

2016 Super Sprint Triathlon (300m swim/10km bike/3km run)				
First Name	Last Name	Event	Category	Time
<i>Emily</i>	<i>Shaw</i>	<i>Super Sprint</i>	<i>Jr Women 16-19</i>	<i>45:46:00</i>
<i>Juan</i>	<i>Brussow</i>	<i>Super Sprint</i>	<i>KOS 14-15 Male</i>	<i>49:24:00</i>
Lorraine	Capelle	Super Sprint	Women 40-49	50:17:00
Sonja	Gowda	Super Sprint	Women 40-49	52:28:00
Tina	Hill	Super Sprint	Women 30-39	54:40:00
Jake	Garwah	Super Sprint	KOS 14-15 Male	56:04:00
Jamie	Parfrey	Super Sprint	Women 30-39	56:20:00
Neil	Mcdonald	Super Sprint	Men 40-49	56:40:00
Deirdre	Mcdonald	Super Sprint	Women 40-49	59:12:00
Cydnee	York	Super Sprint	Jr Women 16-19	59:28:00
Keir	London	Super Sprint	Women 40-49	1:01:57
Philip	Gibson	Super Sprint	Men 60+	1:04:58
Wendy	Bestward	Super Sprint	Women 30-39	1:06:36
Bridgit	Shoemaker	Super Sprint	Women 40-49	1:07:15

2016 Super Sprint Triathlon Relay (300m swim/10km bike/3km run)		
Team	Event	Time
<i>Are We Done Yet?</i>	<i>Super Sprint Relay Team</i>	<i>51:42:00</i>
Old, Older & Oldest	Super Sprint Relay Team	1:01:19
Sandhu Can-do!	Super Sprint Relay Team	1:04:22
Merry Team	Super Sprint Relay Team	1:09:50