

Overall Solo Gender Results

Individual 7K Run - 20K Bike - 3K Run

| Female | | | | | | | | | | |
|-------------------------|------|----------|-------------|-----|-------------|-----|-------------|-----|-------------|-----------|
| Name | Bib# | Category | Run 1 | Cat | Bike | Cat | Run 2 | Cat | Finish | City |
| 1 WINSLADE, SHANNON | 225 | 30-39F | 00:36:00.50 | 1 | 00:39:19.75 | 1 | 00:08:44.90 | 2 | 01:24:05.15 | OKOTOKS |
| 2 JAQUES, TONI | 261 | 40-49F | 00:36:51.95 | 1 | 00:38:53.75 | 1 | 00:09:24.50 | 1 | 01:25:10.20 | COCHRAN |
| 3 BICHSEL, STEFANIE | 187 | 30-39F | 00:37:01.25 | 3 | 00:39:47.55 | 2 | 00:08:38.90 | 1 | 01:25:27.70 | CALGARY |
| 4 PRATSCHKE, MAIREAD | 217 | 30-39F | 00:36:54.50 | 2 | 00:43:12.10 | 4 | 00:09:04.30 | 3 | 01:29:10.90 | CALGARY |
| 5 MCINNIS, HEATHER | 212 | 30-39F | 00:38:23.55 | 5 | 00:41:41.45 | 3 | 00:10:19.35 | 7 | 01:30:24.35 | CALGARY |
| 6 WARNOCK, ROSE | 284 | 40-49F | 00:37:11.25 | 2 | 00:43:09.30 | 2 | 00:10:28.75 | 6 | 01:30:49.30 | CALGARY |
| 7 GRUBOR, ANA | 167 | 20-29F | 00:39:41.10 | 2 | 00:43:25.20 | 1 | 00:09:48.05 | 2 | 01:32:54.35 | CALGARY |
| 8 HARMS, JILL | 200 | 30-39F | 00:38:13.55 | 4 | 00:46:49.75 | 7 | 00:09:41.05 | 5 | 01:34:44.35 | LETHBRID |
| 9 BRANAGAN, KOURTNEY | 190 | 30-39F | 00:40:42.50 | 7 | 00:44:43.60 | 5 | 00:10:53.60 | 10 | 01:36:19.70 | CALGARY |
| 10 BRADY, RACHELLE | 189 | 30-39F | 00:41:17.40 | 8 | 00:45:16.55 | 6 | 00:10:06.80 | 6 | 01:36:40.75 | PRIDDIS |
| 11 DAWSON, TIANA | 165 | 20-29F | 00:40:31.40 | 3 | 00:45:48.10 | 2 | 00:10:40.80 | 3 | 01:37:00.30 | CALGARY |
| 12 WOLNEY, JAN | 320 | 50-59F | 00:39:39.20 | 1 | 00:48:10.45 | 1 | 00:09:23.45 | 1 | 01:37:13.10 | CALGARY |
| 13 LUDBROOK, KIM | 266 | 40-49F | 00:41:19.60 | 5 | 00:45:45.10 | 5 | 00:10:21.40 | 5 | 01:37:26.10 | CALGARY |
| 14 LEIGHTON, JAN | 264 | 40-49F | 00:41:59.05 | 6 | 00:44:51.65 | 3 | 00:10:41.50 | 8 | 01:37:32.20 | CALGARY |
| 15 LUCAS, CLAIRE | 206 | 30-39F | 00:39:15.55 | 6 | 00:49:21.75 | 13 | 00:09:30.40 | 4 | 01:38:07.70 | CALGARY |
| 16 DECARLO, ANNA | 258 | 40-49F | 00:40:58.80 | 4 | 00:49:08.10 | 8 | 00:09:47.65 | 3 | 01:39:54.55 | CALGARY |
| 17 FRIZZELL, CARIE | 197 | 30-39F | 00:41:42.00 | 9 | 00:47:28.15 | 8 | 00:10:59.20 | 12 | 01:40:09.35 | CALGARY |
| 18 MCCANN, CLARE | 211 | 30-39F | 00:43:13.80 | 12 | 00:47:28.80 | 9 | 00:10:55.80 | 11 | 01:41:38.40 | CALGARY |
| 19 BISHELL, SHANNA | 188 | 30-39F | 00:42:25.60 | 10 | 00:47:48.05 | 10 | 00:11:57.85 | 18 | 01:42:11.50 | VETERAN |
| 20 MANN, AMY REBECCA | 170 | 20-29F | 00:41:01.90 | 4 | 00:50:39.35 | 4 | 00:10:52.60 | 4 | 01:42:33.85 | CALGARY |
| 21 ANDERSON, BRIANNA | 186 | 30-39F | 00:42:39.00 | 11 | 00:48:33.50 | 11 | 00:11:55.45 | 17 | 01:43:07.95 | CROSSFIE |
| 22 LAWLESS, PENNY | 263 | 40-49F | 00:43:53.50 | 9 | 00:47:18.45 | 7 | 00:12:12.65 | 15 | 01:43:24.60 | BANFF |
| 23 SORENSON, LAURIE | 280 | 40-49F | 00:39:05.95 | 3 | 00:55:20.45 | 15 | 00:09:36.85 | 2 | 01:44:03.25 | EDMONTC |
| 24 DAROUX, MARAE | 164 | 20-29F | 00:37:01.50 | 1 | 00:57:57.45 | 11 | 00:09:08.75 | 1 | 01:44:07.70 | CALGARY |
| 25 BURGE, KYLA | 192 | 30-39F | 00:45:25.55 | 16 | 00:49:10.60 | 12 | 00:11:02.05 | 14 | 01:45:38.20 | STRATHM |
| 26 BETTS, LEIGH ANN | 256 | 40-49F | 00:43:39.65 | 8 | 00:50:48.50 | 10 | 00:11:17.35 | 9 | 01:45:45.50 | CANMORE |
| 27 PARFITT, WILMA | 270 | 40-49F | 00:46:05.60 | 14 | 00:49:15.10 | 9 | 00:12:04.05 | 14 | 01:47:24.75 | BRAGG CF |
| 28 SONNENBERG, AFAE | 279 | 40-49F | 00:43:29.65 | 7 | 00:54:02.05 | 13 | 00:11:19.65 | 11 | 01:48:51.35 | CALGARY |
| 29 HILL, TRACY | 201 | 30-39F | 00:44:18.65 | 13 | 00:51:53.90 | 14 | 00:12:42.90 | 23 | 01:48:55.45 | CALGARY |
| 30 WASYLYNIUK, SANDI | 285 | 40-49F | 00:49:08.90 | 19 | 00:47:17.65 | 6 | 00:12:42.45 | 18 | 01:49:09.00 | COCHRAN |
| 31 ROBINSON, SOPHIE | 174 | 20-29F | 00:47:41.65 | 8 | 00:50:17.10 | 3 | 00:11:45.65 | 8 | 01:49:44.40 | CONSORT |
| 32 THOMSON, PENNY | 282 | 40-49F | 00:45:42.65 | 13 | 00:51:20.40 | 11 | 00:12:54.10 | 19 | 01:49:57.15 | CALGARY |
| 33 JAMES, WENDY | 202 | 30-39F | 00:44:44.90 | 15 | 00:55:33.75 | 19 | 00:10:33.30 | 8 | 01:50:51.95 | CALGARY |
| 34 KONOFF, ELISE | 205 | 30-39F | 00:44:20.10 | 14 | 00:54:10.05 | 17 | 00:12:48.30 | 24 | 01:51:18.45 | CALGARY |
| 35 KNOWLES, ALANA | 169 | 20-29F | 00:44:52.10 | 6 | 00:54:43.20 | 8 | 00:11:57.45 | 10 | 01:51:32.75 | WINNIPEG |
| 36 JANSEN, ALYSIA | 203 | 30-39F | 00:47:04.70 | 18 | 00:54:04.15 | 16 | 00:10:37.45 | 9 | 01:51:46.30 | LANGDON |
| 37 VAN SANT, JANE | 283 | 40-49F | 00:43:53.85 | 10 | 00:57:08.95 | 19 | 00:11:28.35 | 12 | 01:52:31.15 | CALGARY |
| 38 PESTO, LOREEN | 215 | 30-39F | 00:45:51.20 | 17 | 00:55:54.50 | 20 | 00:11:14.10 | 15 | 01:52:59.80 | CALGARY |
| 39 DEWAR, LIANA | 260 | 40-49F | 00:47:11.85 | 16 | 00:54:31.35 | 14 | 00:11:19.45 | 10 | 01:53:02.65 | CALGARY |
| 40 PILLMAN, JESSICA | 173 | 20-29F | 00:45:30.45 | 7 | 00:55:47.00 | 9 | 00:11:56.05 | 9 | 01:53:13.50 | RED DEER |
| 41 RATHJE, KELLY | 272 | 40-49F | 00:54:09.50 | 26 | 00:45:21.65 | 4 | 00:13:48.50 | 24 | 01:53:19.65 | CALGARY |
| 42 MARLOW, DEL | 267 | 40-49F | 00:44:32.95 | 12 | 00:58:38.65 | 22 | 00:10:38.85 | 7 | 01:53:50.45 | EDMONTC |
| 43 WEMP, SUZANNE | 159 | 30-39F | 00:47:39.80 | 22 | 00:54:20.55 | 18 | 00:12:12.40 | 20 | 01:54:12.75 | SPARWOC |
| 44 MATCHETT, CHETT | 171 | 20-29F | 00:48:39.40 | 9 | 00:54:34.45 | 7 | 00:11:37.25 | 7 | 01:54:51.10 | CALGARY |
| 45 BYSTROM, ANIKA | 163 | 20-29F | 00:49:41.70 | 11 | 00:53:21.15 | 5 | 00:11:57.60 | 11 | 01:55:00.45 | INNISFAIL |
| 46 CHAN, JENNY | 257 | 40-49F | 00:44:07.55 | 11 | 01:01:27.95 | 24 | 00:09:56.20 | 4 | 01:55:31.70 | CALGARY |
| 47 ROMANIUK, KATHY | 276 | 40-49F | 00:49:42.55 | 20 | 00:53:00.85 | 12 | 00:13:02.30 | 21 | 01:55:45.70 | CALGARY |
| 48 SPENCER, ANGELA | 281 | 40-49F | 00:46:43.95 | 15 | 00:55:59.90 | 17 | 00:13:01.90 | 20 | 01:55:45.75 | CALGARY |
| 49 ROZZI, MARGARET | 277 | 40-49F | 00:48:27.80 | 18 | 00:55:44.75 | 16 | 00:11:43.50 | 13 | 01:55:56.05 | BRAGG CF |
| 50 SCHNEIDER, STEPHANIE | 218 | 30-39F | 00:47:20.65 | 20 | 00:56:31.90 | 21 | 00:12:08.80 | 19 | 01:56:01.35 | CALGARY |
| 51 BENOIT, WENDY | 317 | 50-59F | 00:49:46.65 | 3 | 00:53:54.10 | 3 | 00:12:22.20 | 2 | 01:56:02.95 | CALGARY |
| 52 ULSETH, LISA | 179 | 20-29F | 00:50:08.70 | 13 | 00:53:57.60 | 6 | 00:11:58.45 | 12 | 01:56:04.75 | VETERAN |
| 53 WHEATLEY, SAVANAH | 226 | 20-29F | 00:42:24.40 | 5 | 00:58:35.85 | 12 | 00:15:34.35 | 16 | 01:56:34.60 | CROSSFIE |
| 54 ROBERTS, LAURA | 275 | 40-49F | 00:47:29.65 | 17 | 00:56:14.25 | 18 | 00:13:04.30 | 22 | 01:56:48.20 | CALGARY |
| 55 POULSEN, TAMARA | 216 | 30-39F | 00:47:32.70 | 21 | 00:58:14.30 | 23 | 00:11:01.35 | 13 | 01:56:48.35 | ST.ALBER |
| 56 KELLER, SUSAN | 319 | 50-59F | 00:48:50.15 | 2 | 00:55:20.25 | 4 | 00:13:11.40 | 3 | 01:57:21.80 | CALGARY |

Overall Solo Gender Results

Individual 7K Run - 20K Bike - 3K Run

Female

| Name | Bib# | Category | Run 1 | Cat | Bike | Cat | Run 2 | Cat | Finish | City |
|-------------------------|------|----------|-------------|-----|-------------|-----|-------------|-----|-------------|-----------|
| 57 STIGLITZ, JENNIFER | 221 | 30-39F | 00:51:20.95 | 25 | 00:54:00.45 | 15 | 00:12:54.40 | 25 | 01:58:15.80 | LLOYDMIN |
| 58 THORNE, TRISH | 253 | 50-59F | 00:52:43.45 | 4 | 00:52:08.95 | 2 | 00:13:35.80 | 4 | 01:58:28.20 | CALGARY |
| 59 MCINNIS, JAMIE | 268 | 40-49F | 00:49:43.95 | 21 | 00:57:09.35 | 20 | 00:12:15.95 | 16 | 01:59:09.25 | CALGARY |
| 60 SCURFIELD, MACKENZIE | 177 | 20-29F | 00:49:44.80 | 12 | 00:57:09.05 | 10 | 00:12:17.05 | 13 | 01:59:10.90 | CALGARY |
| 61 MAY, LESLIE | 210 | 30-39F | 00:48:29.05 | 23 | 00:58:12.15 | 22 | 00:12:31.85 | 21 | 01:59:13.05 | CALGARY |
| 62 STACEY, LORI | 220 | 30-39F | 00:47:05.75 | 19 | 01:03:09.30 | 26 | 00:11:20.05 | 16 | 02:01:35.10 | RED DEER |
| 63 HUGGINS, CARINA | 168 | 20-29F | 00:49:24.10 | 10 | 01:00:43.90 | 13 | 00:11:35.10 | 6 | 02:01:43.10 | CALGARY |
| 64 SILVER, KAREN | 278 | 40-49F | 00:50:27.60 | 22 | 00:58:35.40 | 21 | 00:12:40.50 | 17 | 02:01:43.50 | CALGARY |
| 65 STANGLER, HEATHER | 178 | 20-29F | 00:50:34.90 | 14 | 01:01:35.60 | 14 | 00:11:24.45 | 5 | 02:03:34.95 | RED DEER |
| 66 BOYLE, JULIE | 318 | 50-59F | 00:53:54.75 | 5 | 00:58:14.90 | 5 | 00:13:37.40 | 5 | 02:05:47.05 | CALGARY |
| 67 SCHAAB, REBECCA | 176 | 20-29F | 00:50:35.05 | 15 | 01:02:42.35 | 15 | 00:13:24.25 | 14 | 02:06:41.65 | RED DEER |
| 68 REINHOLZ, MICHELLE | 274 | 40-49F | 00:53:46.80 | 25 | 00:59:40.50 | 23 | 00:14:10.95 | 25 | 02:07:38.25 | CALGARY |
| 69 VANDENENDEN, ELLY | 334 | 60+F | 00:51:49.35 | 1 | 01:00:31.10 | 1 | 00:15:19.45 | 2 | 02:07:39.90 | WATER VA |
| 70 LAVENDER, GAIL | 262 | 40-49F | 00:52:06.15 | 24 | 01:02:04.55 | 25 | 00:14:32.85 | 27 | 02:08:43.55 | CALGARY |
| 71 TRAVIS, CAROLYN | 223 | 30-39F | 00:50:45.00 | 24 | 01:06:22.15 | 28 | 00:12:39.80 | 22 | 02:09:46.95 | CALGARY |
| 72 BATEMAN, JANE | 255 | 40-49F | 00:51:30.10 | 23 | 01:05:15.50 | 27 | 00:13:16.70 | 23 | 02:10:02.30 | CANMORE |
| 73 BYRNE, CORRY | 193 | 30-39F | 00:58:08.55 | 27 | 00:58:26.50 | 24 | 00:15:11.10 | 26 | 02:11:46.15 | MEDICINE |
| 74 TINDALL, BILLIE LOU | 333 | 60+F | 00:57:16.40 | 2 | 01:04:20.30 | 2 | 00:13:14.00 | 1 | 02:14:50.70 | CALGARY |
| 75 LEWIS-CRESSWELL, PAM | 265 | 40-49F | 00:59:39.90 | 27 | 01:03:42.60 | 26 | 00:14:31.90 | 26 | 02:17:54.40 | BRAGG CF |
| 76 EVANS, TAMMY | 196 | 30-39F | 01:01:29.25 | 28 | 01:00:05.20 | 25 | 00:16:30.60 | 29 | 02:18:05.05 | OKOTOKS |
| 77 GOODRIDGE, KEIRA | 166 | 20-29F | 00:54:34.35 | 16 | 01:09:47.55 | 16 | 00:14:22.70 | 15 | 02:18:44.60 | CALGARY |
| 78 CLAYTON, ANNE | 194 | 30-39F | 00:58:03.00 | 26 | 01:05:43.30 | 27 | 00:15:32.55 | 27 | 02:19:18.85 | ST.ALBERT |
| 79 MENEGHETTI, MONICA | 269 | 40-49F | 01:00:16.90 | 28 | 01:06:31.80 | 28 | 00:14:40.45 | 28 | 02:21:29.15 | BANFF |
| 80 GARRETT, MICHELLE | 198 | 30-39F | 01:04:29.00 | 29 | 01:09:36.25 | 29 | 00:16:10.35 | 28 | 02:30:15.60 | MEDICINE |