

**21<sup>th</sup> Annual FREEZE BREEZE 'n' WHEEZE**  
**La Ronge Triathlon – Sunday August 28, 2011**  
**RESULTS:**

No	Name	From	Cat	Time	STAC NO
101	Stefan Nagy	PA	U – 18 Male	1:20:10	DOR
102	Harris Tinker	Pinehouse	U – 18 Male	1:54:32	DOR
201			U – 18 Female		DOR
<b>301</b>	<b>Jeffrey Irvine</b>	<b>La Ronge</b>	<b>18 – 29 M</b>	<b>1:05:36</b>	<b>DOR</b>
302	Reid Smith	Saskatoon	18 – 29 M	1:28:58	DOR
401	Natasha Ivanochko	La Ronge	18 – 29 F	1:31:38	DOR
<b>402</b>	<b>Stephanie Young</b>	<b>La Ronge</b>	<b>18 – 29 F</b>	<b>1:17:25</b>	<b>DOR</b>
403	Lisa Horner	Prince Albert	18 – 29 F	1:33:57	DOR
404	Haley Robinson	La Ronge	18 – 29 F	1:33:13	DOR
405	Teri Brake	La Ronge	18 – 29 F	2:02:53	DOR
501	Stacy Sigfusson	Saskatoon	30 – 39 M	1:16:56	DOR
502	Shaun Skogstad	La Ronge	30 – 39 M	1:55:02	DOR
503	Dan Boyer	La Ronge	30 – 39 M	1:39:25	1807
504	Sean Groves	La Ronge	30 – 39 M	1:29:47	DOR
505	Paul Ricklefs	Air Ronge	30 – 39 M	1:38:12	DOR
506	Oleg Koughia	Russia	30 – 39 M	1:14:51	DOR
507	Carson Sutton	La Ronge	30 - 39 M	1:32:26	DOR
508	Trevor Ross	Saskatoon	30 – 39 M	1:10:19	DOR
601	Andrea Plaxton	Saskatoon	30 – 39 F	1:34:00	DOR
602	Chavarria Huaman	Saskatoon	30 – 39 F	1:32:42	DOR
603	Erin Nelson	Saskatoon	30 – 39 F	No show	2071
604	Jennifer Mirasty	Saskatoon	30 – 39 F	No show	2023
605	Beckie Groves	La Ronge	30 – 39 F	1:50:44	DOR
606	Candace Harrington	La Ronge	30 – 39 F	2:02:53	DOR
607	Carey Gilmore	Saskatoon	30 – 39 F	1:35:55	DOR
608	Nicole Carter	Prince Albert	30 – 39 F	1:49:28	DOR
701	James Winkel	Saskatoon	40 – 49 M	1:43:20	DOR
702	Christopher Rothecker	Stanley	40 – 49 M	1:37:23	DOR
801	Wendy McPhail	La Ronge	40 – 49 F	1:52:14	DOR
802	Susan Smallwood	Air Ronge	40 – 49 F	1:36:23	DOR
901	James Irvine	La Ronge	50 – 59 M	1:21:00	1966
902	Sidney Robinson	La Ronge	50 – 59 M	1:40:08	DOR
903	Brian Ross	Saskatoon	50 – 59 M	1:14:53	DOR
904	Don Laing	Prince Albert	50 – 59 M	1:19:31	DOR
905	Robert McKenzie	La Ronge	50 – 59 M	1:29:27	DOR
1001	Sue Ashburner	Saskatoon	50 – 59 F	1:23:13	1591
1002	Karen Ross	Saskatoon	50 – 59 F	1:31:19	DOR
1101	Andre Sirieix	Napatak	60+ M	1:42:25	DOR
1102	Bill Jeffery	Shellbrook	60+ M	1:17:35	DOR
1201	Maguy Sirieix	Napatak	60+F	1:57:40	DOR

