38:23	2:02	64	3:05:49	29.1	77	2:16:53	6:30	6:01:04
76	101	2/5	Women 40-44	Froom Kim	Kelowna	60	35:59	1:54	77	3:10:11	28.4	74	2:15:05	6:25	6:01:14
77	14	3/5	Men 50-54	Kemp Dave	Unalaska	83	38:52	2:03	86	3:14:09	27.8	72	2:12:14	6:16	6:05:13
78	105	5/11	Women 35-39	Gross Michelle	North Vancouver	92	39:49	2:06	70	3:07:56	28.7	83	2:18:54	6:35	6:06:38
79	5	12/15	Men 40-44	GUTHRIE Mark	El Dorado Hills	112	44:00	2:19	42	2:55:34	30.8	92	2:28:38	7:03	6:08:11
80	103	2/6	Women 25-29	Alldritt Miranda	North Vancouver	95	40:16	2:08	100	3:25:21	26.3	56	2:05:23	5:57	6:10:59
81	77	4/5	Men 50-54	Johnson Jim	Calgary	86	39:08	2:04	91	3:17:06	27.4	78	2:17:12	6:31	6:13:25
82	110	3/6	Women 25-29	Edison Kerri	Winnepeg	47	34:53	1:51	74	3:08:57	28.6	95	2:30:17	7:08	6:14:06
83	29	6/10	Men 30-34	Smith Paul	Calgary	33	31:59	1:41	82	3:11:12	28.2	97	2:31:19	7:11	6:14:29
84	91	12/18	Men 45-49	Dueck Rod	Coaldale	104	41:07	2:10	84	3:11:51	28.1	86	2:23:16	6:48	6:16:13
85	52	13/18	Men 45-49	Rogers Will	Surrey	38	32:18	1:42	87	3:14:18	27.8	96	2:31:11	7:10	6:17:47
86	89	13/15	Men 40-44	Johnston Robert	Sherwood Park	103	41:03	2:10	95	3:18:40	27.2	82	2:18:19	6:34	6:18:00
87	68	8/10	Women 30-34	Higgins Brandi	Whistler	50	35:22	1:52	94	3:18:23	27.2	87	2:24:46	6:52	6:18:29
88	48	7/10	Men 30-34	Nash Mike	Calgary	76	38:00	2:00	85	3:13:57	27.8	94	2:30:16	7:08	6:22:12
89	37	14/15	Men 40-44	Davies Peter	Vancouver	119	48:17	2:33	90	3:17:03	27.4	80	2:17:37	6:32	6:22:57
90	33	4/6	Women 25-29	Kohlruss Julie	Okotoks	82	38:47	2:03	107	3:33:53	25.2	62	2:10:19	6:11	6:22:59
91	47	3/5	Women 40-44	Trigg Shelley	Calgary	91	39:43	2:06	105	3:32:51	25.4	66	2:10:35	6:12	6:23:08
92	107	6/11	Women 35-39	Friebel Nathalie	Calgary	74	37:59	2:00	98	3:19:24	27.1	91	2:28:14	7:02	6:25:37
93	117	15/15	Men 40-44	Manning Earl	Langley	34	32:03	1:42	80	3:10:47	28.3	101	2:43:50	7:46	6:26:39
94	41	8/8	Men 25-29	Vatcher Gordon	Lethbridge	10	28:19	1:30	83	3:11:34	28.2	104	2:47:57	7:58	6:27:49
95	11	7/11	Women 35-39	Handsaeame Sherry	Lethbridge	62	36:03	1:54	103	3:26:22	26.2	89	2:25:48	6:55	6:28:12
96	30	8/11	Women 35-39	Wilson Kim	Calgary	35	32:05	1:42	55	3:02:14	29.6	106	2:54:28	8:17	6:28:45
97	1	4/5	Women 40-44	MARINEAU Lynn	Calgary	30	31:44	1:41	99	3:22:27	26.7	98	2:34:36	7:20	6:28:45
98	18	14/18	Men 45-49	Llewellyn Wayne	Calgary	97	40:27	2:08	104	3:27:25	26.0	84	2:21:34	6:43	6:29:26
99	57	1/1	Men 60+	Bichsel George	Calgary	109	43:37	2:18	68	3:07:12	28.8	100	2:42:23	7:42	6:33:10
100	300	2/2	Teams X1	WJM Alaska	Unalaska	120	49:02	2:35	102	3:26:21	26.2	81	2:18:12	6:33	6:33:33
101	62	5/6	Women 25-29	Newport Tricia	Whitehorse	107	42:27	2:15	101	3:25:50	26.2	88	2:25:20	6:54	6:33:36
102	6	9/11	Women 35-39	SCHULTZ Beatrice	El Dorado Hills	117	46:46	2:28	97	3:19:11	27.1	90	2:27:41	7:00	6:33:36
103	85	4/5	Women 18-24	Owen Marie	Maple Ridge	22	29:45	1:34	76	3:09:57	28.4	112	3:02:25	8:39	6:42:06
104	38	8/10	Men 30-34	Blad Hugo	Surrey	94	39:57	2:07	96	3:18:48	27.2	105	2:51:24	8:08	6:50:08
105	3	15/18	Men 45-49	DICKSON Cory F	Lafayette	69	37:05	1:58	89	3:16:46	27.4	114	3:06:07	8:50	6:59:57

106	129	1/1	Men 18-24	Slade Keith	Carbonear	61	36:01	1:54	106	3:33:34	25.3	110	2:59:37	8:31	7:09:11
107	84	10/11	Women 35-39	Wade Jennifer	Campbell River	75	38:00	2:00	109	3:37:12	24.9	108	2:57:02	8:24	7:12:14
108	60	16/18	Men 45-49	Campagne Michael	Burnaby	121	51:26	2:43	112	3:51:02	23.4	99	2:37:16	7:28	7:19:42
109	66	9/10	Women 30-34	Altayeb Dina	Lake Forest	114	45:08	2:23	114	3:51:11	23.4	103	2:47:19	7:56	7:23:38
110	20	11/11	Women 35-39	Wiebe Lara	Calgary	100	40:51	2:09	111	3:48:44	23.6	107	2:55:43	8:20	7:25:17
111	35	5/5	Men 50-54	Nash Geoff	Lethbridge	118	47:36	2:31	115	3:52:06	23.3	102	2:46:12	7:53	7:25:53
112	72	17/18	Men 45-49	Waters John	Seattle	113	44:14	2:20	116	4:05:06	22.0	109	2:59:07	8:30	7:48:25
113	118	4/4	Women 45-49	Manning Becky	Langley	123	56:10	2:58	113	3:51:03	23.4	111	3:01:20	8:36	7:48:32
114	32	9/10	Men 30-34	Kohlruss Chris	Okotoks	101	41:00	2:10	110	3:48:19	23.7	115	3:23:49	9:40	7:53:06
115	73	5/5	Women 18-24	Waters Jocelyn	Seattle	108	43:19	2:17	118	4:09:44	21.6	113	3:02:42	8:40	7:55:44
116	46	2/2	Women 50-54	Dunham Gayle	Seattle	115	45:38	2:25	119	4:16:39	21.0	116	3:38:21	10:21	8:40:36
117	100	6/6	Women 25-29	DANFORTH Heather	Victoria	24	29:51	1:35	32	2:51:05	31.6				
118	15	10/10	Men 30-34	MANOR Patrick	Calgary	65	36:34	1:56	117	4:05:09	22.0				
119	82	5/5	Women 40-44	Murphy Cindy	Langley	98	40:34	2:09	108	3:34:36	25.2				
120	293	4/4	Teams M1	ONE_MAN_SHOW	Vernon	26	30:45	1:38							
121	10	11/11	Men 35-39	ROSNER Michael	Calgary	68	36:41	1:56							
122	122	10/10	Women 30-34	DE GOES Lisa	Burnaby	111	43:58	2:19							
123	87	18/18	Men 45-49	DUECK Marvin	Coaldale	122	52:03	2:45							