

2013 Canadian Pentathlon National Championships

Youth 'E' Girls

Competitor	Shooting			Fencing			Swimming (50m)			Running (1000m)			FINAL	
	Score	Points	Rank	Victories	Points	Rank	Time	Points	Rank	Time	Points	Rank	Points	Rank
Riley Denoon	126	448	1	8	608	1	0:42.69	968	1	5:29	128	1	2152	1

Youth 'C' Girls

Competitor	Shooting			Fencing			Swimming (100m)			Running (1000m)			FINAL	
	Score	Points	Rank	Victories	Points	Rank	Time	Points	Rank	Time	Points	Rank	Points	Rank
Tamara Booy	155	796	1	24	1056	2	1:39.19	700	5	4:28	616	1	3168	1
Emily Mason	131	508	2	25	1084	1	1:33.82	764	3	4:30	600	3	2956	2
Georgia Rudolph	116	328	4	19	916	3	1:32.78	776	2	5:02	344	5	2364	3
Ashtyn Yu	128	472	3	12	720	6	1:36.89	728	4	5:03	336	6	2256	4
Helen Sproule	92	40	5	13	748	4	1:30.12	808	1	4:37	544	4	2140	5
Solah Ho-Sang	66	0	6	13	748	4	1:39.79	692	6	4:29	608	2	2048	6

Youth 'B' Girls

Competitor	Fencing			Swimming (200m)			Combined 3x800m			FINAL	
	Victories	Points	Rank	Time	Points	Rank	Time	Points	Rank	Points	Rank
Leah Tobin	3	468	2	2:32.38	972	1	17:16	376	2	1816	1
Emma Rath	25	1084	1	nt	0	2	15:50	720	1	1804	2

Youth 'A' Boys

Competitor	Fencing			Swimming (200m)			Combined 4x800m			FINAL	
	Victories	Points	Rank	Time	Points	Rank	Time	Points	Rank	Points	Rank
Jonathan Denoon	8	544	4	2:10.15	1240	1	15:06	1576	1	3360	1
Christopher Rudolph	27	1000	1	3:04.15	592	4	16:33	1228	3	2820	2
Cole Williamson	12	640	3	2:56.95	680	3	16:18	1288	2	2608	3
Quin LaGrange	15	712	2	2:51.72	740	2	16:51	1156	4	2608	4

Youth 'A' Girls

Competitor	Fencing			Swimming (200m)			Combined 4x800m			FINAL	
	Victories	Points	Rank	Time	Points	Rank	Time	Points	Rank	Points	Rank
Kali Sayers	21	856	1	2:20.66	1116	1	16:31	1236	2	3208	1
Hillary Elliot	14	688	3	2:23.46	1080	2	16:34	1224	3	2992	2
Alyssa Yu	7	520	4	2:36.47	924	3	15:49	1404	1	2848	3
Beatrice Cigagna	15	712	2	2:40.81	872	4	17:47	932	4	2516	4

Junior Men

Competitor	Fencing			Swimming (200m)			Riding			Combined 4x800m			FINAL	
	Victories	Points	Rank	Time	Points	Rank	Total Faults	Points	Rank	Time	Points	Rank	Points	Rank
John Paul Thompson	24	928	2	2:43.17	844	2	16	1184	1	15:43	1428	2	4384	1
Jonathan Denoon	8	544	4	2:10.15	1240	1	372	828	4	15:06	1576	1	4188	2
Christopher Rudolph	27	1000	1	3:04.15	592	4	124	1076	2	16:33	1228	3	3896	3
Quin LaGrange	15	712	3	2:51.72	740	3	152	1048	3	16:51	1156	4	3656	4

Junior Women

Competitor	Fencing			Swimming (200m)			Riding			Combined 4x800m			FINAL	
	Victories	Points	Rank	Time	Points	Rank	Total Faults	Points	Rank	Time	Points	Rank	Points	Rank
Alyssa Yu	7	520	2	2:36.47	924	1	4	1196	1	15:49	1404	1	4044	1
Beatrice Cigagna	15	712	1	2:40.81	872	2	132	1068	2	17:47	932	2	3584	2

Senior Men

Competitor	Fencing			Swimming (200m)			Riding			Combined 4x800m			FINAL	
	Victories	Points	Rank	Time	Points	Rank	Total Faults	Points	Rank	Time	Points	Rank	Points	Rank
Bob Noble	24	928	2	2:18.18	1144	1	144	1056	2	17:22	1032	3	4160	1
Joel Riker-Fox	16	736	3	2:27.44	1032	2	60	1140	1	16:49	1164	2	4072	2
Jordon Lindoff	27	1000	1	3:30.78	272	3	did not ride			16:14	1304	1	2576	3

Senior Women

Competitor	Fencing			Swimming (200m)			Riding			Combined 4x800m			FINAL	
	Victories	Points	Rank	Time	Points	Rank	Total Faults	Points	Rank	Time	Points	Rank	Points	Rank
Melanie McCann	30	1072	1	2:19.50	1128	2	0	1200	1	13:59	1844	1	5244	1
Donna Vakalis	26	976	3	2:18.37	1140	1	40	1160	6	14:00	1840	2	5116	2
Mathea Stevens	23	904	4	2:23.28	1084	3	32	1168	4	15:41	1436	3	4592	3
Shauna Biddulph	27	1000	2	2:52.59	732	5	0	1200	1	15:51	1396	4	4328	4
Kelly Fitzsimmons	14	688	6	2:26.07	1048	4	12	1188	3	18:07	852	5	3776	5
Rebecca McOnie	13	664	7	2:54.27	712	6	60	1140	7	18:10	840	6	3356	6
Lauren Nethery (USA)	21	856	5	4:43.94	0	7	32	1168	4	22:12	0	7	2024	7

Masters Women

Competitor	Fencing			Swimming (100m)			Riding			Combined 3x800m			FINAL	
	Victories	Points	Rank	Time	Points	Rank	Total Faults	Points	Rank	Time	Points	Rank	Points	Rank
Jane Rusconi (USA)	11	616	1	1:28.38	1016	1	did not ride			15:43	748	1	2152	1

2013 Canadian Pentathlon National Championships

Nationals RELAY Event Results

TEAM	Fencing			Swimming (200m)			Combined (4x800m)			FINAL	
	Victories / Defeats	Points	Rank	Time	Points	Rank	Time	Points	Rank	Points	Rank
The Landsharks	35V/28D	892	3	2:05.94	1292	1	14:27	1732	1	3916	1
Awesome Socks	36V/27D	904	2	2:06.84	1240	3	14:56	1616	2	3760	2
The Wonder Team	30V/33D	832	5	2:06.09	1288	2	15:20	1520	4	3640	3
LOL: Lemurs of Legend	28V/35D	808	7	2:27.06	1036	7	14:57	1612	3	3456	4
The Crazies	30V/33D	832	5	2:10.21	1240	3	16:03	1348	6	3420	5
The Ditchers	40V/23D	952	1	2:21.57	1104	6	16:01	1356	5	3412	6
3 Hot Babes	32V/31D	856	4	2:19.78	1124	5	16:22	1272	8	3252	7
The Ponies	21V/42D	724	8	2:29.46	1008	8	16:05	1340	7	3072	8

Teams

The Landsharks – Tamara Booy, Jonathan Denoon, Shauna Biddulph
 Awesome Socks – Ashtyn Yu, Quin LaGrange, Kali Sayers
 The Wonder Team – Leah Tobin, Alyssa Yu, Mathea Stevens
 LOL – Maurning LaGrange, Beatrice Cigagna, Jordon Lindoff
 The Crazies – Margot Togerni, Hillary Elliott, Joel Riker-Fox
 The Ditchers – Cole Williamson, John Paul Thomson, Lauren Nethery/Monica Hess
 3 Hot Babes – Helen Sproule, Jane Rusconi, Melanie McCann
 The Ponies – Riley Denoon, Emily Mason, Donna Vakalis

Format

The goal of the Canadian Mixed Relay is to distribute experienced and inexperienced athletes amongst each group with the focus on a fun, team building experience. Teams were selected by the LOC but were responsible for selecting a team name (and in some cases uniform!). Scoring was based on the standard senior pentathlon event points and distances.

Fencing: teams assign most alike fencers to fence each other with each pair completing three one-point one-minute bouts for a total of 9 bouts, per round and possible 63 victories. *This format created lots of opportunities to challenge other teams and vocally cheer each other on!*

Swim: 200m swim was to be completed using all swimmers with a minimum of 50 m swim in any order or length multiple of 25m in 25m pool. *The strategies very interesting and luckily resulted in only one assignment of penalty points.*

Combined Event: utilizing a typical staggered start based on points accumulated, teams complete a 4x800m combined event. Athletes could complete any component (run or shoot or combinations) in any order but could not split any part. Transitions between athletes were only permitted within the shooting range before or after a completed shoot. **WELL DONE EVERYONE!! COMPETED HARD AND HAD LOTS OF FUN!!**

July 21, 2013 – Calgary and Delacour, Alberta