

# 2015 OFFICIAL RESULTS



# St Malo Triathlon

Race #2 of Triathlon Manitoba's Grand Prix Series

Saturday, June 27, 2015

St Malo Provincial Park

Participants: 275

Weather: 22°C, mostly cloudy, wind 15 km/h S, 73% relative humidity

Water temp: 19°

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

### Female 18 to 24 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Emily Unger	Windburn Triathlon Team	2:50:15	26:40	1:21:44	1:48:23	1:01:52

### Female 30 to 34 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Tyra Dickson		2:48:06	37:17	1:21:18	1:58:35	49:32
2	Maria Arlt		2:54:26	33:00	1:27:42	2:00:41	53:46
3	Jenny Hall	Tribalistic Triathlon Team	2:58:11	32:46	1:25:28	1:58:14	59:57

### Female 35 to 39 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Heather McDonell	Triple Threat Triathlon Team	2:41:37	33:19	1:19:47	1:53:06	48:32
2	Stacey Finch	Trifactor Triathlon Club	2:51:16	32:37	1:31:17	2:03:53	47:23

### Female 40 to 44 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kristen Pauch-Nolin	Tri Mb	2:41:52	32:48	1:18:07	1:50:55	50:58
2	Lisa Penner	Tri Mb	2:43:59	30:30	1:21:46	1:52:16	51:44
3	Christa Rusk	Tri Mb	2:45:23	34:42	1:15:55	1:50:36	54:47
4	Esther Adamson	Winnipeg Triathlon Club	2:52:02	36:19	1:23:47	2:00:06	51:56
5	Heather Marks	Tri Mb	3:18:37	43:16	1:34:58	2:18:14	1:00:23
6	Dawna Atamanchuk	Triple Threat Triathlon Team	3:30:40	33:55	1:47:05	2:20:59	1:09:41

Female 45 to 49 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Cynthia Menzies	Winnipeg Triathlon Club	2:44:21	32:52	1:21:49	1:54:41	49:41
2	Lynne Clark	Tri Mb	2:46:05	30:28	1:23:14	1:53:41	52:24
3	Ayn Wilcox	Winnipeg Triathlon Club	2:57:07	35:05	1:23:43	1:58:47	58:20
4	Carolyn Rempel	Tri Mb	3:10:10	44:50	1:38:10	2:22:59	47:11
5	Angie Wittmann	Tri Mb	3:57:25	38:11	2:03:38	2:41:48	1:15:37

Female 50 to 54 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Robyn Dicesare	Winnipeg Triathlon Club	2:58:37	39:08	1:24:48	2:03:56	54:41
2	Lee Stewart	Winnipeg Triathlon Club	3:08:42	38:06	1:30:19	2:08:25	1:00:18
3	Lesley Welwood	Winnipeg Triathlon Club	3:20:50	43:25	1:31:45	2:15:09	1:05:42

Female 55 to 59 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kate Okany	Triple Threat Triathlon Team	2:43:01	29:24	1:23:14	1:52:38	50:24
2	Barb Moffatt	Junk Yard Dogs Cycling Club	2:53:19	36:24	1:25:48	2:02:11	51:08
3	Jan Hawkins		2:58:58	35:02	1:26:38	2:01:40	57:18

Female 60 to 64 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Nicole Mercier	Tri Mb	3:16:25	35:58	1:32:34	2:08:31	1:07:54
2	Wanda Mathers	Winnipeg Triathlon Club		45:55			

Male 18 to 24 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Riley Unger	Windburn Triathlon Team	2:11:57	23:36	1:07:49	1:31:24	40:33
2	Alex Mielke	Winnipeg Triathlon Club	2:16:29	25:04	1:09:36	1:34:39	41:50
3	Tyler Wirch	A And L	2:23:18	27:36	1:06:04	1:33:39	49:40
4	Justin Evenden	Tri Mb	2:24:01	29:23	1:08:54	1:38:17	45:44
5	Jeff Gustafson		3:19:20	39:38	1:35:43	2:15:21	1:04:00

Male 25 to 29 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Grant Warkentin		2:18:44	26:18	1:07:07	1:33:24	45:20

Male 30 to 34 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Justin Rivard	Tri Mb	2:54:04	33:36	1:24:21	1:57:57	56:07
2	Chad Willis	Tri Mb	3:08:49	34:14	1:31:33	2:05:46	1:03:04

Male 35 to 39 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Derek Eidse	Trifactor Triathlon Club	2:19:02	25:55	1:08:59	1:34:53	44:09
2	John Power	Trifactor Triathlon Club	2:22:37	32:32	1:12:07	1:44:39	37:59
3	Daniel Mitchell		2:45:14	35:35	1:23:16	1:58:51	46:24
4	Mark Loewen	Tri Mb	2:50:29	34:50	1:28:08	2:02:58	47:31
5	Mike Lees	Winnipeg Triathlon Club	3:13:07	32:50	1:28:12	2:01:02	1:12:05
6	Russ Klassen		3:16:51	41:54	1:27:18	2:09:12	1:07:40
7	Norman Garcia	Sulong Triathlon Group	3:18:45	44:45	1:31:14	2:15:59	1:02:47

Male 40 to 44 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Juan Pablo Appendino	Tri Mb	2:09:07	23:39	1:05:35	1:29:14	39:54
2	Justin Rempel		2:15:39	26:51	1:07:32	1:34:22	41:18
3	Craig Erb	T3 Triathlon Club	2:31:32	34:05	1:12:19	1:46:23	45:09
4	Iwan Levin	A And L	2:31:54	25:07	1:18:42	1:43:48	48:06
5	Craig Stephen	Winnipeg Triathlon Club	2:48:18	30:29	1:22:13	1:52:42	55:37
6	Stephane Regis	Tri Mb	2:50:11	39:34	1:10:23	1:49:57	1:00:14
7	Craig White	Winnipeg Triathlon Club	2:55:32	37:27	1:24:06	2:01:33	54:00

Male 45 to 49 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Ward Forsen	Tribalistic Triathlon Team	2:25:57	26:52	1:09:42	1:36:34	49:23
2	Glen Duizer	Tri Mb	2:29:34	29:06	1:17:07	1:46:13	43:21
3	Robert Duncan	Tri Mb	2:39:41	34:56	1:11:59	1:46:55	52:47
4	Dave Foley	Junk Yard Dogs Cycling Club	2:41:15	28:41	1:20:03	1:48:44	52:31
5	Scott Munn		2:46:30	31:06	1:23:04	1:54:09	52:22
6	Scott Braun	Tri Mb	2:49:18	35:27	1:21:03	1:56:29	52:50
7	Jimmy Anis	Sulong Triathlon Group	2:53:51	50:45	1:18:36	2:09:21	44:30
8	Martin Enzlberger	Winnipeg Triathlon Club	2:55:19	36:15	1:27:33	2:03:48	51:31
9	Peter Adams	T3 Triathlon Club	3:15:04	45:24	1:34:37	2:20:01	55:03

Male 50 to 54 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Andrew Loughead		2:19:02	26:36	1:10:33	1:37:08	41:55
2	George Corbett	Tri Mb	2:28:26	28:00	1:11:14	1:39:14	49:12
3	Robert Smith	Tri Mb	2:51:53	36:12	1:14:20	1:50:31	1:01:23
4	Edward Willmott		2:56:47	38:00	1:18:10	1:56:09	1:00:38
5	Pascal Gariepy	T3 Triathlon Club	3:02:37	34:58	1:27:06	2:02:04	1:00:34
6	David Fielder	Winnipeg Triathlon Club	3:13:25	45:45	1:31:58	2:17:43	55:43

Male 55 to 59 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Tom Okany	Triple Threat Triathlon Team	2:25:08	29:15	1:13:30	1:42:45	42:24
2	Dennis Engel	Tribalistic Triathlon Team	2:34:24	28:49	1:14:47	1:43:35	50:49
3	Dale Bigelow	Tri Mb	2:39:43	31:23	1:15:29	1:46:52	52:52
4	Murray Stewart	Tri Mb	2:43:28	34:44	1:16:12	1:50:56	52:33
5	Scott Thomson	T3 Triathlon Club	2:47:55	32:52	1:18:53	1:51:45	56:10
6	John Blyth	Westman Triumphs Endurance Spo	2:49:03	38:58	1:15:37	1:54:34	54:29
7	Scott Crockett		2:49:03	38:58	1:18:45	1:57:42	51:21
8	Brian Culligan	Tri Mb	2:49:41	37:48	1:21:12	1:59:00	50:42
9	Dinu Paraschiv	Winnipeg Triathlon Club	3:13:14	44:40	1:32:57	2:17:37	55:38
10	Grant Unger	Tri Mb		33:46			

Male 60 to 64 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Sheldon Reynolds	Tri Mb	2:33:49	32:41	1:14:08	1:46:49	47:00
2	Don Webb	Tri Mb	3:04:15	41:00	1:25:16	2:06:15	58:01

Male 65 to 69 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	John Sawchuk	Tri Mb	2:54:14	33:22	1:28:00	2:01:21	52:54

Male 70 and Over Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Jim Anderson	Tri Mb	3:38:24	48:59	1:35:57	2:24:56	1:13:29

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

Place	Team Name	Time	Swim	Bike	Sw+bike	Run
1	Vivacity Fitness	3:36:36	48:36	1:36:31	2:25:06	1:11:30

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

### Female 16 to 19 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kyla Roy	Mntc	1:07:11	11:01	36:52	47:53	19:18
2	Payton Ryz	Mntc	1:08:19	11:52	36:46	48:38	19:42
3	Caitlyn Roy	Mntc	1:13:05	12:07	38:42	50:48	22:18
4	Ashlyn Cortvriendt	Tri Mb	1:13:34	11:10	39:48	50:58	22:37
5	Madeleine Dupuis	Tri Mb Youth Team	1:14:31	13:20	37:55	51:14	23:18
6	Claire Healey	Mntc	1:16:31	12:25	41:15	53:40	22:51
7	Mhari Anhony	Trifactor Triathlon Club	1:43:59	16:40	53:19	1:09:59	34:01

### Female 20 to 24 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kaitlyn Wiens	Windburn Triathlon Team	1:19:48	13:25	41:26	54:51	24:58
2	Carrie Bergen	A And L	1:26:53	16:49	45:09	1:01:58	24:56
3	Raelene Sawatzky-Dyck	A And L	1:33:25	20:37	45:09	1:05:45	27:40
4	Kalynn Wood	Winnipeg Triathlon Club	1:36:03	18:03	47:53	1:05:56	30:08
5	Kailee Stewart	Tri Mb	1:44:56	19:10	53:37	1:12:46	32:10
6	Rachele Bosc		1:48:56	22:25	56:10	1:18:35	30:22
7	Milana Schipper		1:52:09	23:51	58:04	1:21:55	30:15

### Female 25 to 29 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Ariane Morissette	Tri Mb	1:27:50	15:21	46:26	1:01:46	26:05
2	Robyn Wiebe	3rd Wave Tri Club	1:29:14	17:18	44:31	1:01:49	27:26
3	Alison Kirk	A And L	1:31:28	17:38	44:51	1:02:28	29:00
4	Myriam Lumgair		1:36:59	19:17	46:30	1:05:46	31:13

### Female 30 to 34 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Ashley Malzahn		1:16:15	14:45	38:05	52:49	23:27
2	Amory Steek	Tribalistic Triathlon Team	1:26:57	16:15	45:46	1:02:01	24:57
3	Jasmine Bohemier		1:36:26	20:00	46:29	1:06:28	29:59
4	Megan Kamei	Winnipeg Triathlon Club	1:37:49	19:34	48:02	1:07:36	30:14
5	Amber Mamchuk		1:41:36	17:55	53:15	1:11:10	30:27

6	Kourtney Dell	Winnipeg Triathlon Club	1:45:12	17:36	50:54	1:08:30	36:42
7	Jillian Nichol Gaudet	Tri Mb	1:46:47	23:26	54:20	1:17:46	29:02
8	Annie Macgregor		1:51:12	23:02	55:23	1:18:25	32:47
9	Laura Wesenberg	Winnipeg Triathlon Club		17:02			

Female 35 to 39 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Chantal Givens	Mntc	1:15:10	15:42	38:33	54:14	20:57
2	Ruth-Anne Penner	Triple Threat Triathlon Team	1:29:24	18:29	42:15	1:00:43	28:42
3	Pam May		1:31:11	18:10	44:14	1:02:24	28:47
4	Jessica Beck	Tri Mb	1:35:36	18:21	49:18	1:07:38	27:58
5	Nancy Rowsell		1:36:27	16:02	52:17	1:08:18	28:09
6	Kristina Pizzi		1:39:04	17:45	49:07	1:06:52	32:12
7	Allison Reville	Westman Triumphs Endurance Spo	1:39:21	16:13	51:12	1:07:25	31:56
8	Sonja Bridges	T3 Triathlon Club	1:41:05	20:09	48:50	1:08:58	32:07
9	Dawn Runke	None	1:43:38	19:23	47:48	1:07:11	36:28
10	Daidre Shedden		1:46:53	19:02	53:41	1:12:43	34:10
11	Keri Beauchamp		1:51:19	23:05	55:21	1:18:25	32:54
12	Alecia Richards	None	2:01:41	23:35	58:26	1:22:01	39:40
13	Stephanie Wiens		2:07:37	25:01	1:01:45	1:26:45	40:52

Female 40 to 44 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Sherry Penner	Tri Mb	1:25:19	17:42	44:11	1:01:53	23:27
2	Stefanie Krochak	Trifactor Triathlon Club	1:28:49	18:59	44:06	1:03:05	25:45
3	Anne Barkman	Tri Mb	1:31:09	17:54	46:34	1:04:27	26:43
4	Marie-Claude McDonald	Tri Mb	1:37:22	21:36	49:17	1:10:52	26:30
5	Heather Ring	Tri Mb	1:38:50	19:58	48:59	1:08:56	29:54
6	Sandra Bains		1:42:25	21:09	48:55	1:10:03	32:22
7	Patricia Caetano	Tri Mb	1:43:01	23:45	48:19	1:12:04	30:57
8	Donna Campbell		1:48:55	23:01	50:13	1:13:14	35:42
9	Elaine Beaudoin		1:51:37	24:18	59:06	1:23:24	28:14
10	Nichole Lees	Winnipeg Triathlon Club	1:55:13	21:09	48:59	1:10:07	45:06
11	Pamela Barr		1:59:19	22:03	53:50	1:15:53	43:27

Female 45 to 49 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Dawn Huck	Trifactor Triathlon Club	1:22:29	15:30	41:29	56:59	25:31
2	Nicole Trottier	Tri Mb	1:26:10	17:10	44:20	1:01:29	24:41



3	Lesley E Ball	Trifactor Triathlon Club	1:26:49	13:25	45:28	58:52	27:58
4	Elaine Ross	Winnipeg Triathlon Club	1:29:58	19:19	41:57	1:01:16	28:42
5	Sandi Goertzen	Triple Threat Triathlon Team	1:35:54	18:06	45:39	1:03:44	32:10
6	Wendy Sauer	Tri Mb	1:40:49	21:28	47:24	1:08:52	31:58
7	Kris Driedger	Winnipeg Triathlon Club	1:44:56	23:57	48:29	1:12:26	32:31
8	Lisa Gonzales	Tri Mb	1:46:57	20:26	1:01:04	1:21:30	25:28
9	Bonnie McKissock	T3 Triathlon Club	1:49:28	19:28	51:56	1:11:24	38:05
10	Patrice Miniely		1:54:45	26:05	54:43	1:20:47	33:58
11	Christine Shaw	Tri Mb	2:03:28	26:26	57:58	1:24:24	39:05

Female 50 to 54 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kim Gusdal	Triple Threat Triathlon Team	1:23:03	15:18	41:28	56:46	26:17
2	Marlene Naylor	Tribalistic Triathlon Team	1:26:52	16:29	44:37	1:01:05	25:47
3	Heather Ayres	Tri Mb	1:27:17	15:47	45:35	1:01:21	25:57
4	Patti Makinson	Winnipeg Triathlon Club	1:40:36	17:34	51:31	1:09:04	31:32
5	Debbie Barnes	T3 Triathlon Club	1:42:23	17:11	47:22	1:04:33	37:51
6	Rodica Dragomir	Winnipeg Triathlon Club	1:44:07	23:29	52:12	1:15:41	28:27
7	Margaret Kubas	Tri Mb	1:50:19	19:31	52:03	1:11:34	38:46

Female 55 to 59 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Gerry Borus	Triple Threat Triathlon Team	1:32:55	17:54	45:39	1:03:33	29:23
2	Cathy Gooch	T3 Triathlon Club	1:33:36	17:00	47:20	1:04:20	29:17
3	Kim Ross	Tri Mb	1:35:12	19:07	47:05	1:06:12	29:01
4	Sandra Mulder		1:42:33	18:23	54:24	1:12:47	29:47
5	Melanie Vanderhorst	Winnipeg Triathlon Club	1:50:11	26:07	52:45	1:18:52	31:19
6	Debb Brethauer	Tri Mb	1:51:49	22:05	54:03	1:16:08	35:41

Female 65 to 69 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Lana Marcine	Kenora Borealis Multi-Sport	1:48:39	19:41	51:17	1:10:57	37:42

Male 16 to 19 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Darian Hole	Mntc	1:01:26	10:36	33:22	43:58	17:29
2	Adam Naylor	Windburn Triathlon Team	1:05:55	10:23	36:30	46:52	19:03
3	Corey Arsenault	Mntc	1:09:40	11:03	35:09	46:12	23:29
4	Lucas Roy	Windburn Triathlon Team	1:10:13	13:38	35:45	49:22	20:51
5	Noah Wiens	Windburn Triathlon Team	1:10:33	12:35	37:42	50:17	20:16
6	Bryce Jenkins	Windburn Triathlon Team	1:11:08	12:10	37:12	49:21	21:47
7	Luc Fournier	Windburn Triathlon Team	1:14:20	13:54	36:12	50:06	24:15
8	Ben Fransoo	T3 Triathlon Club	1:17:39	16:30	37:25	53:55	23:45
9	Jameson Plewes		1:21:24	13:21	42:49	56:10	25:14
10	Matthew McDonald		1:22:33	19:59	41:31	1:01:30	21:04
11	Quinton Gowler		1:32:32	19:32	43:59	1:03:30	29:02

Male 20 to 24 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Drew Cochrane	A And L	1:06:45	10:40	36:06	46:46	20:00
2	Cameron Krisko	Winnipeg Triathlon Club	1:21:46	16:28	42:18	58:46	23:01

Male 25 to 29 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Michael Van De Velde	Tri Mb	1:16:15	17:22	36:46	54:08	22:08
2	Leigh Fischer	Tri Mb	1:34:47	19:29	44:18	1:03:46	31:01
3	Benjamin Reiter	Triple Threat Triathlon Team	1:41:44	24:29	51:21	1:15:49	25:56

Male 30 to 34 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Raymond Avanthay	Tri Mb	1:06:53	13:01	33:35	46:35	20:19
2	Kevin Earl	3rd Wave Tri Club	1:09:22	13:32	35:03	48:35	20:47
3	David Martens	3rd Wave Tri Club	1:27:28	18:11	40:32	58:43	28:45
4	Craig Bennett	Triple Threat Triathlon Team	1:28:25	18:34	43:59	1:02:32	25:53
5	Jr Vasquez	Triple Threat Triathlon Team	1:30:09	21:52	44:06	1:05:57	24:12

Male 35 to 39 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Jimmy Carambetsos	Kenora Borealis Multi-Sport	1:10:29	15:58	34:33	50:31	19:59
2	Darren Baldock		1:13:22	14:06	37:04	51:10	22:13
3	Barry Penner		1:14:41	13:28	39:42	53:10	21:31
4	Scott Kemp		1:17:45	15:36	39:45	55:21	22:25
5	Romel Marquez	Triple Threat Triathlon Team	1:18:08	16:46	38:37	55:22	22:46
6	J-L Gratton	Winnipeg Triathlon Club	1:19:54	15:09	41:28	56:37	23:18
7	Ian Givens	Tri Mb	1:20:37	16:42	40:12	56:54	23:44
8	Colin Sibilleau	3rd Wave Tri Club	1:24:47	22:22	39:21	1:01:43	23:05
9	Patrick Visser	Tri Mb	1:26:06	18:13	43:46	1:01:58	24:08
10	Matt Wieler	Winnipeg Triathlon Club	1:26:38	15:30	43:43	59:13	27:26
11	Patrick Sun	Tri Mb	1:29:02	19:21	40:22	59:42	29:20

Male 40 to 44 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Christopher Westdal	Tri Mb	1:08:11	12:50	35:55	48:45	19:27
2	Dan McCaughan	Trifactor Triathlon Club	1:14:59	15:37	38:02	53:39	21:20
3	Grant McMillan	Tri Mb	1:15:20	16:34	36:30	53:03	22:17
4	Jason Zinko		1:15:21	14:28	37:46	52:14	23:07
5	Kevin Beechinor	Trifactor Triathlon Club	1:15:39	13:32	36:39	50:10	25:30
6	Grant Quinn	Winnipeg Triathlon Club	1:16:24	13:51	39:14	53:05	23:20
7	Fraser Cameron	T3 Triathlon Club	1:19:09	16:25	38:53	55:17	23:52
8	Marc Gaudet	Tri Mb	1:19:51	16:50	43:14	1:00:03	19:49
9	Dwayne Olson	T3 Triathlon Club	1:20:00	15:27	39:32	54:59	25:02
10	Woody Wood	Winnipeg Triathlon Club	1:21:15	15:29	40:15	55:43	25:32
11	Corrado D'Antonio	Winnipeg Triathlon Club	1:21:52	16:52	40:51	57:43	24:09
12	Allan Asplin		1:27:59	17:49	43:50	1:01:39	26:21
13	Christopher Wood	Tri Mb	1:33:46	16:51	46:05	1:02:56	30:51
14	Radny Geonanga	Tri Mb	1:34:01	17:32	52:18	1:09:49	24:13
15	Jim Fraser	Tri Mb	1:36:55	19:21	47:06	1:06:26	30:29

Male 45 to 49 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Jeff Morier		1:08:01	12:02	34:23	46:24	21:38
2	Daniel Bezte	Tri Mb	1:12:44	14:09	36:04	50:12	22:32
3	Quinn Dykstra	Tri Mb	1:17:47	16:56	38:57	55:52	21:55
4	Kevin Read	Triple Threat Triathlon Team	1:21:10	14:42	41:35	56:17	24:54
5	Marco McDonald	Winnipeg Triathlon Club	1:30:33	21:12	45:56	1:07:08	23:26

6	John Andrews	Winnipeg Triathlon Club	1:30:50	20:13	43:43	1:03:56	26:55
7	Tom Wiebe	3rd Wave Tri Club	1:32:59	16:56	42:24	59:20	33:40
8	Paul Gustafson		1:36:45	22:07	48:19	1:10:25	26:20
9	Armand Siapno	Sulong Triathlon Group	1:38:17	21:01	48:09	1:09:10	29:08
10	Warren Sigfusson	Winnipeg Triathlon Club	1:56:55	22:57	55:37	1:18:34	38:22

Male 50 to 54 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Tom Naylor	Tri Mb	1:12:06	14:38	36:15	50:53	21:13
2	Philippe Chabot	Tri Mb	1:13:31	13:14	36:53	50:06	23:25
3	Richard Rusk	Tri Mb	1:19:10	15:59	37:12	53:10	26:00
4	Jeff Brooks	Tri Mb	1:19:32	14:38	36:46	51:23	28:10
5	James Da Terra	Tri Mb	1:20:57	17:55	39:42	57:37	23:21
6	Scott Hartnell	None	1:21:12	14:14	44:13	58:26	22:46
7	Kelly Beckman	Tri Mb	1:47:01	22:51	56:37	1:19:28	27:34

Male 55 to 59 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Shaun Humphries		1:13:32	15:02	34:32	49:34	23:59
2	Neil Ferguson	Tri Mb	1:13:52	13:15	36:29	49:44	24:08
3	Allen Cuthbert	Junk Yard Dogs Cycling Club	1:39:47	19:53	47:36	1:07:29	32:19
4	Fern Berard	Winnipeg Triathlon Club	1:42:47	19:15	53:43	1:12:57	29:50
5	Miaji Dragomir	Winnipeg Triathlon Club	1:45:20	18:01	57:40	1:15:40	29:40

Male 60 to 64 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	John Gray	Winnipeg Triathlon Club	1:38:05	21:03	49:05	1:10:08	27:58
2	Jim Nixon	Winnipeg Triathlon Club		19:42			

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

## Female Sprint Duathlon

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Place	Name	Club	Time	Run1	Bike	Run+bik	Run2
1	Ashley Cvetkovic		1:18:57	11:58	43:03	55:00	23:58
2	Megan Banman	3rd Wave Tri Club	1:21:44	12:52	42:45	55:36	26:08
3	Missviv Horne	Tri Mb	1:29:42	14:21	46:41	1:01:02	28:40
4	Jaala Ross		1:31:04	12:53	51:23	1:04:16	26:48

## Male Sprint Duathlon

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Place	Name	Club	Time	Run1	Bike	Run+bik	Run2
1	Aaron Bull	A And L	1:05:12	10:11	34:55	45:06	20:07
2	Rob Reville	Westman Triumphs Endurance	1:22:25	12:09	44:18	56:26	26:00
3	Raul Paragas		1:23:26	12:06	45:40	57:45	25:41
4	David Adamson	Winnipeg Triathlon Club	1:25:49	12:07	47:56	1:00:03	25:46
5	Chris Cvetkovic		1:27:34	12:42	46:09	58:51	28:44
6	George Barnes	T3 Triathlon Club	1:33:15	14:56	47:30	1:02:26	30:50

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

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Place	Team Name	Time	Run 1	Bike	Run+bik	Run 2
1	Vivacity Fitness	1:44:50	22:55	48:53	1:11:48	33:03

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

Female Tri-A-Tri

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Joanne Schiewe	Winnipeg Triathlon Club	1:04:55	3:58	45:59	49:56	14:59
2	Jeannine Julius	Winnipeg Triathlon Club	1:04:57	4:15	45:42	49:57	15:01
3	Trina Friesen		1:05:43	4:05	47:00	51:04	14:40
4	Kerri Guralnick		1:06:04	3:56	47:48	51:43	14:21
5	Rebecca Silk	Tri Mb	1:06:41	3:32	50:05	53:36	13:05
6	Lauren Norquay	Triple Threat Triathlon Team	1:08:05	3:43	49:59	53:42	14:24
7	Madison Zienkiewicz		1:08:35	3:37	51:34	55:10	13:25
8	Desiree Chabot		1:08:36	4:38	48:58	53:35	15:01
9	Nicole Bennett		1:13:12	4:48	53:45	58:33	14:40
10	Jennifer White	Winnipeg Triathlon Club	1:13:38	4:17	52:25	56:42	16:57
11	Danielle Harris		1:14:09	4:33	53:36	58:08	16:01
12	Becky Zacharias		1:14:23	3:48	56:17	1:00:05	14:18
13	Sandra Town		1:14:46	4:46	51:07	55:52	18:55
14	Teresa Hullick	A And L	1:15:04	4:04	56:05	1:00:08	14:56
15	Miranda Herminiano		1:15:51	5:56	55:26	1:01:22	14:30
16	Krissy Jackson		1:17:04	4:19	55:47	1:00:06	16:59
17	Jeanette Clark	Winnipeg Triathlon Club	1:17:09	4:34	53:12	57:45	19:24
18	Tori Wirch	A And L	1:18:20	4:38	56:24	1:01:01	17:19
19	Marla Fontaine		1:18:46	4:04	1:00:08	1:04:12	14:35
20	Jennifer Dyck	Tri Mb	1:20:25	3:54	57:10	1:01:03	19:22
21	Roma Green		1:25:06	6:31	58:01	1:04:32	20:35
22	Janet Tremorin		1:26:41	5:52	1:02:47	1:08:38	18:03
23	Gyslaine Remillard		1:31:27	7:59	1:05:33	1:13:32	17:56
24	Melissa Muir		1:56:52	5:52	1:22:49	1:28:40	28:12

Male Tri-A-Tri

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Robert Hodgins		1:04:06	4:27	46:49	51:16	12:51
2	James Slade	Winnipeg Triathlon Club	1:04:37	4:23	48:38	53:01	11:37
3	Alan Neumann		1:06:49	5:19	46:00	51:19	15:30
4	Kyle Blaquiere	Tri Mb	1:07:52	5:02	50:54	55:56	11:56
5	David Siddall	Triple Threat Triathlon Team	1:11:09	4:25	54:44	59:09	12:01
6	Ken Silk	Tri Mb	1:18:32	5:28	55:27	1:00:55	17:37
7	Brian Rance	Winnipeg Triathlon Club	1:37:39	4:38	1:05:25	1:10:03	27:37
8	Stephen Schmidt	Winnipeg Triathlon Club	1:54:12	3:46	1:26:03	1:29:49	24:23

## 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	Aileen Smith		1:15:04	14:40	46:03	1:00:43	14:21

### Male Tri-A-Du

Place	Name	Club	Time	Run1	Bike	Run+bik	Run2
1	Jared Slobozian		1:08:57	15:30	41:15	56:45	12:13
2	Travis Smith		1:13:34	14:30	44:38	59:08	14:26
3	Chris Halbert		1:16:25	15:10	45:29	1:00:39	15:47

If you see any mistakes in these results, please contact [stmalotri@gmail.com](mailto:stmalotri@gmail.com)

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- Triathlon Manitoba

#### Our sponsors:

- Swimming Matters
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- City Park Runners
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- Ben Lambert Service