

2019 RESULTS v3

Contact us if you see any mistakes
email stmalotri@gmail.com



Thank you to our participants and our dedicated team:

- Tribalistic Triathlon Team, Pure Lifestyle, Friends of St Malo Park, St Malo community, St Malo Provincial Park and friends of triathlon.
- Officials: Chris Kitchen, Kelly Mahoney, Dina Drabek, Julie Whelen, Bonnie McKissock, Erin Rafferty, Suzanna Brennan.
- Triathlon Manitoba

Thank you to our generous sponsors:



Congratulations to our Olympic and Sprint Age Group Champions!

Event	Gender	Age Group	Champion	Club	Time
Olympic Triathlon	Male	18 to 24	Dylan Peters		3:20:15
		25 to 29	Luke Love	A&L	2:13:14
		30 to 34	Calan Hay	A&L	2:28:59
		35 to 39	Anthony Densmore	Winnipeg Tri Club	2:28:28
		40 to 44	Cameron Funk		2:34:04
		45 to 49	Justin Rempel		2:30:15
		50 to 54	Craig Finlay	Tribalistic	2:18:21
		55 to 59	Dale Bigelow		2:37:16
		60 to 64	Tom Okany	Triple Threat	2:30:55
	65 to 69	Don Webb		3:09:31	
	70 to 74	David Densmore	Sulong	3:13:34	
	Female	18 to 24	Stéphanie Demers		3:02:22
		25 to 29	Taryn Morningstar	A&L	2:42:53
		30 to 34	Jamee George	A&L	2:47:59
		35 to 39	Heather McDonell	Triple Threat	2:37:26
		40 to 44	Maria V. Jauregui	Tribalistic	2:40:20
		45 to 49	Christa Rusk		2:44:26
		50 to 54	Nancy Goodall	Triple Threat	2:41:49
55 to 59		Lee Stewart	Winnipeg Tri Club	3:01:21	
60 to 64		Kate Okany	Triple Threat	2:50:29	
Olympic Aqua-Bike	Male		Quinn Desrochers	Windburn	1:37:26
	Female		Ruth-Anne Penner	Triple Threat	1:51:58
Sprint Triathlon	Male	18 to 24	Noah Wiens	Windburn	1:07:51
		25 to 29	Jesse Fallis	3rd Wave	1:18:27
		30 to 34	Matthew Andrushak	A&L	1:17:23
		35 to 39	Kevin Earl	3rd Wave	1:11:51
		40 to 44	Ryan Fennessy		1:21:58
		45 to 49	Duane Poettcker	Tribalistic	1:16:26
		50 to 54	Jimmy Anis	Sulong	1:18:39
		55 to 59	Randy McKnight		1:44:00
		60 to 64	Neil Ferguson		1:16:09
	65 to 69	Al Stewart	Triple Threat	1:22:03	
	Female	20 to 24	Nicole Balzer		1:12:21
		25 to 29	Heather Wittick		1:30:15
		30 to 34	Ivanna Lukie		1:30:28
		35 to 39	Louise Hoepfner		1:25:00
		40 to 44	Brandi Smith		1:19:27
		45 to 49	Shannon Sawatzky		1:33:46
		50 to 54	Randi Hunter	Sulong	1:52:14
		55 to 59	Heather Ayres	Triple Threat	1:31:31
60 to 64		Nicole Mercier		1:53:29	
Sp. Para. Triathlon	Female	PTWC	Leanne Taylor		1:40:55
Sprint Aqua-Bike	Male		Jason Dean		56:14
	Female		Janice Briggs	Winnipeg Tri Club	1:10:45
Sprint Duathlon	Male		James Treloar	A&L	1:02:59
	Female		Karen Ballinger		1:31:55

We hope to see you in 2020 as Returning Champions!

St Malo Triathlon

Race #2 of Triathlon Manitoba's Grand Prix Series

Saturday, June 22, 2019

St Malo Provincial Park

Participants: 282

Weather: 14.5°C, cloudy, wind SW 25 G 40 km/h, Water temp: 18.4 (wetsuits allowed)

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

* Claimed spot on the National Age Group Team for the 2020 ITU World Championships – Olympic distance. Based on 2020 age-adjusted results.

Male 18 to 24 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		56	Dylan Peters*		3:20:15	36:37	1:50:57	2:27:34	52:42
2		110	William Stanley		3:28:13	36:19			

Male 25 to 29 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		1	Luke Love*	A&L	2:13:14	25:54	1:05:02	1:30:55	42:19
2		74	Tyler Wirch	A&L	2:23:09	25:55			
3		42	Brenden Alm		2:24:36	25:44	1:12:33	1:38:17	46:19
4		36	Marin Kecman		2:37:02	32:43	1:18:14	1:50:57	46:05
5		45	Zane McCuen		2:57:53	35:57	1:29:44	2:05:41	52:12
6		91	Kahlil Diaz-Hammond		2:59:53	36:43	1:32:54	2:09:36	50:18
7		111	Luke Swanson		3:17:42	37:14	1:38:15	2:15:29	1:02:14
8		85	Denis Bejte		3:21:08	40:22	1:38:22	2:18:43	1:02:25
9		106	Alex Ratuski		3:22:15	37:08	1:41:38	2:18:46	1:03:30
10		124	Brett Bennie		3:42:15	59:48			

Male 30 to 34 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		5	Calan Hay	A&L	2:28:59	28:59	1:14:44	1:43:43	45:16
2		38	Patrick Labossiere*		2:34:17	31:56	1:14:08	1:46:03	48:14
3		53	Kevin Beauchamp		2:46:24	32:07	1:20:58	1:53:05	53:20
4		41	Jeremy Legall	Triple Threat	3:03:09	33:50	1:26:46	2:00:35	1:02:34
5		98	Cyril Indome		3:10:18	47:46	1:33:07	2:20:52	49:27
6		123	Chris Utz	Junk Yard Dogs	3:12:29	40:41	1:29:11	2:09:52	1:02:38

Male 35 to 39 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		11	Anthony Densmore*	Winnipeg Triathlon Club	2:28:28	29:13	1:15:31	1:44:44	43:45
2		103	Nicola Neri		2:31:28	31:07	1:16:58	1:48:04	43:24
3		34	Rowland Hayward		2:32:57	33:35	1:16:48	1:50:22	42:36
4		55	Phillip Pawluk	Triple Threat	2:52:21	35:28	1:24:48	2:00:15	52:06
5		43	Adam Marcynuk	Triple Threat	2:54:44	34:39	1:27:38	2:02:16	52:28
6		40	Duane Latimer	A&L	2:56:22	34:40	1:20:29	1:55:09	1:01:14
7		100	Michael Leonhart		2:59:30	37:35	1:27:31	2:05:06	54:24
8		117	Bryce Witherspoon		3:13:37	40:24	1:35:25	2:15:49	57:49
9		102	Cristopher Malapit	Sulong	3:22:09	35:59	1:38:03	2:14:02	1:08:07

Male 40 to 44 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		14	Cameron Funk*		2:34:04	31:38	1:15:31	1:47:08	46:56
2		82	Andrew Arlt		2:41:54	33:24	1:21:33	1:54:57	46:58
3		95	Joel Gingerich		2:43:30	31:40	1:22:22	1:54:01	49:29
4		44	Romel Marquez	Triple Threat	2:45:04	38:18	1:15:06	1:53:23	51:41
5		23	Gordon Finlay*		2:47:17	35:09	1:18:31	1:53:39	53:38
6		25	Steven Cherewyk	A&L	2:48:17	31:42	1:23:07	1:54:48	53:29
7		90	Kris Coulter		3:05:00	38:31	1:26:25	2:04:55	1:00:06
8		48	Erid Mendoza	Sulong	3:14:57	41:04	1:30:37	2:11:40	1:03:17
9		121	Samuel Kidd	Winnipeg Triathlon Club	3:17:25	38:20	1:33:54	2:12:13	1:05:13
10		92	Derek Eno		3:24:55	38:26	1:40:13	2:18:39	1:06:17

Male 45 to 49 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		60	Justin Rempel		2:30:15	27:47			
2		46	Kevin Beechinor	Tri-Factor	2:34:35	29:15	1:13:08	1:42:23	52:13
3		86	Scott Braun		2:55:02	40:29	1:18:16	1:58:45	56:17
4		87	Mark Buchholz		3:16:03	39:18	1:32:32	2:11:49	1:04:14
5		101	Jeffrey Lomas		3:18:10	39:06	1:42:17	2:21:23	56:48

Male 50 to 54 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		24	Craig Finlay*	Tribalistic	2:18:21	25:23	1:09:07	1:34:29	43:52
2		12	Glen Duizer		2:23:20	30:22	1:10:41	1:41:03	42:17
3		7	Daniel Bezte	Sulong	2:29:45	28:14	1:16:07	1:44:21	45:24
4		59	Kevin Read	Triple Threat	2:39:12	31:15	1:18:52	1:50:07	49:06
5		21	Robert Duncan		2:40:30	36:45	1:14:15	1:51:00	49:31
6		88	Philippe Chabot		2:47:47	29:56	1:18:50	1:48:45	59:03

7		94 Dave Foley	Junk Yard Dogs	3:00:00	31:46	1:30:46	2:02:32	57:29
8		115 Chi Weng		3:24:32	36:56	1:43:53	2:20:49	1:03:43

Male 55 to 59 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		76	Dale Bigelow		2:37:16	32:03	1:13:53	1:45:56	51:21
2		109	Carl Rohringer		2:39:37	33:55	1:15:38	1:49:33	50:05
3		108	Michael Robbie		2:57:31	27:59	1:27:45	1:55:44	1:01:48
4		71	Jim Wernham*	Triple Threat	3:04:04	37:10	1:26:34	2:03:44	1:00:20
5		54	Norbert Pachet	Sulong	3:06:17	43:26	1:34:48	2:18:14	48:04
6		68	Murray Vanderpont	Sulong	3:07:21	34:09	1:27:08	2:01:16	1:06:05
7		78	Rene Desaulniers		3:10:05	39:36			
8		22	David Fielder	Winnipeg Triathlon Club	3:24:34	45:59	1:40:30	2:26:29	58:05

Male 60 to 64 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		9	Tom Okany*	Triple Threat	2:30:55	31:58	1:14:49	1:46:46	44:09
2		69	Tim Weber	A&L	2:33:16	31:36	1:11:09	1:42:44	50:32
3		67	Scott Thomson	T3 Triathlon	3:04:19	39:08			
4		52	Fern Berard	Winnipeg Triathlon Club	3:14:35	37:55	1:37:38	2:15:33	59:03
5		104	Dinu Paraschiv	Winnipeg Triathlon Club	3:33:24	46:34	1:45:13	2:31:46	1:01:39

Male 65 to 69 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		18	Don Webb		3:09:31	40:20	1:25:36	2:05:55	1:03:37

Male 70 and Over Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		119	David Densmore*	Sulong	3:13:34	39:29	1:26:28	2:05:56	1:07:38

Female 18 to 24 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		122	Stéphanie Demers*		3:02:22	30:30	1:37:06	2:07:36	54:46

Female 25 to 29 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
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1		3	Taryn Morningstar	A&L	2:42:53	26:28	1:19:09	1:45:37	57:17
2		63	Heidi Brodland*	Sulong	2:51:47	32:57	1:28:17	2:01:13	50:34
3		64	Raelene Sawatzky-Dyck		2:59:24	38:00	1:26:29	2:04:28	54:56
4		31	Shannon Hargreaves		3:05:14	35:47	1:30:12	2:05:59	59:15
5		112	Jessica Thomas		3:11:51	34:41	1:33:19	2:08:00	1:03:52

Female 30 to 34 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		4	Jamee George*	A&L	2:47:59	36:34	1:20:54	1:57:28	50:32

Female 35 to 39 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		8	Heather McDonell	Triple Threat	2:37:26	33:13	1:19:04	1:52:16	45:10
2		2	Jennifer McKinnon*	A&L	2:39:05	30:49	1:14:24	1:45:13	53:53
3		50	Maria Arlt		2:43:14	32:29			
4		6	Tannis Weber	A&L	2:43:32	34:17	1:17:24	1:51:41	51:52
5		80	Tyra Dickson		2:44:04	36:28	1:18:17	1:54:45	49:20
6		221	Melanie Youngs	Winnipeg Triathlon Club	2:57:14	35:12	1:26:54	2:02:06	55:09
7		120	Lauren MacMillan		3:12:29	38:32	1:36:05	2:14:36	57:54
8		89	Stephanie Collins	Sulong	3:44:38	41:31	1:49:27	2:30:58	1:13:41

Female 40 to 44 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		35	Maria Victoria Jauregui*	Tribalistic	2:40:20	35:45	1:17:42	1:53:26	46:54
2		47	Paula Anderson	Sulong	2:42:23	35:46	1:15:23	1:51:09	51:14
3		75	Terri Wolfe		2:43:45	31:27	1:18:41	1:50:07	53:38
4		49	Cari Miller		2:48:57	37:27	1:22:24	1:59:51	49:07
5		16	Stacey Finch	Tri-Factor	2:51:56	33:09	1:28:33	2:01:42	50:14
6		113	Natalie Trudeau		3:06:20	34:42	1:34:16	2:08:58	57:23
7		61	Andrea Richardson		3:08:07	35:23	1:33:09	2:08:32	59:36
8		107	Allison Reville	Westman Triumphs	3:08:58	34:01	1:34:56	2:08:56	1:00:03

Female 45 to 49 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		13	Christa Rusk*		2:44:26	36:19	1:16:04	1:52:23	52:03
2		65	Beth Shipston		2:44:59	38:15	1:21:53	2:00:07	44:52
3		105	Lisa Penner		2:48:29	31:18	1:26:24	1:57:42	50:48
4		116	Ayn Wilcox	Tribalistic	2:55:54	36:39	1:23:28	2:00:06	55:48
5		29	Kerri Guralnick		2:58:08	34:32	1:25:31	2:00:03	58:06
6		58	Maria Quintas	Sulong	3:01:07	37:05	1:23:40	2:00:44	1:00:23
7		293	Sherry Penner		3:05:26	38:54	1:33:17	2:12:11	53:16

Female 50 to 54 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		27	Nancy Goodall*	Triple Threat	2:41:49	33:19	1:23:10	1:56:29	45:20
2		83	Melody Balane	Sulong	2:51:38	38:12	1:22:20	2:00:32	51:06
3		19	Michelle Barnet		2:53:39	30:17	1:32:38	2:02:55	50:44
4		57	Kathy Pragnell	Tri-Factor	3:13:04	37:50	1:31:56	2:09:45	1:03:19

Female 55 to 59 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		66	Lee Stewart*	Winnipeg Triathlon Club	3:01:21	36:39	1:25:50	2:02:29	58:52
2		20	Gerry Borus	Tribalistic	3:09:44	36:24	1:29:12	2:05:35	1:04:10
3		39	Mona Lachance		3:27:49	41:05	1:32:05	2:13:10	1:14:40

Female 60 to 64 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		10	Kate Okany*	Triple Threat	2:50:29	31:38	1:30:37	2:02:15	48:14
2		17	Jan Hawkins		3:09:11	38:53			
3	DNF	99	Edwina Keats	Sulong		45:46	1:47:10	2:32:56	

Team Olympic Relay - 1500m Swim-40K Bike-10K Run

Place	Teamname	Time	Swim	Bike	Sw+bike	Run
1	Special K	3:46:46	46:14	2:03:02	2:49:16	57:30

Olympic Aquabike – 1500m swim + 40km bike

Female Olympic Aquabike

Place	Note	Number	Name	Club	Time	Swim	Bike
1		96	Ruth-Anne Penner	Triple Threat	1:51:58	33:15	1:18:44
2	DNF	84	Tracie McDonald			36:53	

Male Olympic Aquabike

Place	Note	Number	Name	Club	Time	Swim	Bike
1		79	Quinn Desrochers		1:37:26	25:14	1:12:13

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

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		125	Noah Wiens		1:07:51	12:54	36:56	49:49	18:02
2		202	Reece Savard		1:40:07	21:45	49:38	1:11:23	28:45

Male 25 to 29 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		245	Jesse Fallis	3rd Wave	1:18:27	16:32	41:38	58:09	20:18
2		150	Richard Deschamps	Tri-Factor	1:22:35	19:52	41:25	1:01:17	21:19
3		181	Steven Maxted		1:25:08	18:49	42:07	1:00:55	24:13
4		200	Kyle Ross		1:28:58	19:59	43:15	1:03:14	25:45

Male 30 to 34 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		81	Matthew Andrushak	A&L	1:17:23	17:23	36:32	53:55	23:29
2		145	Brad Cownden		1:31:32	20:41	46:18	1:06:59	24:33
3		191	Dan Michalchuk		1:32:21	18:40	48:45	1:07:25	24:57
4		179	Bryan Madsen		1:43:58	24:26	47:35	1:12:00	31:58

Male 35 to 39 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		126	Kevin Earl	3rd Wave	1:11:51	15:14	36:16	51:30	20:21
2		178	Mark Loewen		1:20:09	17:05			
3		176	Chris Kuzminski		1:26:58	19:58	43:01	1:02:58	24:01
4		173	Kevin Johnson		1:29:23	18:31			
5		242	Craig Bennett	Triple Threat	1:31:23	19:56	46:17	1:06:12	25:11
6		220	Brian Wood	3rd Wave	1:31:59	19:04	43:40	1:02:43	29:17
7		212	Oleksiy Vasylyuk	Winnipeg Triathlon Club	1:34:34	16:39	43:52	1:00:31	34:04
8		213	Marceli Walczak		1:51:57	28:02	53:46	1:21:48	30:10

Male 40 to 44 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		158	Ryan Fennessy		1:21:58	15:40	42:55	58:35	23:24
2		300	Peter Ten Krooden		1:31:35	16:55	48:42	1:05:36	25:59
3		164	Greg Giesbrecht		1:34:44	21:44	46:17	1:08:01	26:44
4		168	Jason Heim		1:37:21	22:30	48:24	1:10:54	26:27

5		155	Alon Altman		1:39:11	23:21	48:54	1:12:14	26:58
6		241	Kevin Bilan		1:39:18	19:20	47:57	1:07:16	32:02
7		144	Shawn Conway		1:39:42	19:23	51:33	1:10:55	28:48

Male 45 to 49 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		240	Duane Poettcker	Tribalistic	1:16:26	14:44	38:49	53:33	22:53
2		171	James Honiball	A&L	1:17:39	15:01	39:34	54:35	23:05
3		295	Arden Hill		1:28:29	17:16	48:45	1:06:01	22:28
4		147	Corrado D'Antonio	Winnipeg Triathlon Club	1:30:23	18:37	44:06	1:02:42	27:41
5		166	Paul Gustafson		1:31:16	19:16	44:18	1:03:33	27:44
6		187	Scott Meakin		1:31:29	19:33	45:20	1:04:53	26:37
7		138	Kyle Blaquiere		1:35:57	22:02	47:29	1:09:30	26:27
8		188	Nathan Melvin		1:37:24	24:59	44:34	1:09:32	27:52
9		192	Stephen Nighswander-Rempel	Tri-Factor	1:42:31	26:56	49:00	1:15:56	26:35
10		211	Corey Thiessen		2:03:47	33:11	57:08	1:30:19	33:28

Male 50 to 54 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		127	Jimmy Anis	Sulong	1:18:39	18:38	37:53	56:31	22:08
2		219	Kevin Wolk	Triple Threat	1:28:07	21:59	42:25	1:04:24	23:43
3		199	Darren Reimer		1:30:31	20:50	41:29	1:02:19	28:13
4		247	Warren Gobert		1:31:48	19:08	47:15	1:06:23	25:26
5		207	Cameron Steel		1:36:13	22:43	48:31	1:11:13	25:01
6		143	Ken Chartrand		1:37:36	19:23	47:00	1:06:23	31:13

Male 55 to 59 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		183	Randy McKnight		1:44:00	19:55	51:28	1:11:22	32:38
2		141	Pierre L. Campeau		1:47:11	29:16	48:07	1:17:23	29:48

Male 60 to 64 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		159	Neil Ferguson		1:16:09	15:07	37:45	52:52	23:18
2		146	Brian Culligan		1:33:57	21:00	44:41	1:05:41	28:17
3		239	Craig Murray		1:44:01	25:38	48:40	1:14:17	29:44
4		296	Alan Friesen		1:58:51	25:00	56:29	1:21:29	37:22

Male 65 to 69 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		130	Al Stewart	Triple Threat	1:22:03	16:38	40:30	57:08	24:56
2		198	Lyle Rance	Winnipeg Triathlon Club	1:43:15	18:47	50:53	1:09:40	33:36

Female 20 to 24 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		133	Nicole Balzer		1:12:21	13:31	37:39	51:10	21:12
2		196	Sophie Poirier Cole		1:24:17	14:26	44:11	58:37	25:40
3		204	Melissa Anderson		1:30:10	17:46	47:04	1:04:50	25:20
4		128	Rebecca Silk		1:30:11	17:06	47:14	1:04:20	25:52
5		210	Olivia Tefft	Tribalistic	1:33:48	20:06	46:44	1:06:49	26:59
6		243	Lara Mielke		1:51:45	19:00			
7		162	Valerie Froese	3rd Wave	2:12:41	32:03	57:45	1:29:47	42:54

Female 25 to 29 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		217	Heather Wittick		1:30:15	18:07	46:42	1:04:49	25:27
2		208	Carissa Armstrong	A&L	1:32:47	21:50	43:37	1:05:26	27:21
3		190	Breanne Messner	3rd Wave	1:47:04	17:09	51:00	1:08:08	38:56
4		184	Kaylee McLachlin		1:55:31	25:21	59:42	1:25:03	30:29
5		182	Kelsey McIntyre		1:58:32	24:18	58:34	1:22:52	35:41
6		142	Page Chartrand			19:06			

Female 30 to 34 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		244	Ivanna Lukie		1:30:28	17:45	45:41	1:03:25	27:03
2		248	Diana Houle		1:40:52	22:32	48:49	1:11:20	29:33
3		218	Natasha Woelcke		1:44:26	19:17	52:51	1:12:08	32:18
4		194	Danielle Pahud		1:45:36	21:20	53:43	1:15:03	30:34
5		215	Heather Willis		2:00:51	25:23	52:25	1:17:48	43:04

6 153 Gloria Didiodato T3 Triathlon 2:08:01 22:20 1:04:35 1:26:55 41:07

Female 35 to 39 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		170	Louise Hoepfner		1:25:00	14:08	45:46	59:53	25:08
2		139	Sandra Bracken		1:33:25	19:20	45:13	1:04:33	28:52
3		160	Kristin Fontaine		1:34:50	20:07	48:04	1:08:11	26:40
4		193	Jen Onyskie	Triple Threat	1:34:53	15:25	50:20	1:05:44	29:09
5		174	Stephanie Johnston		1:36:56	19:42	47:04	1:06:45	30:11
6		180	Kelly Malcolmson	Winnipeg Triathlon Club	1:46:14	16:58	54:02	1:10:59	35:15
7		185	Jaclyn McLean	Winnipeg Triathlon Club	1:48:14	25:27	51:14	1:16:40	31:35
8		175	Janelle Kaminsky		1:48:47	25:50	54:45	1:20:34	28:13
9		135	Christine Beaumont		1:49:44	19:32	1:01:50	1:21:21	28:23
10		214	Josee Adrian	Sulong	1:49:53	23:52	57:53	1:21:45	28:09
11		249	Connie Gopez	Sulong	1:51:16	23:37	55:50	1:19:26	31:50
12		136	Christine Becker	Sulong	1:58:58	26:20	59:05	1:25:25	33:34

Female 40 to 44 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		205	Brandi Smith		1:19:27	15:34			
2		161	Heather Francis	3rd Wave	1:28:21	19:49	42:28	1:02:17	26:04
3		195	Brigitte Pereira	Winnipeg Triathlon Club	1:33:09	21:17	48:02	1:09:19	23:51
4		216	Lisa Witt		1:37:02	23:00	45:54	1:08:53	28:10
5		156	Kimberly Enns		1:38:19	19:15	52:39	1:11:54	26:25
6		201	Dawn Runke		1:52:18	20:51	52:20	1:13:11	39:08
7		157	Erica Feather		1:54:47	22:24	56:43	1:19:06	35:41

Female 45 to 49 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		203	Shannon Sawatzky		1:33:46	17:12	49:12	1:06:24	27:23
2		152	Jennifer De-Vehr		1:39:31	22:05	51:26	1:13:30	26:01
3		163	Sarah Furgale		1:50:39	18:34	49:19	1:07:53	42:47
4		132	Sandra Bains	Sulong	1:51:04	26:18	54:20	1:20:38	30:27

Female 50 to 54 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		172	Randi Hunter	Sulong	1:52:14	23:06	52:12	1:15:18	36:57
2		151	Karen Desrochers		1:58:44	24:15	1:02:20	1:26:35	32:10
3		137	Liliana Ardiles	Tribalistic	1:59:00	24:58	57:59	1:22:56	36:04
4		197	Michele Prairie	Sulong	1:59:23	21:22	1:10:43	1:32:04	27:19
5		165	Sherri Grandmont	Winnipeg Triathlon Club	2:03:03	31:29	56:49	1:28:18	34:45

Female 55 to 59 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		222	Heather Ayres	Triple Threat	1:31:31	17:38	49:14	1:06:51	24:40
2		70	Debbie Barnes	T3 Triathlon	1:39:24	16:15	48:29	1:04:43	34:41
3		169	Cheryl Hill	Sulong	1:48:38	22:00	56:56	1:18:56	29:42
4		206	Gwen Smoluk	Triple Threat	1:57:51	22:25	1:01:15	1:23:39	34:12

Female 60 to 64 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
2		129	Lee Ann Benson	Tribalistic	1:57:58	29:15	55:18	1:24:32	33:26
3		140	Deborah Brethauer	Tri-Factor	2:11:12	30:27	58:47	1:29:14	41:59

Para Sprint Triathlon 750m Swim-20K Bike-5K Run

Female Para Tri

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		209	Leanne Taylor		1:40:55	19:13	1:03:45	1:22:57	17:58

Team Sprint Relay 750m Swim-20K Bike-5K Run

Place	Teamname	Time	Swim	Bike	Sw+bike	Run
1	Triple Trouble	1:23:47	13:50	46:54	1:00:43	23:04
2	Pea and Carrots	1:31:31	16:16	47:49	1:04:05	27:27
3	Slavik	1:38:31	18:36	49:03	1:07:38	30:53
4	Here for the food	1:47:14	18:58	59:22	1:18:20	28:54

Sprint Aquabike – 750m swim + 20km bike

Female Sprint Aquabike

Place	Note	Number	Name	Club	Time	Swim	Bike
1		246	Janice Briggs	Winnipeg Triathlon Club	1:10:45	29:44	41:01

Male Sprint Aquabike

Place	Note	Number	Name	Club	Time	Swim	Bike
1		236	Jason Dean		56:14	18:30	37:45
2		234	Peter Robbie		58:11	13:41	44:30
3		235	Eric Ayres		1:09:17	20:44	48:33
4		297	Cory Beer		1:13:17	17:25	55:52

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

Female Sprint Duathlon

Place	Note	Number	Name	Club	Time	Run1	Bike	Run+bik	Run2
1		233	Karen Ballinger		1:31:55	15:02	48:40	1:03:42	28:14
2		228	Denise Langendorfer		1:33:53	14:31	50:16	1:04:46	29:08
3		154	Nicole Dunn	T3 Triathlon	1:37:08	14:55	50:56	1:05:51	31:18
4		230	Keley Griffith-Parker		1:37:25	13:39	56:02	1:09:41	27:44
5		226	Evelyn Yeung		1:40:32	16:43	48:42	1:05:24	35:08
6		225	Natalie Wispinski		1:51:17	15:38	1:04:55	1:20:32	30:46

Male Sprint Duathlon

Place	Note	Number	Name	Club	Time	Run1	Bike	Run+bik	Run2
1		131	James Treloar	A&L	1:02:59	9:35			
2		227	Rob Reville	Westman Triumphs	1:21:40	11:44	44:27	56:11	25:29
3		224	Andrew Kaminsky		1:21:51	12:52	43:12	56:03	25:48
4		299	Sylvain Barnabé		1:26:09	12:53	45:46	58:39	27:30
5		231	Joel Martens		1:27:38	13:21	47:05	1:00:26	27:13
6		229	Matthew Brett		1:38:03	13:01	58:38	1:11:39	26:24

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		294	Rowan Francis		43:30	4:52	25:42	30:33	12:57
2		268	Lindsay Shute		44:34	6:16	25:04	31:20	13:15
3		257	Nadine Giesbrecht	Winnipeg Triathlon Club	48:11	5:43	27:25	33:08	15:03
4		255	Karen Di Quinzio	Triple Threat	48:15	5:32	26:06	31:37	16:39
5		263	Eliza Penner		49:42	7:57	28:57	36:53	12:49
6		259	Karen Kowalchuk	Triple Threat	50:09	7:01	27:37	34:38	15:32
7		254	Rebecca De-Vehr		50:19	6:47	30:26	37:12	13:08
8		290	Dawna Houle		53:03	8:38	29:17	37:55	15:09

9		264	Karol Rogers		53:22	6:44	30:13	36:57	16:25
10		266	Nancy Ross		56:15	5:40	33:50	39:29	16:46
11		252	Kyla Bunkowsky		57:11	7:59	32:35	40:34	16:38
12		253	Zoe Campbell		1:02:54	7:05	37:21	44:25	18:29
13		265	Kaela-Mae Rose		1:03:19	7:03	36:58	44:00	19:19
14		284	Eloise Freitas		1:04:42	6:29	36:24	42:53	21:49
15	DNF	270	Karen Tweed			5:04			

Male Try-A-Tri

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		289	Joel Braun		41:48	5:57	23:01	28:58	12:51
2		261	David Pankratz		42:07	5:20	25:25	30:44	11:23
3		271	Ben Welsh		42:55	5:20	24:19	29:38	13:17
4		260	Jamison Lonergan		42:55	6:15	25:08	31:23	11:33
5		286	Joseph Gopez	Sulong	43:50	6:37	23:40	30:16	13:34
6		269	Cory Troia		45:00	6:22	25:42	32:03	12:57
7		288	Finn Rachul		46:51	5:59	27:46	33:45	13:07
8		285	Matt Joss		47:47	6:31			
9		256	Brendan Fast		49:00	7:09	29:20	36:28	12:32
10		262	Raul Paragas		51:23	9:12	28:39	37:51	13:33
11		287	Chris Spelmer		53:40	8:30	30:16	38:45	14:55
12		258	Brad Klassen		54:12	6:35	29:32	36:07	18:06

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

Female Do-A-Du

Place	Note	Number	Name	Club	Time	Run1	Bike	Run+bik	Run2
1		278	Kathaline Prémont		46:12	6:21			
2		275	Lori Dyck	Junk Yard Dogs	52:39	6:20	29:54	36:13	16:26
3		273	Angel Budge		54:28	6:55	30:08	37:03	17:25
4		280	Randi Allary		55:00	7:30			
5		282	Elsie-Ann Hogue		1:02:26	7:32	35:33	43:04	19:22
6		281	Aleita Filion		1:05:08	7:33	40:42	48:15	16:54
7		277	Jo-Anne Yuskin	Triple Threat	1:07:33	9:00	35:45	44:44	22:50

Male Do-A-Du

Place	Note	Number	Name	Club	Time	Run1	Bike	Run+bik	Run2
1		279	Anthony Ravier		46:37	6:22	25:24	31:45	14:52
2		276	Ken Silk		50:17	7:27	24:53	32:19	17:59