

**23<sup>rd</sup> Annual FREEZE BREEZE 'n' WHEEZE**  
**La Ronge Triathlon – Sunday August 25, 2013**

# RESULTS:

No	Name & T's	From	Category	Time	Needs to....
101	<i>Matt Gill - S</i>	Prince Albert	U – 18 Male	1:25:10	
103	<i>Dylan Wiwcharuk</i>		U – 18 Male	1:28:10	
201	<i>Anna Sigurdson - S</i>	?	U – 18 Female	1:31:51	
202	<i>Jenna Beaulieu - S</i>	Shellbrook	U – 18 Female	2:02:26	
301	Drake Greschner - L	?	18 – 29 M	1:09:15	
302	Scott Kurytnik - M	Prince Albert	18 – 29 M	1:08:28	
303	Alex Van Meppelen-L	La Ronge	18 – 29 M	1:35:18	
304	Jason Watt	Candle Lake	18 – 29 M	1:10:01	
305	Graham Parsons		18 – 29 M	1:22:27	
306	Brendon Zarazun	La Ronge	18 – 29 M	1:30:44	
<b>401</b>	<b>Dionne Tatlow - M</b>	<b>Waskesiu Lake</b>	<b>18 – 29 F</b>	<b>1:22:50</b>	
402	Haley Robinson - S	La Ronge	18 – 29 F	1:27:55	
<b>502</b>	<b>Jeffrey Irvine - M</b>	<b>La Ronge</b>	<b>30 – 39 M</b>	<b>1:03:42</b>	
503	Dean Squires - L	La Ronge	30 – 39 M	2:01:34	
504	Clifford McBeath - M	Prince Albert	30 – 39 M	1:16:06	
505	Daniel Plante - L	La Ronge	30 – 39 M	DNQ	
506	Idan Levi	La Ronge	30 – 39 M	1:28:38	
601	Carmen Doyle - S	Prince Albert	30 – 39 F	1:25:19	
602			30 – 39 F		
603			30 – 39 F		
701			40 – 49 M		
702			40 – 49 M		
801			40 – 49 F		
802			40 – 49 F		
901	Sid Robinson – L	La Ronge	50 – 59 M	1:28:59	
902	Rod Hudym - L	Saskatoon	50 – 59 M	1:24:17	
903	Lyle Federenko - XL	Prince Albert	50 – 59 M	1:27:55	
904			50 – 59 M		
905			50 – 59 M		
1001	Holly Wells		50 – 59 F	1:50:17	
1002			50 – 59 F		
1101	James Irvine - L	La Ronge	60+ M	1:19:05	
1102	Andre Sirieix - L	Air Ronge	60+ M	2:02:45	
1103			60+ M		
1104			60+ M		
1201	Maguy Sirieix - L	Air Ronge	60+F	2:02:45	
1202			60+ F		
1203			60+ F		

No	Name	From	Cat	Time	Needs to....
R100	<i>Toshio Green – L (Bike)</i>	Air Ronge	Open Relay	1:12:33	
R100	<i>Michio Green – M (Run)</i>	Air Ronge	Open Relay		
R100	<i>Jesse Hepworth – M (Swim)</i>	Air Ronge	Open Relay		
R200	Jody Laliberte – M (Run)	La Ronge	Open Relay	1:22:07	
R200	Hilary Johnstone – S (Swim & Bike)	La Ronge	Open Relay		
R300	Cathy Sajtos - S	Saskatoon	Open Relay	1:26:05	
R300	Arthur Ratt - XL	Saskatoon	Open Relay		
R400	Charlene Hudym - M	?	Open Relay	1:36:40	
R400	Kevin Robinson - L	?	Open Relay		
R500	<i>Luke Hepworth – S (Run)</i>	Air Ronge	Open Relay	1:48:11	
R500	<i>Zach Halland – M (Bike)</i>		Open Relay		
R500	<i>Madison Halland–M (Swim)</i>	Air Ronge	Open Relay		
R600	<i>Ryan Potts - L</i>	Shellbrook	Open Relay	1:24:56	
R600	<i>Kyle Simmonds - S</i>	Shellbrook	Open Relay		
R700	Angela Leski - M	Shellbrook	Open Relay	1:38:10	
R700	Evan Beaulieu	Shellbrook	Open Relay		
F100	Susan Smallwood - S	Air Ronge	Family Relay	1:21:44	
F100	<i>Emma Smallwood - M</i>	Air Ronge	Family Relay		
F200	Geoff Wilson – M	Prince Albert	Family Relay	1:27:27	
F200	Svenja Belaoussoff-S	Prince Albert	Family Relay		
F200	<i>Alex Wilson - S</i>	Prince Albert	Family Relay		
F300	Alexus Halland – M (Swim)	Air Ronge	Family Relay	2:01:24	
F300	<i>Tristen Clarke – L (Bike)</i>	Air Ronge	Family Relay		
F300	Rachel Halland - L (Run)	Air Ronge	Family Relay		
F400	Annette Beaulieu - M	Shellbrook	Family Relay	1:37:36	
F400	<i>Samuel Miller - S</i>	Shellbrook	Family Relay		
F400	Rhonda Miller - M	Shellbrook	Family Relay		
F500	Kandice Harrington – S	La Ronge	Family Relay	1:34:30	
F500	Tom Harrington – XL	La Ronge	Family Relay		
F500	<i>Griffin Harrington - S</i>	La Ronge	Family Relay		
F600	Chera Gale - M	La Ronge	Family Relay	1:29:58	
F600	<i>Brayden Gale - L</i>	La Ronge	Family Relay		
F700	Bill Jeffry	Shellbrook	Family Relay	1:17:07	
F700	Joan Jeffry	Shellbrook	Family Relay		