

## Women's Indoor Duathlon #1 - January 17th, 2026

### Long Distance Results (2 km - 12 km - 2 km)

First Name	Last Name	Time
Christina	Barry	40:08
Joanna	Velasquez	47:35
Ashleigh	Sprange	48:08
Kaye	Bain	49:10
Jennifer	Beirnes	49:20
Cheryll	Constant	49:57
Molly	Karp	50:38

### Short Distance Results (1km - 8 km - 1km)

First Name	Last Name	Time
Louise	Hoepfner	25:34
Lara	Iserloh	25:38
Morgan	Gregg	25:45
Shannon	Trapp	26:33
Pauline	Olynik	26:52
Kelly	Hooper	26:58
Lianne	Beirnes	27:06
Leah	Glintner	27:28
Katrina	Zborowsky	27:39
Julie	Kozachuk	27:40
Anna	Ward	27:47
Carol	Weselak	28:42
Chantal	Maclean	29:19
Amanda	Pushka	29:20
Kimberly	Cielos	30:20
Asha	Trapp-Waldie	31:31
Leah	Pritchett	32:05
Val	McKinley	32:22
Carla	Prentice	33:07
Jenny-Lynn	Sheldon	35:13