

**26<sup>th</sup> Annual FREEZE BREEZE 'n' WHEEZE**  
**La Ronge Triathlon – Sunday August 28, 2016**

# RESULTS:

| No                   | Name & T's  | From   | Category                | Time             | Results               |
|----------------------|---|--|-------------------------|------------------|-----------------------|
| 101                  | Matt Gill   | PrinceAlbert                                 | U – 18 M                | 1:13:42          |                       |
| 102                  | Alex Wilson   | Shellbrook                                   | U – 18 M                | 1:30:48          |                       |
| 103                  | Michio Green  | Air Ronge                                    | U – 18 M                | 1:21:24          |                       |
| 104                  | Griffin Harrington  | La Ronge                                     | U - 18 M                | 1:44:12          |                       |
| 105                  | Gavin Johns   | La Ronge                                     | U – 18 M                | 2:04:08          |                       |
| 201                  | Jessica Gill  | PrinceAlbert                                 | U – 18 F                | 1:41:09          |                       |
| 301                  | Ragner Robinson   | Coronach                                     | 18 – 29 M               | 1:16:15          |                       |
| 302                  | Spencer Kielman   | La Ronge                                     | 18 – 29 M               | 1:25:22          |                       |
| 303                  | Dylan Stryde  | Air Ronge                                    | 18 – 29 M               | 1:13:05          | <b>FASTEST MALE</b>   |
| 304                  | Ken Thomas  | Regina                                       | 18 – 29 M               | 1:28:30          |                       |
| 401                  | Joylyn Erb  | Pelican                                      | 18 – 29 F               | 1:30:48          |                       |
| 402                  | Haley Robinson  | La Ronge                                     | 18 – 29 F               | 1:36:46          |                       |
| 501                  | Terrence Charles  | La Ronge                                     | 30 – 39 M               | 1:48:56          |                       |
| 502                  | Joel Erb  | Pelican                                      | 30 – 39 M               | 1:21:23          |                       |
| 503                  | John Paul Austring  | La Ronge                                     | 30 – 39 M               | 2:18:50          |                       |
| 504                  | Dan Boyer   | La Ronge                                     | 30 – 39 M               | 1:32:28          |                       |
| 505                  | Mike Maggrah  | La Ronge                                     | 30 – 39 M               | 1:33:05          |                       |
| 601                  | Larene Poole  | La Ronge                                     | 30 – 39 F               | 2:19:08          |                       |
| 602                  | Karina Porter   | Saskatoon                                    | 30 – 39 F               | 1:20:30          | <b>FASTEST FEMALE</b> |
| 603                  | Carmen Doyle  | PrinceAlbert                                 | 30 - 39 F               | 1:26:28          |                       |
| 801                  | Debra-Jane Wright   | Saskatoon                                    | 40 – 49 F               | 1:30:27          |                       |
| 901                  | Doug Grimstad   | Regina                                       | 50 – 59 M               | 2:04:24          |                       |
| 902                  | Robert MacKenzie  | La Ronge                                     | 50 – 59 M               | 1:37:30          |                       |
| 903                  | Dennis Scherger   | Saskatoon                                    | 50 – 59 M               | 1:33:26          |                       |
| 1001                 | Polly Erb   | Hebert                                       | 50 – 59 F               | 1:47:30          |                       |
| 1002                 | Hilary Johnstone  |  | 50 – 59 F               | 1:52:22          |                       |
| 1101                 | Sid Robinson  | La Ronge                                     | 60+ M                   | 1:41:16          |                       |
| 1102                 | Jonah Sweatman  | La Ronge                                     | 60+ M                   | 1:38:26          |                       |
| 1103                 | James Irvine  | La Ronge                                     | 60+ M                   | 1:22:42          |                       |
| 1104                 | Mick Lessard  | La Ronge                                     | 60+M                    | No Time Recorded |                       |
| R200<br>R200<br>R200 | Terri Royea<br>Jen Michell-Kohut<br>Crystal Michell-Kohut | PrinceAlbert<br>PrinceAlbert<br>PrinceAlbert | Relay<br>Relay<br>Relay | 1:40:13          |                       |
| R300<br>R300<br>R300 | Sharon Duffy<br>Alex VanMeppelen                          | La Ronge<br>La Ronge                         | Relay<br>Relay<br>Relay | 1:40:56          |                       |
| R400<br>R400<br>R400 | Jason Calladine<br>Anne Calladine                         | La Ronge<br>La Ronge                         | Relay<br>Relay<br>Relay | 1:28:32          |                       |
| R500<br>R500<br>R500 | Mel Norris<br>Carissa Borthwick<br>Corey Borthwick        | La Ronge<br>La Ronge<br>La Ronge             | Relay<br>Relay<br>Relay | 1:30:51          |                       |
| R600<br>R600<br>R600 | Geoff Wilson<br>Svenja Belaousof                          | Shellbrook                                   | Relay<br>Relay<br>Relay | 1:26:45          | <b>FASTEST RELAY</b>  |

|      |                    |          |       |         |  |
|------|--------------------|----------|-------|---------|--|
| R700 | Beckie Groves - FL | La Ronge | Relay |         |  |
| R700 | Audrey Boyer - FS  |          | Relay | 1:44:22 |  |
| R700 |                    |          | Relay |         |  |

|      |                         |          |       |         |  |
|------|-------------------------|----------|-------|---------|--|
| R800 | Kandice Harrington - FM | La Ronge | Relay |         |  |
| R800 | Taylor Harrington - FS  |          | Relay | 1:53:45 |  |
| R800 | Luke Harrington - MS    |          | Relay |         |  |

|      |                    |           |       |         |  |
|------|--------------------|-----------|-------|---------|--|
| R900 | Toshio Green - MM  | Air Ronge | Relay |         |  |
| R900 | Luke Hepworth - MM | Air Ronge | Relay | 1:30:40 |  |
| R900 |                    |           | Relay |         |  |