

# 2013 Prairie Indoor Rowing Championships

## 2000m Results

### Senior Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Michael Atkin	SRC	6:29.1	1 <sup>st</sup>
Matt Bathgate	SYN	6:34.4	2 <sup>nd</sup>
Russell Lawrence	SRC	6:44.4	3 <sup>rd</sup>
Tyler Prochera	SYN	6:55.8	4 <sup>th</sup>
Christopher Callahan	SYN	7:30.5	5 <sup>th</sup>

### Senior Lightweight Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
John Ell	RRC	6:56.4	1 <sup>st</sup>
Jason Trinh	SYN	7:40.7	2 <sup>nd</sup>

### U23 Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Willy Bingham	RRC	6:33.2	1 <sup>st</sup>
Jean Pellerin	SRC	6:38.3	2 <sup>nd</sup>
Morgan Fedrau	SRC	6:49.9	3 <sup>rd</sup>
Brett Barrington	SRC	6:51.9	4 <sup>th</sup>
Thomas McLellan	RRC	6:52.4	5 <sup>th</sup>
Sash Broda	RRC	6:54.6	6 <sup>th</sup>

### U23 Lightweight Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Brian Woytowich	SRC	6:59.7	1 <sup>st</sup>
Robert Blake	RRC	7:26.3	2 <sup>nd</sup>
Matthew Walsh	RRC	7:29.2	3 <sup>rd</sup>

### U19 Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Erik Florizone	SRC	7:02.3	1 <sup>st</sup>
Christian Nielsen	RRC	7:27.0	2 <sup>nd</sup>

### U19 Lightweight Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Eric Chateigner	SRC	7:25.5	1 <sup>st</sup>
Wyatt Dougherty	RRC	7:32.7	2 <sup>nd</sup>
Ben Blake	RRC	7:39.5	3 <sup>rd</sup>
Jonathan Wyder	SRC	7:54.2	4 <sup>th</sup>

## Masters Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Dale Hopkins	SYN	6:41.1	1 <sup>st</sup>
Mike Whiting	SRC	7:01.6	2 <sup>nd</sup>
Graeme Dice	SYN	7:11.5	3 <sup>rd</sup>
Marc Ell	RRC	7:15.0	4 <sup>th</sup>
Doug Zolinski	SRC	7:26.5	5 <sup>th</sup>
Jason Brockman	SRC	8:15.1	6 <sup>th</sup>
Laird Ritchie	SRC	8:55.4	7 <sup>th</sup>

## Senior Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Steffa Maclintock	RRC	7:34.4	1 <sup>st</sup>
Emily Van Der Kamp	SRC	7:36.4	2 <sup>nd</sup>
Monica Horn	SYN	7:57.8	3 <sup>rd</sup>
Jessica Start	SRC	8:15.5	4 <sup>th</sup>
Christianne Godart	SYN	8:23.8	5 <sup>th</sup>
Lara Schroeder	SYN	8:44.6	6 <sup>th</sup>

## Senior Lightweight Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Nora Abouguendia	SRC	8:27.6	1 <sup>st</sup>
Nicole Golden	SRC	8:28.6	2 <sup>nd</sup>
Katie Maciulewicz	SRC	9:46.1	3 <sup>rd</sup>

## U23 Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Sabina Proctor	SRC	7:13.9	1 <sup>st</sup>
Gillian Cattet	SRC	7:39.8	2 <sup>nd</sup>
Brittney Hintz	RRC	8:02.2	3 <sup>rd</sup>
Sundine Sinthavong	RRC	8:14.7	4 <sup>th</sup>

## U23 Lightweight Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Anna Currie	RRC	7:54.2	1 <sup>st</sup>
Natasha Werbicki	SRC	8:10.3	2 <sup>nd</sup>
Sara Mayer-Loutit	RRC	8:10.6	3 <sup>rd</sup>

### U19 Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Sierra Bronkhorst	SRC	7:22.7	1 <sup>st</sup>
Emily Morrow	RRC	7:37.2	2 <sup>nd</sup>
Lauren Ritchie	SRC	7:55.0	3 <sup>rd</sup>
Mackenzie Fahlman	RRC	7:59.7	4 <sup>th</sup>
Anna Thiessen	SRC	8:02.3	5 <sup>th</sup>

### U19 Lightweight Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Larissa Werbicki	SRC	7:32.2	1 <sup>st</sup>
Sarah Bester	RRC	8:09.5	2 <sup>nd</sup>
Katherine Markewich	RRC	8:12.4	3 <sup>rd</sup>
Liz Brockman	SRC	8:15.0	4 <sup>th</sup>

### U17 Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Sarah Craven	SRC	7:56.7	1 <sup>st</sup>
Kendell Massier	RRC	8:02.4	2 <sup>nd</sup>
Julie Nguyen	RRC	8:02.7	3 <sup>rd</sup>
Bronwen Malloy	RRC	8:35.0	4 <sup>th</sup>

### Masters Women 30-49

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Karen Glazebrook	SRC	7:43.1	1 <sup>st</sup>
Donna Ell	RRC	8:08.7	2 <sup>nd</sup>
Catherine Boden	SRC	8:54.1	3 <sup>rd</sup>

### Masters Women 50+

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Diane Caswell	SRC	8:25.9	1 <sup>st</sup>
Ann Haver	SRC	8:37.6	2 <sup>nd</sup>
Lone Buchwaldt	SRC	8:41.2	3 <sup>rd</sup>
Joan Wickett	SRC	9:03.3	4 <sup>th</sup>
Carole Wyder	SRC	12:04.6	5 <sup>th</sup>

# 2013 Prairie Indoor Rowing Championships

## 500m Results

### Senior Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Matt Bathgate	SYN	1:22.7	1 <sup>st</sup>
Russell Lawrence	SRC	1:24.5	2 <sup>nd</sup>
Michael Atkin	SRC	1:25.5	3 <sup>rd</sup>
Tyler Prochera	SYN	1:26.8	4 <sup>th</sup>
Christopher Callahan	SYN	1:32.4	5 <sup>th</sup>

### Senior Lightweight Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
John Ell	RRC	1:29.5	1 <sup>st</sup>
Jason Trinh	SYN	1:32.7	2 <sup>nd</sup>

### U23 Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Willy Bingham	RRC	1:26.3	1 <sup>st</sup>
Brett Barrington	SRC	1:26.9	2 <sup>nd</sup>
Jean Pellerin	SRC	1:28.5	3 <sup>rd</sup>
Morgan Fedrau	SRC	1:29.9	4 <sup>th</sup>
Thomas McLellan	RRC	1:30.8	5 <sup>th</sup>
Sash Broda	RRC	1:32.3	6 <sup>th</sup>

### U23 Lightweight Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Brian Woytowich	SRC	1:32.2	1 <sup>st</sup>
Robert Blake	RRC	1:34.7	2 <sup>nd</sup>
Matthew Walsh	RRC	1:41.1	3 <sup>rd</sup>

### U19 Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Erik Florizone	SRC	1:29.6	1 <sup>st</sup>
Christian Nielsen	RRC	1:40.5	2 <sup>nd</sup>

### U19 Lightweight Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Eric Chateigner	SRC	1:38.7	1 <sup>st</sup>
Wyatt Dougherty	RRC	1:38.7	1 <sup>st</sup>
Ben Blake	RRC	1:40.2	3 <sup>rd</sup>
Jonathan Wyder	SRC	1:43.4	4 <sup>th</sup>

## Masters Men

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Dale Hopkins	SYN	1:24.1	1 <sup>st</sup>
Graeme Dice	SYN	1:27.5	2 <sup>nd</sup>
Mike Whiting	SRC	1:30.8	3 <sup>rd</sup>
Marc Ell	RRC	1:34.5	4 <sup>th</sup>
Doug Zolinski	SRC	1:40.7	5 <sup>th</sup>
Jason Brockman	SRC	1:40.7	5 <sup>th</sup>
Barry Woytowich	SRC	1:50.6	7 <sup>th</sup>
Laird Ritchie	SRC	1:51.9	8 <sup>th</sup>

## Senior Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Emily Van Der Kamp	SRC	1:43.4	1 <sup>st</sup>
Lara Schroeder	SYN	1:44.8	2 <sup>nd</sup>
Monica Horn	SYN	1:45.4	3 <sup>rd</sup>
Steffa Maclintock	RRC	1:45.8	4 <sup>th</sup>
Christianne Godart	SYN	1:47.1	5 <sup>th</sup>
Jessica Start	SRC	1:50.2	6 <sup>th</sup>

## Senior Lightweight Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Nicole Golden	SRC	1:53.8	1 <sup>st</sup>
Nora Abouguendia	SRC	1:56.8	2 <sup>nd</sup>
Katie Maciulewicz	SRC	2:14.7	3 <sup>rd</sup>

## U23 Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Sabina Proctor	SRC	1:36.1	1 <sup>st</sup>
Gillian Cattet	SRC	1:43.4	2 <sup>nd</sup>
Brittney Hintz	RRC	1:44.3	3 <sup>rd</sup>
Sundine Sinthavong	RRC	1:55.9	4 <sup>th</sup>

## U23 Lightweight Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Natasha Werbicki	SRC	1:49.2	1 <sup>st</sup>
Sara Mayer-Loutit	RRC	1:50.1	2 <sup>nd</sup>
Anna Currie	RRC	1:54.1	3 <sup>rd</sup>

### U19 Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Sierra Bronkhorst	SRC	1:37.4	1 <sup>st</sup>
Emily Morrow	RRC	1:44.2	2 <sup>nd</sup>
Anna Thiessen	SRC	1:48.3	3 <sup>rd</sup>
Lauren Ritchie	SRC	1:50.9	4 <sup>th</sup>
Mackenzie Fahlman	RRC	1:52.9	5 <sup>th</sup>

### U19 Lightweight Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Larissa Werbicki	SRC	1:42.8	1 <sup>st</sup>
Liz Brockman	SRC	1:52.3	2 <sup>nd</sup>
Sarah Bester	RRC	1:52.5	3 <sup>rd</sup>
Katherine Markewich	RRC	1:53.9	4 <sup>th</sup>

### U17 Women

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Sarah Craven	SRC	1:49.7	1 <sup>st</sup>
Julie Nguyen	RRC	1:49.8	2 <sup>nd</sup>
Kendell Massier	RRC	1:51.4	3 <sup>rd</sup>
Bronwen Malloy	RRC	1:56.6	4 <sup>th</sup>

### Masters Women 30-49

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Karen Glazebrook	SRC	1:42.0	1 <sup>st</sup>
Donna Eil	RRC	1:52.9	2 <sup>nd</sup>
Catherine Boden	SRC	2:04.1	3 <sup>rd</sup>

### Masters Women 50+

<b>Name</b>	<b>Affiliation</b>	<b>Time</b>	<b>Rank</b>
Diane Caswell	SRC	1:55.7	1 <sup>st</sup>
Lone Buchwaldt	SRC	1:57.7	2 <sup>nd</sup>
Ann Haver	SRC	1:57.7	2 <sup>nd</sup>
Joan Wickett	SRC	2:01.8	4 <sup>th</sup>
Carole Wyder	SRC	2:21.5	5 <sup>th</sup>

RRC=Regina Rowing Club  
SRC=Saskatoon Rowing Club  
SYN=Synergy Strength and Conditioning