

2016 Sprint Triathlon
(750m swim/20km bike/5km run)

First Name	Last Name	Event	Category	Time
Quinton	Du Preez	Sprint	Men 30-39	1:09:47
Christopher	Garwah	Sprint	Men 40-49	1:12:04
Curtis	Lindballe	Sprint	Men 20-29	1:12:47
Ettienne	Roux	Sprint	Men 30-39	1:14:30
Sandra	Mcdonald	Sprint	Women 40-49	1:15:29
Dirk	Kotze	Sprint	Men 40-49	1:18:16
Aaron	Tremblay	Sprint	Men 20-29	1:23:43
RENATA	BORBA	Sprint	Women 20-29	1:26:26
Shelsea	Malin	Sprint	Women 30-39	1:29:00
Jamey	Myers	Sprint	Men 40-49	1:34:42
Alicia	Lewis	Sprint	Women 20-29	1:39:15
Norma	Webster	Sprint	Women 40-49	1:39:35
Matthew	Ruddell	Sprint	Men 30-39	1:40:18
Riley	Pearson	Sprint	Men 20-29	1:40:34
Alison	Baker	Sprint	Women 30-39	1:41:20
Sarah	Shaw	Sprint	Women 30-39	1:41:30
William	Mcdougall	Sprint	Men 40-49	1:42:58
Karen	Brady	Sprint	Women 50-59	1:44:39
Leo	Corcoran	Sprint	Men 40-49	1:45:00
Kathleen	Crouse	Sprint	Women 30-39	1:46:55
Bruce	Brady	Sprint	Men 40-49	1:52:49
Brenda	Pickard	Sprint	Women 40-49	2:15:17
Charissa	Tonnesen	Sprint	Women 40-49	xxxx

2016 Sprint Triathlon Relay
(750m swim/20km bike/5km run)

Team	Event	Time
DC Fire Dept	Sprint Relay Team	1:20:29
Team Ram Rod	Sprint Relay Team	1:22:13
Harper	Sprint Relay Team	1:25:46
DC Physio	Sprint Relay Team	1:27:57
Terraqueous	Sprint Relay Team	1:32:21
Splash Flash & Dash	Sprint Relay Team	1:32:31
Tragic Hips	Sprint Relay Team	1:34:28
KPA	Sprint Relay Team	1:36:45
Pat/the Iron Maidens	Sprint Relay Team	1:38:41
We Tri Harder	Sprint Relay Team	1:39:34