

**24<sup>th</sup> Annual FREEZE BREEZE 'n' WHEEZE**  
**La Ronge Triathlon – Sunday August 24, 2014**

# RESULTS:

No	Name & T's	From	Category	Time	Needs to....
101	Matthew Gill	Prince Albert	U – 18 Male	1:25:04	
102	Griffin Harrington	La Ronge	U – 18 Male	2:11:04	
201	Anna Sigurdson	Prince Albert	U – 18 Female	1:30:51	
202	Jenna Beaulieu	Shellbrook	U – 18 Female	1:50:27	
203			U – 18 Female		
301	Brendon Zarazun	La Ronge	18 – 29 M	1:37:47	
302	Alex Van Meppelen	La Ronge	18 – 29 M	1:37:52	
303	Brandon Hodge	Calgary, AB	18 – 29 M	1:40:20	
304	Jason Watt	Candle Lake	18 – 29 M	1:11:57	
401	Haley Robinson	La Ronge	18 – 29 F	1:31:00	
402	Stephanie Young	La Ronge	18 – 29 F	2:11:30	
403	Sarah Champagne	Saskatoon	18 – 29 F	1:21:32	
404	Megan Levac	La Ronge	18 – 29 F	2:14:02	
405	Sarah Jepson	La Ronge	18 – 29 F	1:57:00	
501	Richard Price	La Ronge	30 – 39 M	1:32:07	
502	Michael Heyhurst	La Ronge	30 – 39 M	1:32:07	
503	Dean Squires	La Ronge	30 – 39 M	2:23:12	
504	William Poole	La Ronge	30 – 39 M	DNF	
505	Mark Doyle	Prince Albert	30 – 39 M	1:36:01	
506	Scott Kurytnik	Prince Albert	30 – 39 M	1:11:40	
508	Jeffrey Irvine	La Ronge	30 – 39 M	1:28:34	
509	Idan Levi	Air Ronge	30 – 39 M	1:36:01	
601	Carla Tschigerl	Buffalo Narrows	30 – 39 F	1:37:03	
602	Carmen Bell	Saskatoon	30 – 39 F	1:41:00	
603	Larene Bratberg	La Ronge	30 – 39 F	2:19:26	
604	Carmen Doyle	Prince Albert	30 – 39 F	1:25:04	
801	Sharon Duffy	La Ronge	40 – 49 F	2:11:30	
802	Svenja Belaoussoff	Prince Albert	40 – 49 F	1:48:57	
803	Angela Leski	Shellbrook	40 – 49 F	1:42:32	
701	Anette Beaulieu	Shellbrook	40 – 49 F	1:50:45	
901	Dennis Scherger	Saskatoon	50 – 59 M	1:28:18	
902	Lyle Federenko	Prince Albert	50 – 59 M	1:31:16	
903	Rob Mackenzie	La Ronge	50 – 59 M	1:39:42	
1101	Jonah Sweatman	La Ronge	60+ M	1:48:05	
1102	Sid Robinson	La Ronge	60+ M	1:37:23	
1103			60+ M		

No	Name	From	Category	Time	Needs to....
R100	Bonnie Werner	La Ronge	Open Relay	Swim Bike <b>1:49:38</b> Run	
R100	Roseanne Dery	La Ronge	Open Relay		
R100	Ashley Kennedy	La Ronge	Open Relay		
R200	Tammy Cook-Searson	La Ronge	Open Relay	Run <b>1:22:04</b> Swim & Bike	
R200	James Irvine	La Ronge	Open Relay		
R300	Hilary Johnstone	La Ronge	Open Relay	Swim & Bike <b>1:27:05</b>	
R300	Emma Smallwood	Air Ronge	Open Relay		
R400	Jessica Gill	Prince Albert	Open Relay	<b>1:27:03</b>	
R400	Alex Wilson	Prince Albert	Open Relay		
R400	Geoff Wilson	Prince Albert	Open Relay		
R500	Kyle Simmonds	Shellbrook	Open Relay	<b>1:23:42</b>	
R500	Ryan Potts	Shellbrook	Open Relay		
R600	Ragnar Robinson	La Ronge	Open Relay	Bike <b>1:09:17</b> Run	
R600	Dylan Stryde	Air Ronge	Open Relay		
R700	Toshio Green	Air Ronge	Open Relay	<b>1:17:03</b>	
R700	Michio Green	Air Ronge	Open Relay		
R700	Jesse Hepworth	Air Ronge	Open Relay		
R800	Dionne Tatlow	La Ronge	Open Relay	<b>1:16:56</b>	
R800	Kevin Sawchuk	La Ronge	Open Relay		
R900	Kary Hepworth	Air Ronge	Open Relay	<b>1:28:35</b>	
R900	Luke Hepworth	Air Ronge	Open Relay		
R900	Martin B	Prince Albert	Open Relay		
F100	Joan Jeffery	Shellbrook	Family Relay	<b>1:23:31</b>	
F100	Bill Jeffery	Shellbrook	Family Relay		
F200	Dave Smallwood	Air Ronge	Family Relay	Bike <b>1:30:12</b> Swim & Run	
F200	Susan Smallwood	Air Ronge	Family Relay		
F300	Hunter Tremblay	Shellbrook	Family Relay	<b>1:29:31</b>	
F300	Paxton Tremblay	Shellbrook	Family Relay		
F300	Joanne Tremblay	Shellbrook	Family Relay		
F400	Audrey Boyer	La Ronge	Family Relay	<b>1:39:51</b>	
F400	Kris Norris	La Ronge	Family Relay		
F400	Mel Norris	La Ronge	Family Relay		