

OFFICIAL RESULTS



St Malo Triathlon

Race #2 of Triathlon Manitoba's Grand Prix Series

Saturday, June 21, 2014

St Malo Provincial Park

Participants: 249

Weather: 18°C, partly cloudy, winds 14 km/h SE, 77% relative humidity

Water temp: 19°

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

Female 25 to 29 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Nicole Walker	Tribalistic	2:20:29	25:19	1:12:44	1:38:02	42:27
2	Erin Schinkel	Trifactor Triathlon	2:26:18	24:19	1:15:50	1:40:09	46:10
3	Tiffany Plett		3:05:55	34:17	1:34:40	2:08:57	56:59
4	Jennifer Goertzen	Tri Mb	3:21:29	34:21	1:45:25	2:19:45	1:01:44
5	Kassy Bouchard		3:45:22	43:31	1:47:02	2:30:32	1:14:51

Female 30 to 34 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Bernadine Cheguis	Winnipeg Triathlon C	2:36:27	28:34	1:15:02	1:43:36	52:51
2	Ashley Malzahn	Tri Mb	2:37:11	28:11	1:17:10	1:45:21	51:51
3	Tyra Dickson		2:43:13	31:53	1:23:19	1:55:12	48:02
4	Sandra Stephen	Winnipeg Triathlon C	2:47:05	32:41	1:25:47	1:58:27	48:38

Female 35 to 39 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Jane Yardley	Tribalistic	2:30:35	27:21	1:15:46	1:43:06	47:30
2	Stacy Dittmer	A And L	3:01:29	40:00	1:32:03	2:12:03	49:26
3	Pam May	Tri Mb	3:02:18	34:16	1:28:08	2:02:24	59:54
4	Charlene Hiebert	Triple Threat	3:03:14	32:21	1:27:29	1:59:49	1:03:25
5	Agnieszka Gigiel	Triple Threat	3:17:40	38:52	1:36:45	2:15:36	1:02:04

Female 40 to 44 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kim Hodges	Tri Mb	2:27:00	25:50	1:17:22	1:43:11	43:49
2	Lisa Penner	Tri Mb	2:45:34	28:46	1:25:29	1:54:14	51:20
3	Lynne Clark	Tri Mb	2:47:32	28:06	1:26:04	1:54:10	53:22
4	Nicole Trottier	Tri Mb	2:54:09	35:35	1:26:56	2:02:31	51:38
5	Kris Wood	Winnipeg Triathlon C	2:55:14	30:31	1:27:41	1:58:11	57:04
6	Ayn Wilcox	Winnipeg Triathlon C	3:12:17	32:34	1:40:52	2:13:25	58:53
7	Heather Marks	Tri Mb	3:20:16	37:56	1:42:05	2:20:01	1:00:16

Female 45 to 49 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Dawn Huck	Trifactor Triathlon	2:53:01	29:37	1:24:10	1:53:47	59:14
2	Melissa Budd	Winnipeg Triathlon C	3:09:23	35:03	1:39:05	2:14:07	55:17

Female 50 to 54 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Robyn Dicesare	Winnipeg Triathlon C	2:56:33	33:39	1:30:03	2:03:42	52:52
2	Christine Van Der Hoek		2:58:37	33:01	1:24:38	1:57:39	1:00:59
3	Linda Whitfield	Tri Mb	3:09:00	36:45	1:37:43	2:14:27	54:33
4	Lee Stewart	Tri Mb	3:14:54	35:13	1:37:28	2:12:41	1:02:14
5	Margaret Kubas	Tri Mb	3:54:10	36:37	1:54:59	2:31:36	1:22:35
6	Denise Pauls		3:54:12	41:16	1:58:27	2:39:42	1:14:31

Female 55 to 59 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kate Okany	Triple Threat	2:37:28	26:11	1:22:32	1:48:42	48:47
2	Barb Moffatt	Junk Yard Dogs	2:58:58	36:13	1:28:37	2:04:49	54:09
3	Jan Hawkins		3:01:25	33:33	1:28:11	2:01:44	59:42
4	Nicole Mercier	Tri Mb	3:16:02	32:32	1:33:27	2:05:58	1:10:04

Male 18 to 24 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Blake MacKay	Tri Mb	2:12:06	24:02	1:05:42	1:29:43	42:23
2	Alex Mielke	Winnipeg Triathlon C	2:13:15	22:07	1:08:44	1:30:50	42:25
3	Brendan Cade		2:36:33	29:42	1:12:44	1:42:25	54:08
4	Thomas Hall		2:48:06	32:36	1:21:51	1:54:27	53:40
5	Luke Love	Tri Mb	2:52:32	29:26	1:30:25	1:59:50	52:42
6	Jeff Gustafson		3:11:32	39:41	1:39:43	2:19:24	52:09
7	Shawn Wickens	Tri Mb	3:17:03	36:56	1:39:48	2:16:43	1:00:21

Male 25 to 29 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Davis Sohor		2:17:51	24:46	1:04:30	1:29:15	48:36
2	Grant Warkentin	Tri Mb	2:24:40	24:54	1:11:35	1:36:28	48:13
3	Mike Nichol		2:36:38	31:16	1:21:37	1:52:53	43:46
4	Rick Duha		2:37:27	29:18	1:18:54	1:48:11	49:16
5	Dale Martens		2:42:07	43:52	1:30:10	2:14:02	28:06
6	Leigh Fischer	Tri Mb	3:15:01	38:02	1:27:30	2:05:31	1:09:31

Male 30 to 34 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Rich Dreger	Tri Mb	2:15:15	27:52	1:06:06	1:33:57	41:18
2	Joshua Ruby		2:31:43	29:10	1:15:34	1:44:43	47:00
3	Scott Kemp		2:41:27	29:27	1:22:51	1:52:17	49:10
4	Tim Zurbriggen	Winnipeg Triathlon C	2:45:15	39:54	1:18:41	1:58:35	46:40
5	Rowland Hayward		2:51:37	32:45	1:26:58	1:59:43	51:55
6	Mark Loewen	Tri Mb	2:52:16	32:26	1:30:29	2:02:55	49:22
7	Matt Wieler		2:57:53	27:40	1:26:05	1:53:44	1:04:09

Male 35 to 39 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Charles Kostyk	Winnipeg Triathlon C	2:11:46	24:44	1:07:57	1:32:40	39:07
2	Super Dave Lipchen	Windburn Triathlon T	2:13:48	24:15	1:07:36	1:31:50	41:58
3	Scott Watson	Winnipeg Triathlon C	2:22:49	30:14	1:09:07	1:39:21	43:29

4	John Power	Trifactor Triathlon	2:27:06	31:26	1:16:00	1:47:26	39:41
5	Darren Baldock	Tri Mb	2:36:00	27:49	1:19:32	1:47:21	48:39
6	Daniel Mitchell		2:38:41	31:41	1:21:24	1:53:04	45:37
7	Andrew Arlt	Tri Mb	2:57:26	39:51	1:25:03	2:04:53	52:33

Male 40 to 44 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Juan Pablo Appendino	Tri Mb	2:08:35	22:05	1:05:26	1:27:30	41:05
2	Jeff Morier	Tri Mb	2:15:42	21:38	1:09:15	1:30:52	44:50
3	Chris Westdal		2:18:05	24:13	1:11:41	1:35:53	42:12
4	Dan McCaughan	Trifactor Triathlon	2:32:20	29:28	1:14:56	1:44:23	47:57
5	Jj Ross	Tri Mb	2:38:28	28:25	1:22:06	1:50:30	47:58
6	Travis Jensen	Tri Mb	2:40:02	32:16	1:20:17	1:52:32	47:30
7	Dwayne Olson	T3 Triathlon Club	2:42:26	28:49	1:17:58	1:46:47	55:40
8	Corrado D'Antonio	Winnipeg Triathlon C	2:47:47	32:30	1:22:57	1:55:27	52:21
9	Dave Wood	Winnipeg Triathlon C	2:53:13	27:48	1:18:59	1:46:46	1:06:27
10	Craig Stephen	Winnipeg Triathlon C	2:55:05	27:34	1:32:04	1:59:37	55:28
11	Craig White	Winnipeg Triathlon C	3:00:31	34:43	1:28:48	2:03:31	57:01

Male 45 to 49 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Glen Duizer	Tri Mb	2:28:44	28:03	1:16:01	1:44:03	44:42
2	Philippe Chabot		2:29:49	24:42	1:14:05	1:38:46	51:03
3	Craig Finlay		2:31:47	23:59	1:15:04	1:39:03	52:44
4	Michael Klatt	Triple Threat	2:40:33	29:41	1:18:12	1:47:53	52:41
5	Dave Foley	Junk Yard Dogs	2:44:32	26:34	1:21:53	1:48:27	56:06
6	Robert Duncan	Tri Mb	2:44:34	32:05	1:20:04	1:52:09	52:26
7	Darryl Ross	Westman Triumphs	2:57:45	29:26	1:20:33	1:49:59	1:07:47
8	Tom Wiebe	3rd Wave Tri Club	3:12:15	34:10	1:25:16	1:59:26	1:12:50
9	Peter Adams	T3 Triathlon Club	3:16:36	43:52	1:35:58	2:19:50	56:47

Male 50 to 54 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Tom Naylor	Tri Mb	2:26:12	25:59	1:15:31	1:41:29	44:43
2	Andrew Loughead		2:30:33	25:17	1:20:18	1:45:34	44:59
3	George Corbett	Tri Mb	2:31:12	25:44	1:14:45	1:40:29	50:44

4	Martin Krowina	Tri Mb	2:35:39	30:20	1:22:18	1:52:37	43:02
5	Dale Bigelow	Tri Mb	2:39:52	28:18	1:16:02	1:44:20	55:32
6	Carl Rohringer		2:41:24	31:22	1:15:43	1:47:04	54:21
7	Raul Perez	Tri Mb	2:58:12	34:56	1:30:28	2:05:24	52:49
8	Kelly Beckman		3:15:01	39:46	1:35:25	2:15:11	59:51
9	Ralph Kuhn			33:38	1:37:20	2:10:57	

Male 55 to 59 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Tom Okany	Triple Threat	2:23:29	27:26	1:12:58	1:40:23	43:07
2	Neil Ferguson	Tri Mb	2:28:11	25:55	1:12:27	1:38:22	49:49
3	Dennis Engel	Tribalistic	2:46:22	26:04	1:26:31	1:52:35	53:48
4	John Blyth	Westman Triumphs	2:50:09	37:14	1:19:21	1:56:34	53:35
5	Fern Berard	Winnipeg Triathlon C	3:10:04	36:04	1:30:29	2:06:33	1:03:31
6	Dinu Paraschiv	Winnipeg Triathlon C	3:12:13	35:55	1:38:42	2:14:36	57:37

Male 60 to 64 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Don Webb	Tri Mb	3:01:47	36:14	1:27:25	2:03:38	58:09

Male 70 and Over Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Jim Anderson	Tri Mb	3:24:39	45:19	1:33:11	2:18:29	1:06:10

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

Female 16 to 19 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Emily Unger	Mntc	1:21:37	12:00	42:26	54:25	27:12
2	Carrie Bergen	A And L	1:31:59	16:22	47:42	1:04:04	27:55
3	Kalynn Wood	Winnipeg Triathlon C	1:42:24	15:51	51:04	1:06:55	35:30

Female 20 to 24 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kaitlyn Wiens	Windburn Triathlon T	1:21:48	13:50	42:17	56:06	25:43
2	Stacey Janssen	Tri Mb	1:41:12	19:45	54:22	1:14:07	27:06
3	Rachele Bosc		1:45:06	19:50	56:00	1:15:50	29:17

Female 25 to 29 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Robyn Wiebe	Tri Mb	1:27:01	16:05	45:09	1:01:13	25:49
2	Nadia Marion	Tri Mb	1:29:56	14:45	49:17	1:04:01	25:55
3	Nicole Lester		1:34:46	17:22	49:42	1:07:04	27:42
4	Kelsey Giesbrecht	T3 Triathlon Club	1:38:44	16:57	50:33	1:07:30	31:15
5	Samantha Janes	Tri Mb	1:39:12	18:59	50:08	1:09:06	30:07
6	Carly Gallinger	Tri Mb	1:39:13	16:49	52:17	1:09:05	30:08
7	Amanda Kletke-Neufeld	Triple Threat	1:49:33	19:03	50:28	1:09:30	40:03

Female 30 to 34 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Heather McDonell	Triple Threat	1:19:49	14:59	41:25	56:24	23:25
2	Jenny Hall	Winnipeg Triathlon C	1:31:13	15:15	45:36	1:00:50	30:23
3	Maria Arlt		1:32:01	18:55	47:01	1:05:55	26:06
4	Jennifer McKinnon	A And L	1:34:50	16:39	47:36	1:04:15	30:35
5	Heather Janzen	3rd Wave Tri Club	1:39:44	21:08	48:11	1:09:19	30:25

6 Samara Ebanks Tri Mb 1:57:48 24:35 59:03 1:23:38 34:11

Female 35 to 39 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Loretta Kulchycki	Tri Mb	1:25:02	15:50	43:17	59:06	25:57
2	Cheryl Adam	Triple Threat	1:26:54	18:26	44:22	1:02:48	24:07
3	Kimberly Enns		1:30:19	16:07	49:09	1:05:15	25:05
4	Leanne Nause	3rd Wave Tri Club	1:32:34	16:42	44:48	1:01:29	31:06
5	Kristina Pizzi	Tri Mb	1:42:55	17:17	50:47	1:08:03	34:52
6	Jessica Beck	Tri Mb	1:43:08	17:07	54:24	1:11:31	31:38
7	Lisa Stewart	Tri Mb	1:43:20	20:40	50:02	1:10:41	32:39
8	Dawn Runke		1:47:45	17:16	53:39	1:10:55	36:50
9	Daidre Shedden		1:48:36	17:24	56:39	1:14:02	34:34
10	Shannan Gradt	Tri Mb	1:49:37	19:45	54:19	1:14:04	35:34
11	Sarah Gilchrist	Tri Mb	1:50:33	17:43	54:52	1:12:34	38:00
12	Rebekah Peters		1:53:42	21:45	53:51	1:15:35	38:08
13	Allison Reville	Westman Triumphs	1:58:44	14:23	1:12:09	1:26:31	32:14

Female 40 to 44 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Christa Rusk	Triple Threat	1:16:14	14:57	37:18	52:14	24:01
2	Katy Walsh	Tri Mb	1:29:23	15:55	46:33	1:02:28	26:55
3	Lauri Vanheyst	Tri Mb	1:42:47	19:12	51:19	1:10:31	32:17
4	Dawna Atamanchuk	Triple Threat	1:45:14	17:22	54:27	1:11:49	33:26
5	Sandra Bains		1:49:27	20:31	55:06	1:15:37	33:51

Female 45 to 49 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Ruth Horne	Triple Threat	1:25:27	11:17	47:17	58:33	26:54
2	Robin Veldkamp		1:28:52	15:59	44:59	1:00:58	27:54
3	Diane Mae Boychuk	T Three	1:34:17	15:57	46:54	1:02:51	31:26
4	Wendy Tilbury	Tri Mb	1:35:23	17:28	49:49	1:07:16	28:07
5	Nelleke Vandervliet		1:36:15	22:01	48:20	1:10:20	25:56
6	Sandi Goertzen	Triple Threat	1:40:26	16:15	48:25	1:04:40	35:47
7	Shelley Ganske	Tri Mb	1:46:24	15:28	53:18	1:08:46	37:38
8	Patrice Miniely		1:54:15	22:37	58:07	1:20:43	33:32

9	Bonnie McKissock	T3 Triathlon Club	1:55:58	18:47	56:16	1:15:03	40:55
10	Janet Macaulay		2:25:08	20:59	1:12:12	1:33:10	51:58

Female 50 to 54 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Gerry Borus	Triple Threat	1:33:39	17:15	45:34	1:02:48	30:51
2	Lesley Welwood	Tri Mb	1:38:01	17:51	45:32	1:03:23	34:39
3	Debbie Barnes	T3 Triathlon Club	1:42:32	16:55	48:11	1:05:06	37:27

Female 65 to 69 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Lana Marcine	Kenora Borealis	1:46:45	17:18	54:06	1:11:23	35:22

Male 16 to 19 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Quinn Desrochers	Windburn Triathlon T	1:07:50	11:40	35:58	47:38	20:12
2	Adam Naylor	Windburn Triathlon T	1:08:28	9:56	38:14	48:09	20:20
3	Morgan Yarish	Mntc	1:10:36	11:25	40:11	51:35	19:01
4	Lucas Roy	Windburn Triathlon T	1:12:22	13:18	38:19	51:37	20:46
5	Luc Fournier	Windburn Triathlon T	1:13:20	11:30	38:42	50:12	23:09
6	Brett Foley	Junk Yard Dogs	1:14:14	12:01	39:13	51:13	23:01
7	Joey Simms	Tri Mb	1:17:47	15:21	40:56	56:16	21:32

Male 20 to 24 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Riley Unger	Windburn Triathlon T	1:04:19	10:07	35:16	45:22	18:57
2	Tyler Wirch	A And L	1:12:44	13:59	34:18	48:16	24:28

Male 25 to 29 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Clayton Heppner	Westman Triumphs	1:06:48	12:59	33:22	46:21	20:28
2	Nathan Anderson		1:27:27	16:12	49:46	1:05:58	21:30
3	Kaylan Rae	Junk Yard Dogs	1:36:09	16:51	53:19	1:10:09	26:00
4	Jordie Skinner	3rd Wave Tri Club	1:38:47	21:57	50:15	1:12:11	26:37
5	Kevin Dyck		1:41:51	18:37	49:04	1:07:41	34:10
6	Nicholas Kozalk	Tri Mb	1:42:01	16:30	53:08	1:09:37	32:24
7	Jarret McKinnon	A And L	1:44:33	27:16	46:07	1:13:22	31:12
8	Coltyn Voth	Tri Mb	1:45:05	16:37	50:09	1:06:46	38:19

Male 30 to 34 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Raymond Avanthay	Tri Mb	1:06:24	12:10	33:29	45:38	20:47
2	Taren Gesell	Tribalistic Triathlo	1:07:56	11:28	35:15	46:43	21:13
3	Kevin Earl	3rd Wave Tri Club	1:10:09	12:07	36:17	48:24	21:45
4	Tyler Buffie	Tri Mb	1:14:01	12:28	38:07	50:35	23:27
5	Louw Greyling	3rd Wave Tri Club	1:21:08	14:42	39:28	54:10	26:58
6	Kevin Haiko	Tri Mb	1:23:04	16:14	42:53	59:06	23:58
7	David Martens	3rd Wave Tri Club	1:28:56	16:47	39:02	55:49	33:08

Male 35 to 39 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Richard Cormier	Tri Mb	1:15:11	14:28	37:39	52:07	23:04
2	Mark Kulchycki	Tri Mb	1:17:24	15:31	38:19	53:50	23:34
3	Jimmy Carambetsos	Tri Mb	1:17:39	15:01	38:53	53:53	23:46
4	Romel Marquez	Triple Threat	1:19:31	16:03	39:00	55:03	24:29
5	Christopher Mellen	Triathlon Manitoba	1:21:08	14:51	42:09	57:00	24:08
6	Patrick Visser	Tri Mb	1:22:04	14:28	42:46	57:13	24:51
7	Curtis Nichol		1:22:12	15:28	44:59	1:00:27	21:46
8	Scott Suski		1:24:39	15:30	43:21	58:50	25:49
9	Martin Enzlberger	Winnipeg Triathlon C	1:25:02	16:32	43:11	59:43	25:20
10	Brent Wilkinson		1:25:16	16:06	44:57	1:01:02	24:14
11	Christopher Wood		1:30:54	16:11	45:12	1:01:22	29:32
12	Jim Fraser		1:36:20	16:40	49:02	1:05:41	30:40
13	Norman Garcia	Sulong Triathlon Gro	1:43:55	21:41	49:47	1:11:27	32:28

14 Kris Watts Tri Mb 1:45:55 17:10 54:38 1:11:47 34:08

Male 40 to 44 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Jason Zinko	Westman Triumphs	1:16:37	13:38	38:52	52:30	24:07
2	Chris Schrader	Tribalistic	1:17:13	15:56	40:00	55:55	21:18
3	Craig Erb		1:19:45	15:53	41:23	57:16	22:30
4	Grant McMillan	Tri Mb	1:25:17	16:55	40:37	57:31	27:47
5	Michael Sigurdson	None	1:25:27	15:51	43:46	59:37	25:51
6	David Vanheyst	Tri Mb	1:26:47	19:12	42:30	1:01:42	25:06
7	Stephane Regis	Tri Mb	1:31:05	16:43	44:04	1:00:46	30:19
8	Scott Meakin	Tri Mb	1:31:46	16:59	47:06	1:04:04	27:42
9	Chris Starke	Tri Mb	1:37:14	16:30	49:46	1:06:15	31:00
10	Jim Foulkes		1:38:01	19:16	48:15	1:07:30	30:31
11	Tom Connon	Tri Mb	1:44:49	21:58	54:02	1:16:00	28:50

Male 45 to 49 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Richard Rusk	Triple Threat	1:11:10	13:03	34:59	48:01	23:10
2	Daniel Bezte	Tri Mb	1:16:16	12:28	40:16	52:44	23:33
3	Ward Forsen	Tri Mb	1:18:01	13:11	38:33	51:44	26:18
4	Jeff Tilbury	Tri Mb	1:18:06	14:13	37:14	51:26	26:40
5	Jeff Brooks	Tri Mb	1:18:28	13:53	38:31	52:24	26:04
6	Quinn Dykstra	Tri Mb	1:20:08	16:11	42:10	58:21	21:48
7	Kevin Read	Triple Threat	1:21:02	13:47	41:43	55:30	25:32
8	Scott Jardine	A And L	1:31:25	13:30	48:16	1:01:46	29:39
9	Darren Reimer	Tri Mb	1:35:36	17:55	44:16	1:02:11	33:26
10	Hendrik Herfst	Winnipeg Triathlon C	1:39:34	25:37	47:56	1:13:32	26:02
11	Corey Pratte		2:02:25	29:38	52:04	1:21:42	40:44
12	Warren Sigfusson	Winnipeg Triathlon C	2:10:53	21:06	1:03:30	1:24:36	46:18

Male 50 to 54 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Doug Robinson	Triple Threat	1:21:09	13:52	42:03	55:54	25:16
2	Bob Meakin	3rd Wave Tri Club	1:28:19	15:50	45:56	1:01:46	26:34
3	Ross Veldkamp		1:34:38	16:53	45:35	1:02:28	32:10

4	Brad Collignon	Tri Mb	1:35:47	17:35	49:08	1:06:43	29:05
5	Shaun Fraser		1:42:33	20:24	51:38	1:12:02	30:32

Male 55 to 59 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kenneth Young	Tri Mb	1:26:12	15:10	42:38	57:48	28:24
2	Allen Cuthbert	Junk Yard Dogs	1:48:35	18:42	53:25	1:12:06	36:29

Male 60 to 64 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Al Stewart	Tribalistic	1:22:39	14:37	42:08	56:45	25:54
2	Lyle Rance	Winnipeg Triathlon C	1:36:19	17:14	47:36	1:04:50	31:29
3	John Gray	Winnipeg Triathlon C	1:38:51	18:47	51:37	1:10:24	28:28

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

Female Sprint Duathlon

Place	Name	Club	Time	Run1	Bike	Run+bik	Run2
1	Megan Banman	3rd Wave Tri Club	1:22:08	12:50	44:33	57:23	24:46
2	Nancy Kroupa	Tri Mb	1:24:37	12:36	43:22	55:58	28:39
3	Aileen Smith	Tri Mb	1:29:27	13:22	47:18	1:00:39	28:48
4	Tamara Miller	Tri Mb	1:33:46	14:48	48:55	1:03:42	30:05
5	Mona Forsen	Tri Mb	1:37:20	15:12	49:35	1:04:47	32:34
6	Ramona Rohringer		1:45:51	16:09	54:26	1:10:35	35:17

Male Sprint Duathlon

Place	Name	Club	Time	Run1	Bike	Run+bik	Run2
1	Colin Sibilleau	3rd Wave Tri Club	1:11:16	11:11	37:15	48:26	22:51
2	Randall Holm	Tri Mb	1:24:58	13:17	43:56	57:12	27:47
3	Raul Paragas		1:25:27	12:30	46:14	58:43	26:44
4	Rob Reville	Westman Triumphs	1:27:26	12:39	47:11	59:50	27:37
5	Travis Smith	Tri Mb	1:35:33	13:21	45:21	58:42	36:51

Try-a-Tri – 300m swim + 20km bike + 2.5km run

Female Tri-A-Tri

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Wendy Sauer	Tri Mb	1:16:17	9:22	49:32	58:54	17:24
2	Cindy Swaine	Triple Threat	1:16:51	7:14	50:32	57:46	19:06
3	Heather Ring	Tri Mb	1:18:08	7:28	54:40	1:02:08	16:00
4	Beth Visser	Tri Mb	1:28:59	7:20	59:50	1:07:10	21:50
5	Bethany Zacharias		1:33:08	7:49	1:05:48	1:13:37	19:32
6	Nancy Eidse		1:35:49	10:51	1:03:10	1:14:01	21:49
7	Becky Zacharias		1:35:59	6:20	1:07:40	1:13:59	22:00
8	Kristin Purdy		1:38:08	8:08	1:12:04	1:20:12	17:57
9	Deborah Zacharias		1:44:39	10:57	1:13:42	1:24:39	20:00
10	Katrina Zacharias		1:46:04	8:55	1:18:44	1:27:39	18:25

Male Tri-A-Tri

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	John Neufeld	Triple Threat	57:52	6:37	39:36	46:13	11:39
2	Jason Camapbell	Tri Mb	1:19:01	6:00	57:54	1:03:54	15:07
3	Phillip Duncan	Tri Mb	1:30:22	7:31	1:08:22	1:15:53	14:30
4	Brett Purdy		1:38:08	8:06	1:12:10	1:20:15	17:53

Try-a-Du – 2.5k run + 20km bike + 2.5km run

Female Tri-A-Du

Place	Name	Club	Time	Run1	Bike	Run+bik	Run2
=====	=====	=====	=====	=====	=====	=====	=====
1	Diane Borges	Tri Mb	1:18:07	14:14	48:08	1:02:22	15:46
2	Sylvie Desmarais		1:31:05	16:49	56:30	1:13:18	17:47
3	Sanylle Middleton		1:34:49	13:33	1:07:44	1:21:16	13:33
4	Christine Lafantaisie		1:40:35	16:47	1:04:31	1:21:17	19:18

Male Tri-A-Du

Place	Name	Club	Time	Run1	Bike	Run+bik	Run2
=====	=====	=====	=====	=====	=====	=====	=====
1	Shaun Dyck		1:23:38	15:35	52:35	1:08:10	15:29

If you see any mistakes in these results, please contact stmalotri@gmail.com

Thanks to:

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