

2018 RESULTS

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Thank you to our dedicated team:

- Pure Lifestyle, Tribalistic Triathlon Team, Friends of St Malo Park, St Malo community, St Malo Provincial Park and friends of triathlon.
- Triathlon Manitoba and our Race Officials: Kelly Mahoney, Cory Smith, Dina Drabek, Julie Whelen, Deb Hnatiw, Tara Gill, and Darian Hole.

Thank you to our generous sponsors:

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St Malo Triathlon

Race #2 of Triathlon Manitoba's Grand Prix Series

Saturday, June 23, 2018

St Malo Provincial Park

Participants: 281

Weather: 22°C, partly cloudy, wind E 18 km/h, 64% relative humidity

Water temp: 23 (wetsuit not allowed)

Olympic Triathlon – 1500m swim + 40km bike + 10km run

Male 18 to 24 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		61	Jordie Moryl		2:41:21	34:22	1:18:21	1:52:43	48:39

Male 25 to 29 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		54	Luke Love	A&L	2:13:25	26:42	1:03:59	1:30:41	42:45
2		3	Tyler Wirch	A&L	2:19:14	25:31	1:02:40	1:28:11	51:03
3		21	Brenden Alm		2:33:09	27:38	1:11:57	1:39:34	53:35
4		76	Eric Roncin	A&L	2:42:46	34:50	1:11:49	1:46:39	56:07
5		72	Benjamin Reiter	Triple Threat	2:44:42	37:26	1:18:43	1:56:09	48:33
6		79	Sean Stephensen		2:45:20	38:45	1:15:56	1:54:40	50:40
7		56	Zane McCuen		2:46:35	31:29	1:23:42	1:55:11	51:25
8		89	Shawn Wickens		3:07:11	38:15	1:22:03	2:00:17	1:06:54

Male 30 to 34 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		66	Kevin Petkau		2:35:52	40:33	1:10:30	1:51:02	44:50
2		53	Jeremy Legall	Triple Threat	2:54:33	34:07	1:17:27	1:51:33	1:03:01
3		120	Tim Zurbriggen		2:56:37	42:14	1:21:01	2:03:15	53:22
4		51	Duane Latimer	A&L	2:57:02	34:38	1:21:00	1:55:38	1:01:25
5	DSQ	49	Kris Joy			34:45	1:19:06	1:53:51	46:26

Male 35 to 39 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		8	Anthony Densmore	Winnipeg Triathlon Club	2:22:12	29:12	1:10:45	1:39:57	42:16

2	44	Brendan Friesen	Sulong	2:40:17	33:26	1:14:52	1:48:18	51:59
3	74	Mike Riddell		2:45:48	34:32	1:23:51	1:58:23	47:25
4	64	Phillip Pawluk	Triple Threat	2:46:47	31:57	1:22:26	1:54:23	52:25
5	84	Patrick Visser		2:52:52	37:33	1:19:25	1:56:58	55:54
6	46	Ian Givens		2:53:22	42:19	1:15:42	1:58:00	55:23
7	42	Gordon Finlay		3:00:02	36:41	1:20:04	1:56:45	1:03:18
8	83	Oleksiy Vasylyuk	Winnipeg Triathlon Club	3:26:59	50:05	1:23:56	2:14:00	1:12:59

Male 40 to 44 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		9	Charles Kostyk	Winnipeg Triathlon Club	2:13:40	27:14	1:06:35	1:33:49	39:52
2		68	John Power	Thunder Bay Tri Geeks	2:18:42	33:43	1:06:07	1:39:49	38:54
3		59	Jason McNicholl		2:32:11	34:46	1:09:15	1:44:01	48:11
4		55	Romel Marquez	Triple Threat	2:43:41	38:19	1:13:05	1:51:23	52:18
5		93	Joel Gingerich		2:43:51	34:48	1:18:42	1:53:30	50:21
6		47	Jean-Louis Gratton		2:45:28	33:49	1:18:02	1:51:51	53:37
7		90	Christopher Wood	Junk Yard Dogs	2:48:38	34:54	1:19:36	1:54:29	54:09
8		31	Grant Boissonneault		2:51:03	33:14	1:20:02	1:53:16	57:47

Male 45 to 49 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		40	Glen Duizer		2:28:08	33:53	1:09:43	1:43:36	44:33
2		34	Robert Collen	A&L	2:31:28	35:52	1:10:54	1:46:46	44:43
3		35	Jj Ross		2:37:58	34:53	1:15:03	1:49:55	48:04
4		32	Scott Braun		2:55:36	46:24	1:15:21	2:01:44	53:52
5		37	Corrado D'Antonio	Winnipeg Triathlon Club	2:55:53	35:39	1:21:01	1:56:40	59:13
6		60	Christopher Mellen		3:03:12	33:18	1:21:08	1:54:25	1:08:47
7		52	Mike Lees	T3 Triathlon	3:06:30	33:07	1:26:10	1:59:16	1:07:15
8		80	Edwin Suebzon		3:24:18	48:00	1:34:55	2:22:55	1:01:24

Male 50 to 54 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		29	Daniel Bezte	Sulong	2:28:28			1:42:05	46:24
2		33	Philippe Chabot		2:32:43	27:59	1:11:25	1:39:23	53:20
3		71	Kevin Read	Triple Threat	2:39:04	31:09	1:16:17	1:47:25	51:40
4		75	Tim Rogalsky	Tribalistic	3:03:16	40:42	1:30:19	2:11:01	52:16

Male 55 to 59 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		4	Andrew Loughead	Tri-Factor	2:26:30			1:42:36	43:54
2		50	Martin Krowina		2:37:38	36:59	1:16:36	1:53:35	44:04

3		30 Dale Bigelow		2:37:43	33:34	1:11:39	1:45:13	52:31
4		14 Edward Willmott		2:49:04	36:35	1:18:10	1:54:45	54:20
5		87 Jim Wernham	Triple Threat	3:05:35	40:40	1:22:23	2:03:02	1:02:33
6		38 Rene Desaulniers		3:12:58	39:00	1:26:04	2:05:03	1:07:55

Male 60 to 64 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		7	Tom Okany	Triple Threat	2:27:28	31:50	1:10:14	1:42:03	45:25
2		11	Neil Ferguson		2:34:15	30:37	1:11:13	1:41:49	52:26
3		86	Tim Weber	A&L	2:45:54	34:47	1:18:38	1:53:25	52:30
4		81	Scott Thomson	T3 Triathlon	3:02:28	40:44	1:19:13	1:59:57	1:02:32
5		63	Dinu Paraschiv	Winnipeg Triathlon Club	3:20:37	48:14	1:32:44	2:20:57	59:40
6		25	Victor Bargaen		3:23:48	46:25	1:32:53	2:19:18	1:04:31
7		28	Fern Berard	Winnipeg Triathlon Club	3:33:15	46:58	1:42:19	2:29:17	1:03:58

Male 65 to 69 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		85	Don Webb		3:11:57	45:06	1:24:58	2:10:04	1:01:54

Male 70 and Over Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		78	John Sawchuk		3:02:16	37:20	1:26:21	2:03:40	58:36

Female 18 to 24 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		2	Taryn Morningstar	A&L	2:45:40	26:41	1:16:49	1:43:29	1:02:12
2		43	Alyena Fredette		2:59:41	32:50	1:23:22	1:56:11	1:03:30

Female 25 to 29 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		12	Jamee George		2:55:26	40:41	1:22:03	2:02:44	52:42

Female 30 to 34 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		58	Jennifer McKinnon	A&L	2:33:34	31:23	1:08:16	1:39:39	53:56
2		24	Maria Arlt		2:44:57	33:34	1:15:25	1:48:59	55:58
3		92	Stephanie Dyck	Sulong	3:03:46	38:13	1:27:27	2:05:39	58:07

Female 35 to 39 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		57	Heather McDonell	Triple Threat	2:32:45	30:39	1:14:59	1:45:38	47:08
2		22	Paula Anderson	Sulong	2:40:42	33:21	1:14:50	1:48:11	52:32
3		65	Ruth-Anne Penner	Triple Threat	2:55:41	33:10	1:19:12	1:52:22	1:03:20
4		62	Jen Onyskie	Triple Threat	2:56:07	29:32	1:29:30	1:59:01	57:07
5		36	Ashley Cvetkovic	Sulong	3:00:10	40:51	1:21:43	2:02:33	57:37
6		82	Natalie Trudeau		3:00:57	33:13	1:30:32	2:03:45	57:12
7		73	Andrea Richardson-Lipon		3:13:23	35:59	1:28:35	2:04:34	1:08:49
8		69	Kathaline Prémont		3:17:38	37:21	1:29:17	2:06:38	1:11:01

Female 40 to 44 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		41	Stacey Finch	Tri-Factor	2:52:49	34:00	1:27:19	2:01:19	51:31
2		27	Jessica Beck		3:32:23	37:43	1:41:13	2:18:56	1:13:28

Female 45 to 49 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		23	Amy Anis	Sulong	3:27:50	52:00	1:29:25	2:21:25	1:06:25

Female 50 to 54 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		88	Linda Whitfield		3:28:35	52:46	1:35:54	2:28:40	59:55

Female 55 to 59 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		13	Jan Hawkins		3:06:40	39:24	1:27:58	2:07:21	59:20
2		26	Debbie Barnes	T3 Triathlon	3:12:33	34:44	1:30:23	2:05:07	1:07:27

Female 60 to 64 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		6	Kate Okany	Triple Threat	2:39:48	32:13	1:19:32	1:51:44	48:04
2		106	Edwina Keats	Sulong	3:18:52	56:28	1:34:27	2:30:55	47:58

Olympic Aquabike – 1500m swim + 40km bike

Female Olympic Aquabike

Place	Note	Number	Name	Club	Time	Swim	Bike
1		1	Ayn Wilcox	Tribalistic	2:00:35	40:48	1:19:47
2		5	Tracie McDonald		2:04:04	34:53	1:29:12
3		20	Julie Vogelsang	Triple Threat	2:15:01	36:13	1:38:48
4		18	Dawn Runke		2:20:14	41:26	1:38:48
5		17	Bonnie McKissock	T3 Triathlon	2:23:14	40:56	1:42:18
6	DNF	16	Wanda Mathers			52:16	

Male Olympic Aquabike

Place	Note	Number	Name	Club	Time	Swim	Bike
1		15	Bryce Jenkins	Windburn Triathlon Club	1:34:17	25:32	1:08:45
2		19	Ben Van Den Bosch		1:45:50	31:35	1:14:16
3		91	Philip Habacon	Sulong	2:20:26	45:05	1:35:22

Sprint Triathlon – 750m swim + 20km bike + 5km run

Male 16 to 19 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		230	Noah Wiens	Windburn Triathlon Club	1:07:25	13:04	35:03	48:07	19:18

Male 20 to 24 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		109	Lucas Roy		1:06:36	15:07	33:30	48:36	18:00
2		214	Matt Sharpe		1:43:04	18:40	48:55	1:07:35	35:30

Male 25 to 29 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		182	Cameron Krisko	Windburn Triathlon Club	1:17:28	18:02	38:28	56:29	20:59
2		183	Evan Kroeker		1:27:24	18:53	46:22	1:05:15	22:10

Male 30 to 34 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		173	Calan Hay	A&L	1:21:14	20:06	39:13	59:19	21:56
2		188	Sasha Loewen		1:24:07	17:41	43:53	1:01:34	22:33
3		147	Brian Chipman		1:26:03	16:24	45:02	1:01:26	24:37
4		205	Derek Poplawski		1:26:03	19:08	42:18	1:01:25	24:38
5		207	Matthew Rajfur		1:32:34	19:12	46:37	1:05:48	26:46
6		150	Brad Cownden		1:34:58	17:58	45:59	1:03:57	31:01
7		224	Dominik Vann	Sulong	1:38:42	16:47	47:23	1:04:09	34:33
8		223	Chris Utz	Junk Yard Dogs	1:38:58	21:31	50:29	1:11:59	27:00

Male 35 to 39 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		102	Kevin Earl	3rd Wave	1:11:39	14:35	35:13	49:48	21:52
2		180	Scott Kemp	Sulong	1:14:51	15:39	37:21	53:00	21:52
3		174	Rowland Hayward		1:22:50	18:43	41:39	1:00:21	22:29
4		186	Michael Leonhart		1:39:08	18:30	51:33	1:10:03	29:05
5		149	Shawn Conway		1:41:06	22:34	48:48	1:11:22	29:45
6		200	Roy Oliveira	Winnipeg Triathlon Club	1:45:16	25:31	49:49	1:15:19	29:57
7		168	Tyler Gooch		1:46:05	21:06	51:25	1:12:30	33:35
8		162	Edward Friesen	Sulong	1:55:26	23:12	53:37	1:16:48	38:39
9	DNF	240	Jayson Wollman	A&L		30:45	46:10	1:16:55	28:13

Male 40 to 44 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		164	Cameron Funk		1:20:47	18:31	38:40	57:11	23:37
2		239	Duane Poettcker		1:21:19	16:01	40:09	56:09	25:10
3		198	Dale Nesbitt	Tribalistic	1:21:43	16:43	40:37	57:20	24:24
4		161	Ryan Fennessy		1:22:36	16:08	42:17	58:24	24:12
5		227	Wes Weiss		1:23:15	15:55	40:03	55:58	27:17
6		132	Allan Asplin		1:23:24	15:33	39:32	55:05	28:19
7		215	Michael J. Sigurdson	A&L	1:30:20	19:14			
8		146	Steven Cherewyk	A&L	1:35:10	18:59	49:01	1:08:00	27:10
9		131	Alon Altman		1:36:53	22:01	46:53	1:08:54	28:00
10		194	Mike Morawski		1:40:23	25:11	46:36	1:11:47	28:37

Male 45 to 49 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		158	Quinn Dykstra		1:15:33	16:22	36:23	52:45	22:49
2		111	Grant McMillan		1:18:59	20:01	36:27	56:28	22:31
3		175	James Honiball		1:20:07	15:21	41:40	57:01	23:07
4		137	Kevin Beechinor	Tri-Factor	1:21:48	15:40	36:47	52:27	29:21
5		210	Darryl Ross	A&L	1:22:01	16:07	38:35	54:42	27:19
6		219	Craig Stephen	Winnipeg Triathlon Club	1:27:17	15:01	44:25	59:25	27:53
7		139	Kyle Blaquiére		1:28:37	20:28	45:31	1:05:58	22:40
8		10	Dwayne Olson	Winnipeg Triathlon Club	1:29:21	17:01	44:53	1:01:53	27:29
9		228	Craig White	Winnipeg Triathlon Club	1:30:56	18:27	43:34	1:02:00	28:57
10		170	Paul Gustafson		1:32:22	21:37	43:04	1:04:40	27:42
11		217	Erik Smith		1:33:38	20:38	46:13	1:06:51	26:48

Male 50 to 54 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		105	Jimmy Anis	Sulong	1:18:42	20:50	35:30	56:20	22:23
2		99	Patrick Fredette		1:20:27	17:48	38:41	56:29	23:59
3		153	James Da Terra		1:27:31	21:50	40:11	1:02:00	25:31
4		229	Tom Wiebe	3rd Wave	1:36:25	17:45	45:03	1:02:48	33:38
5		202	Barry Plett		1:38:41	21:16	46:01	1:07:17	31:25
6		195	Anthony Morham		1:39:30	15:57	49:41	1:05:38	33:52
7		145	Ken Chartrand		1:46:20	22:18	49:11	1:11:29	34:51
8	DNF	135	George Barnes	T3 Triathlon		26:05			

Male 55 to 59 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		104	Kevin Newton	A&L	1:29:15	16:33	42:53	59:26	29:49

2		152	Allen Cuthbert	Junk Yard Dogs	1:52:04	25:30	51:52	1:17:22	34:43
3		96	Mike Dragomir	Winnipeg Triathlon Club	1:55:39	24:12	58:03	1:22:15	33:25

Male 60 to 64 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		140	John Blyth		1:27:11	20:47	39:14	1:00:00	27:11
2		203	Eran Plotnik	Triple Threat	1:34:20	19:04	46:23	1:05:26	28:55

Male 70 to 74 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		98	David Densmore	Sulong	1:36:00	24:50	44:14	1:09:04	26:57

Male 80 and Over Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		110	Jim Anderson		2:01:06	31:30	51:19	1:22:49	38:18

Female 16 to 19 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		216	Rebecca Silk		1:27:00	15:01	46:45	1:01:45	25:15
2		159	Kira Eidse		1:56:09	20:03	55:46	1:15:48	40:22

Female 20 to 24 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		108	Kaitlyn Wiens	Windburn Triathlon Club	1:24:54	15:14	42:25	57:38	27:16
2		77	Raelene Sawatzky-Dyck	3rd Wave	1:32:17	19:09	43:53	1:03:02	29:16
3		191	Haeli Martens		1:44:22	19:21	52:06	1:11:26	32:56

Female 25 to 29 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		151	Carly Cressman		1:21:49	15:02	43:12	58:13	23:37
2		206	Erin Rafferty	Tri-Factor	1:30:39	16:53	44:01	1:00:54	29:46
3		221	Jessica Thomas		1:32:45	17:55	46:13	1:04:07	28:38
4		178	Kaitlyn Joyal		1:34:59	18:22	47:15	1:05:37	29:23
5		225	Tiffany Webb		1:38:50	20:29	50:20	1:10:49	28:02
6		231	Erica Wilken	Winnipeg Triathlon Club	1:56:43	18:56	1:01:12	1:20:08	36:35

Female 30 to 34 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		163	Katrina Froese	Tribalistic	1:23:48	15:53	44:07	59:59	23:49
2		101	Andrea Dyck	3rd Wave	1:28:57	20:17	43:21	1:03:38	25:20
3		181	Kathleen Kinsner		1:46:53	18:15	48:55	1:07:09	39:44
4		184	Lianne Lavoie		1:52:26	18:33	55:48	1:14:20	38:06
5	DNF	222	Clarice To	Tribalistic		31:02	47:48	1:18:49	29:57

Female 35 to 39 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		226	Tannis Weber	A&L	1:23:30	16:21	42:06	58:26	25:05
2		220	Sandra Stephen	Winnipeg Triathlon Club	1:25:17	18:38	43:19	1:01:57	23:20
3		189	Dawn Macauley		1:28:12	18:06	43:11	1:01:16	26:56
4		236	Melanie Youngs	Winnipeg Triathlon Club	1:29:47	18:16	45:29	1:03:45	26:02
5		192	Pam May		1:30:15	18:16	43:50	1:02:06	28:10
6		190	Kelly Malcolmson	Winnipeg Triathlon Club	1:33:47	15:46	46:51	1:02:37	31:11
7		185	Georgia Lefas		1:35:40	21:51	47:33	1:09:23	26:17
8		179	Janelle Kaminsky		1:35:52	20:53	48:05	1:08:57	26:55
9		177	Stephanie Johnston		1:38:45	19:46	46:00	1:05:45	33:00
10		144	Liisa Burgess		1:40:02	18:23	50:34	1:08:56	31:06
11		193	Jaclyn McLean	Winnipeg Triathlon Club	1:41:13	22:03	48:33	1:10:36	30:37
12		130	Josee Adrian		1:44:49	22:24	54:30	1:16:54	27:56
13		148	Stephanie Collins	Sulong	1:46:24	20:22	52:23	1:12:45	33:40
14		141	Sandra Bracken		1:49:03	19:37	51:38	1:11:14	37:50

Female 40 to 44 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		112	Brandi Smith		1:17:32	14:27	38:14	52:41	24:52
2		103	Heather Francis	3rd Wave	1:27:46	18:39	42:02	1:00:41	27:06
3		187	Karen Lind		1:30:19	19:47	44:08	1:03:55	26:24
4		160	Kimberly Enns		1:33:14	17:07	49:56	1:07:02	26:12
5		209	Allison Reville	Westman Triumphs	1:36:57	16:29	49:41	1:06:10	30:48
6		232	Lisa Witt	Windburn Triathlon Club	1:44:41	24:55	45:59	1:10:53	33:48
7		235	Kim Young	Westman Triumphs	2:03:30	18:26	1:01:16	1:19:42	43:48

Female 45 to 49 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		211	Christa Rusk		1:17:04	17:04	36:22	53:26	23:38
2		166	Kerri G		1:28:10	17:19	42:24	59:43	28:27
3		213	Shannon Sawatzky		1:30:40	17:53	44:41	1:02:33	28:07
4		134	Anne Barkman		1:31:55	20:19	42:59	1:03:18	28:38

5		70 Maria Quintas	Sulong	1:32:56	19:15	42:42	1:01:56	31:01
6		154 Erin Dean		1:35:16	18:53	47:06	1:05:58	29:19
7		133 Sandra Bains	Sulong	1:39:51	20:36	49:27	1:10:02	29:50
8		100 Heather Marks		1:39:59	22:47	46:49	1:09:36	30:24
9		165 Sarah Furgale		1:50:46	16:11	48:34	1:04:44	46:02
10		156 Nicole Dunn	Triple Threat	1:51:51	18:51	51:50	1:10:40	41:11
11		169 Sherri Grandmont	Winnipeg Triathlon Club	1:52:19	22:07	54:34	1:16:41	35:39

Female 50 to 54 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		136	Michelle Barnet		1:26:19	14:49	45:20	1:00:08	26:11
2		167	Sandi Goertzen	Triple Threat	1:36:15	17:12	45:40	1:02:52	33:24
3		176	Randi Hunter		1:47:30	19:56	50:46	1:10:42	36:48
4		197	Cheryl Nachtigal		1:49:51	21:49	54:37	1:16:25	33:26
5		155	Karen Desrochers		1:50:28	24:45	55:12	1:19:56	30:33
6		212	Lara Ryan		2:08:33	24:28	1:05:50	1:30:17	38:16

Female 55 to 59 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		199	Jacquelynn Newton	Sulong	1:27:21	14:53	43:32	58:24	28:58
2		94	Margaret Kubas		1:38:09	18:55	43:49	1:02:44	35:25
3		97	Rodica Dragomir	Winnipeg Triathlon Club	1:49:03	23:30	54:25	1:17:54	31:09
4		218	Gwen Smoluk	Triple Threat	2:05:10	26:11	1:00:31	1:26:41	38:29

Female 60 to 64 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		138	Lee Ann Benson	Tribalistic	2:02:51	36:30	49:22	1:25:52	36:59

Sprint Aquabike – 750m swim + 20km bike

Female Sprint Aquabike

Place	Note	Number	Name	Club	Time	Swim	Bike
1		196	Ariane Morissette	Winnipeg Triathlon Club	52:07	14:24	37:44
2		157	Jennifer Dyck		1:14:10	17:28	56:43
3		237	Cheryl Hill	Sulong	1:28:42	28:19	1:00:23
4		115	Margaret Pratt		1:33:14	21:53	1:11:21

Male Sprint Aquabike

Place	Note	Number	Name	Club	Time	Swim	Bike
1		107	Al Stewart	Triple Threat	57:25	17:19	40:07
2		116	Rob Pryce		58:02	17:05	40:58
3		114	Micheal Plewes		1:14:54	24:43	50:12
4		113	Douglas Kayler		1:17:02	27:23	49:39

Sprint Duathlon – 2.5k run + 20km bike + 5km run

Female Sprint Duathlon

Place	Note	Number	Name	Club	Time	Run1	Bike	Run+bik	Run2
1		122	Stephanie Gerbrand		1:21:25	11:33	47:02	58:34	22:51
2		241	Debbie Kelly	Triple Threat	1:30:13	15:05	45:34	1:00:39	29:35
3		121	April Cormack		1:46:09	16:21	51:26	1:07:47	38:23
4		126	Amanda Peters		1:50:07	17:23	53:41	1:11:04	39:03
5		129	Violet Vogt		1:51:50	16:14	1:01:58	1:18:12	33:39
6		118	Gaydonna Baker	Dryden	2:15:31	17:59	1:20:58	1:38:56	36:35

Male Sprint Duathlon

Place	Note	Number	Name	Club	Time	Run1	Bike	Run+bik	Run2
1		242	James Treloar	A&L	1:06:51	10:10	36:42	46:51	20:00
2		123	Jiri Kroupa		1:08:33	10:19	35:25	45:44	22:49
3		95	Jared Slobozian		1:10:21	10:12	40:55	51:07	19:15
4		238	Stefane Jegues		1:12:56	11:15	38:34	49:49	23:07
5		128	John Tomlinson		1:19:49	11:10	46:01	57:10	22:39
6		127	Rob Reville	Westman Triumphs	1:20:36	11:37	43:13	54:50	25:47
7		125	Raul Paragas		1:26:29	12:39	47:17	59:55	26:34
8		208	Darren Reimer		1:29:42	14:29	42:05	56:34	33:09
9		119	Samuel Blaquiere		1:32:59	11:17	46:30	57:47	35:13
10		124	Etienne Loney		1:36:21	12:48	53:16	1:06:04	30:18

Try-a-Tri – 300m swim + 10km bike + 2.5km run

Female Try-A-Tri

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		293	Terri Wolfe		42:13	5:54	22:32	28:25	13:48
2		268	Shannon Hargreaves		43:25	5:35	23:48	29:23	14:03
3		269	Pauliina Harjula		43:49	6:32	25:09	31:40	12:09
4		253	Carissa Armstrong	A&L	45:22	6:51	24:34	31:24	13:58
5		292	Diane Wing		45:30	7:21	26:22	33:42	11:49
6		288	Lindsay Shute		45:33	6:13	25:08	31:20	14:13
7		252	Melissa Anderson		46:22	6:17	26:25	32:41	13:41
8		270	Jennifer Hurrie		48:31	6:27	27:46	34:13	14:19
9		275	Meg Loewen		48:31	6:14	27:14	33:27	15:04
10		285	Julie Rubinger		48:52	5:54	27:39	33:33	15:20
11		260	Catherine Card	Winnipeg Triathlon Club	48:57	6:40	27:45	34:24	14:33
12		300	Emma Vandale		49:34	5:22	25:26	30:48	18:46
13		282	Melissa Pryce		49:36	6:39	27:45	34:24	15:13
14		280	Jenelle Paluk		50:16	6:31	29:18	35:48	14:28

15	245	Karlene Petkau		50:32	7:16	28:32	35:48	14:45
16	286	Lindsay Schluter		51:55	8:08	30:58	39:05	12:50
17	254	Natalie Behl		52:31	6:12	29:39	35:50	16:42
18	250	Kelsey Griffith-Parker		53:40	9:05	31:17	40:21	13:20
19	265	Kim Enns		54:03	6:24	29:49	36:13	17:50
20	284	Madison Ross		54:18	5:47	30:19	36:05	18:13
21	266	Niloofar Firoozy	Winnipeg Triathlon Club	55:10	9:11	29:51	39:02	16:09
22	248	Cheryl Altman		56:07	7:35	29:33	37:08	18:59
23	262	Cassandra Curé		56:17	8:39	33:12	41:51	14:27
24	274	Shannon Kjear	Sulong	57:50	9:25	30:04	39:29	18:21
25	279	Eve Omar		58:43	8:21	32:38	40:58	17:46
26	261	Suzanne Carriere		1:01:48	7:51	34:47	42:37	19:12
27	256	Kris Berard		1:20:48	11:05	39:11	50:15	30:33

Male Try-A-Tri

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		271	Marin Kecman		38:19	5:21	21:39	27:00	11:20
2		272	Joseph Kerlow		40:13	4:35	23:42	28:16	11:57
3		249	Devon Adamson		40:15	4:56	23:15	28:10	12:05
4		247	Kenneth Selby		41:36	6:03	23:59	30:02	11:34
5		264	Bryan Drobot		42:48	6:28	25:16	31:43	11:05
6		278	Stephen Nighswander-Rempel		43:22	6:49	24:18	31:06	12:17
7		291	Brad White		44:27	6:12			
8		273	Erik Kjear	Sulong	44:31	6:33	26:00	32:33	11:58
9		281	Jeff Penner		44:42	6:20	24:45	31:05	13:37
10		276	Andrew McLaren	Winnipeg Triathlon Club	45:05	8:06	25:31	33:36	11:30
11		267	Jim Fraser		45:55	5:38	25:15	30:53	15:02
12		290	Eric Vermette		46:48	7:27	25:05	32:32	14:17
13		246	Kyle Friesen		50:08	6:41	28:31	35:11	14:57
14		255	Erick Berard		50:14	7:05	29:02	36:06	14:08
15		258	Carl Berryman		51:53	11:11	27:54	39:05	12:48
16		283	Kyle Ross		54:18	5:33	30:33	36:05	18:13
17		257	Patrick Berard		56:15	9:08	26:15	35:23	20:53
18		259	David Borzykowski		56:23	6:47	30:54	37:41	18:42
19		277	Sam Neis	Sulong	1:02:04	11:37	30:00	41:36	20:28
20	DNF	294	Patrick Wu	Sulong		6:36			

Female Do-a-Du – 1.0km run + 10km bike + 2.5km run

Place	Note	Number	Name	Club	Time	Run1	Bike	Run+bik	Run2
1		295	Kerri Drosdowech		42:15	5:18	23:34	28:52	13:23
2		296	Lori Dyck		54:03	6:24	30:20	36:43	17:20
3		299	Laura Jegues		56:58	6:53	30:35	37:28	19:31
4		298	Kristen Welsh		58:36	7:10	33:38	40:48	17:49
5		297	Karlie Krisko		1:02:54	6:58	36:50	43:47	19:08