

2016 OFFICIAL RESULTS



St Malo Triathlon

Race #2 of Triathlon Manitoba's Grand Prix Series

Saturday, June 25, 2016

St Malo Provincial Park

Participants: 245

Weather: 22°C, cloudy, wind 25 km/h SSW, 85% relative humidity

Water temp: Not measured. (wetsuit optional)

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

Male 18 to 24 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	236	Joshua Malenchuk	Windburn Triathlon Team	2:13:33	22:51	1:06:48	1:29:39	43:55
2	144	Jordan Smith	Triple Threat Triathlon Team	2:33:51	29:39	1:20:48	1:50:27	43:25

Male 25 to 29 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	145	Blake McKay		2:06:08	23:00	1:03:33	1:26:33	39:36
2	276	Tyler Wirch	A And L	2:12:03	23:27	1:05:08	1:28:35	43:28
3	264	Jeff Van Rosmn	Winnipeg Triathlon Club	2:28:49	34:10	1:16:19	1:50:28	38:21
4	260	Jonathan Torchia		2:40:25	36:36	1:18:41	1:55:17	45:08
5	269	Greg Wernham	Triple Threat Triathlon Team	2:43:12	29:35	1:26:13	1:55:48	47:24
6	279	Matt Zeiler		2:55:53	32:55	1:23:47	1:56:42	59:12

Male 30 to 34 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	222	Rowland Hayward		2:42:19	30:11	1:23:20	1:53:30	48:49
2	267	Ian Waters		2:53:14	36:51	1:25:15	2:02:05	51:09
3	216	Dennis Grantham		3:14:36	30:28	1:43:11	2:13:39	1:00:58
4	197	Roan Crow		3:45:11	33:40	2:12:26	2:46:06	59:05

Male 35 to 39 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	261	Lance Tremaine		2:27:21	34:22	1:09:22	1:43:43	43:38
2	265	Patrick Visser		2:38:04	27:15	1:20:01	1:47:15	50:50
3	213	Ian Givens	Triathlon Manitoba	2:42:21	33:15	1:17:09	1:50:24	51:57
4	233	Mark Loewen	Triathlon Manitoba	2:47:09	32:49	1:26:01	1:58:50	48:20

5	242	Trevor Myshrall	Triathlon Manitoba	2:59:19	36:29	1:26:13	2:02:41	56:39
6	217	Dwayne Grantham		3:49:21	33:07	1:47:52	2:20:59	1:28:22
DNF	202	Rich Dreger	Triathlon Manitoba		26:18			

Male 40 to 44 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	231	Dave Lipchen	Windburn Triathlon Team	2:15:36	24:32	1:08:11	1:32:43	42:53
2	230	Iwan Levin	A And L	2:30:05	23:10	1:14:02	1:37:11	52:54
3	253	Jj Ross	Triathlon Manitoba	2:30:35	29:44	1:14:34	1:44:17	46:18
4	259	Mark Tisdale	Triathlon Manitoba	2:38:42	29:40	1:17:05	1:46:45	51:58
5	199	Corrado D'Antonio	Winnipeg Triathlon Club	2:41:41	31:57	1:18:13	1:50:09	51:32
6	195	Robert Collen	A And L	2:47:17	34:33	1:22:44	1:57:17	50:00
7	245	Dwayne Olson	T3 Triathlon Club	2:54:36	30:24	1:18:22	1:48:46	1:05:50
8	210	Norman Garcia	Sulong Triathlon Group	3:23:24	44:19	1:37:02	2:21:20	1:02:04

Male 45 to 49 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	203	Glen Duizer	Triathlon Manitoba	2:20:40	28:29	1:10:24	1:38:52	41:48
2	227	Marc Leclair	Triathlon Manitoba	2:23:18	28:58	1:09:31	1:38:29	44:50
3	189	Daniel Bezte	Triathlon Manitoba	2:25:51	26:14	1:13:02	1:39:16	46:35
4	271	Dwayne Wheeler	Tribalistic Triathlon Team	2:29:16	25:59	1:20:29	1:46:27	42:49
5	200	Ferdinand Del Rosario	Sulong Triathlon Group	2:33:27	33:03	1:14:48	1:47:51	45:36
6	224	Travis Jensen		2:35:56	30:03	1:19:54	1:49:56	46:00
7	249	Kevin Read	Triple Threat Triathlon Team	2:42:33	29:08	1:21:07	1:50:14	52:19
8	185	Zigor Apraiz	Triathlon Manitoba	2:59:06	30:01	1:26:49	1:56:50	1:02:17
9	220	Jamie Hardy		3:17:04	47:35	1:34:57	2:22:32	54:33

Male 50 to 54 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	234	Andrew Loughead		2:16:14	24:07	1:09:53	1:33:59	42:15
2	281	Philippe Chabot		2:26:30	24:28	1:12:57	1:37:25	49:06
3	252	Carl Rohringer		2:35:21	32:05	1:12:29	1:44:34	50:48
4	204	Robert Duncan	Triathlon Manitoba	2:37:06	33:03	1:12:44	1:45:47	51:19
5	218	Marc Hache	Triathlon Manitoba	2:42:16	26:04	1:22:59	1:49:02	53:14
6	238	Eric Martinat	Winnipeg Triathlon Club	2:45:24	28:21	1:17:37	1:45:58	59:26
7	275	Alan Wingfield	Triathlon Manitoba	2:52:40	29:44	1:24:57	1:54:40	58:00
8	211	Pascal Gariepy		3:14:10	33:38	1:43:00	2:16:38	57:33

Male 55 to 59 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	206	Neil Ferguson	Triathlon Manitoba	2:24:05	25:29	1:10:08	1:35:37	48:29
2	244	Tom Okany	Triple Threat Triathlon Team	2:25:35	27:30	1:14:34	1:42:03	43:32
3	190	Bob Block		2:36:02				
4	258	Scott Thomson		2:41:46	29:38	1:17:27	1:47:04	54:42
5	196	Glen Crockett		2:47:54	34:18	1:19:00	1:53:17	54:38
6	270	Jim Wernham	Triple Threat Triathlon Team	2:52:51	33:13	1:21:51	1:55:04	57:48
7	207	David Fielder		3:26:05	37:38	1:46:30	2:24:07	1:01:58

Male 60 to 64 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	198	Brian Culligan	Triathlon Manitoba	2:45:27	33:50	1:20:08	1:53:58	51:29
2	191	John Blyth	A And L	2:57:03	38:12	1:20:27	1:58:39	58:25
3	268	Don Webb		3:07:53	36:23	1:32:22	2:08:44	59:09

Male 65 to 69 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	255	John Sawchuk	Triathlon Manitoba	2:55:46	30:03	1:29:09	1:59:11	56:35
2	278	Igor Zahynacz		3:16:22	41:30	1:32:38	2:14:07	1:02:16

Female 18 to 24 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	262	Emily Unger	Windburn Triathlon Team	2:56:12	25:21	1:28:41	1:54:01	1:02:12
2	205	Andrea Dyck	3rd Wave Tri Club	3:04:38	38:17	1:27:54	2:06:10	58:28

Female 30 to 34 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	282	Amory Steek		2:42:49	29:41	1:22:44	1:52:25	50:25
2	223	Kirsten Jennings		2:48:51	27:38	1:33:17	2:00:55	47:57
3	241	Jennifer McKinnon	A And L	2:49:01	29:47	1:16:37	1:46:24	1:02:37
4	219	Jenny Hall	Tribalistic Triathlon Team	2:50:15	29:02	1:22:59	1:52:01	58:15
5	235	Kelly Malcolmson	Winnipeg Triathlon Club	3:09:20	28:45	1:26:31	1:55:15	1:14:06
6	225	Kathleen Kinsner	Triathlon Manitoba	3:14:16	32:14	1:28:39	2:00:53	1:13:24

Female 35 to 39 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	240	Heather McDonell		2:35:13	29:06	1:17:39	1:46:45	48:28
2	251	Janette Rodewald	Triathlon Manitoba	2:40:53	32:16	1:17:44	1:50:00	50:54
3	247	Ruth-Anne Penner	Triple Threat Triathlon Team	2:44:38	32:32	1:17:04	1:49:35	55:03
4	256	Joanne Schiewe	Tribalistic Triathlon Team	2:53:43	33:11	1:20:43	1:53:53	59:50

Female 40 to 44 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	246	Lisa Penner		2:38:46	28:10	1:21:07	1:49:17	49:30
2	266	Katy Walsh	Triathlon Manitoba	2:46:01	28:23	1:23:39	1:52:02	53:59
3	248	Sherry Penner	Tribalistic Triathlon Team	2:48:06	33:11	1:25:33	1:58:44	49:22
4	228	Melissa Lillies	Triathlon Manitoba	3:09:00	42:14	1:35:13	2:17:26	51:34
5	188	Jessica Beck		3:12:57	35:36	1:36:36	2:12:11	1:00:46

Female 45 to 49 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	194	Lynne Clark		2:43:42	28:17	1:23:22	1:51:39	52:03
2	184	Ester Adamson		2:52:00				
3	273	Ayn Wilcox	Tribalistic Triathlon Team	2:54:55	31:39	1:25:37	1:57:16	57:40
4	209	Joanne Forest-Magne		3:02:44	43:20	1:31:25	2:14:44	48:00
5	215	Lisa Gonzales	Triathlon Manitoba	3:04:51	36:47	1:34:07	2:10:53	53:58
6	193	Melissa Budd	Winnipeg Triathlon Club	3:26:03	35:50	1:48:16	2:24:05	1:01:59
DNF	250	Carolyn Rempel						

Female 50 to 54 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	187	Lesley Ball	Trifactor Triathlon Club	2:52:32	24:25	1:30:32	1:54:56	57:37
2	201	Robyn Dicesare	Winnipeg Triathlon Club	2:56:44	35:16	1:25:16	2:00:32	56:13
3	257	Lee Stewart	Winnipeg Triathlon Club	3:00:08	34:06	1:27:53	2:01:58	58:10
4	272	Linda Whitfield	Triathlon Manitoba	3:19:00	39:39	1:39:21	2:18:59	1:00:01
5	214	Sandi Goertzen	Triple Threat Triathlon Team	3:34:57	33:45	1:41:52	2:15:37	1:19:21

Female 55 to 59 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	243	Kate Okany	Triple Threat Triathlon Team	2:38:22	27:36	1:21:26	1:49:02	49:21
2	221	Jan Hawkins		2:58:29	33:13	1:28:00	2:01:13	57:16
3	192	Gerry Borus	Triple Threat Triathlon Team	3:01:43	32:45	1:28:25	2:01:10	1:00:33

Female 60 to 64 Olympic

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
DNF	239	Wanda Mathers			37:45	2:02:09	2:39:54	

Female Olympic Aquabike – 1500m swim + 40km bike

Place	Number	Name	Club	Time	Swim	Bike
1	180	Tyra Dickson	Triathlon Manitoba	1:51:01	31:51	1:19:11
2	186	Dawna Atamanchuk		2:17:30	32:36	1:44:55
3	182	Tara Gill	T3 Triathlon Club	2:36:51	39:44	1:57:07

Male Olympic Aquabike – 1500m swim + 40km bike

Place	Number	Name	Club	Time	Swim	Bike
1	181	Leigh Fischer	Triathlon Manitoba	2:14:28	39:42	1:34:46

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

Male 16 to 19 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	65	Darian Hole	Mntc	1:00:12	9:44	33:06	42:50	17:23
2	140	Quinn Desrochers		1:02:39	10:13	34:22	44:34	18:06
3	147	Raphael Armour-Lazzari		1:03:52	11:22	33:48	45:09	18:44
4	106	Lucas Roy	Windburn Triathlon Team	1:06:35	12:35	35:34	48:08	18:28
5	99	Jameson Plewes		1:07:00				
6	69	Bryce Jenkins	Windburn Triathlon Team	1:07:07	11:37	35:18	46:54	20:13
7	75	Iwan Levin	A And L	1:07:39	11:26	35:45	47:10	20:30
8	83	Luke McMillan	Triathlon Manitoba	1:21:48	14:02	43:01	57:02	24:46
9	43	Luc Fournier		1:22:18	13:23	39:05	52:28	29:50

Male 20 to 24 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	263	Riley Unger	Windburn Triathlon Team	1:13:18	11:25	39:50	51:14	22:04
2	153	Sean Carter		1:14:05	12:17	40:23	52:39	21:26
3	70	Cameron Krisko	Winnipeg Triathlon Club	1:19:44	15:58	41:47	57:44	22:00
4	24	Manuel Brotzmann		1:36:06	18:58	50:34	1:09:32	26:34

Male 25 to 29 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	120	Michael Van De Velde	Triathlon Manitoba	1:16:15	13:29	40:25	53:54	22:21
2	115	Jacob Snell		1:22:59	17:15	40:57	58:12	24:48
3	39	Markus Enns		1:26:05	18:17	44:05	1:02:21	23:44
4	35	James Dyson		1:49:25	15:03	55:02	1:10:05	39:21

Male 30 to 34 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	36	Kevin Earl	3rd Wave Tri Club	1:08:10	12:29	35:05	47:34	20:37
2	139	Robert Hodgins		1:18:15	14:40	39:58	54:37	23:38
3	100	Derek Poplawski		1:24:38	16:39	45:55	1:02:34	22:05
4	98	Kevin Petkau	Triathlon Manitoba	1:24:46	19:40	41:35	1:01:14	23:33
5	119	Kevin Terrick		1:30:49	16:29	48:52	1:05:21	25:28
6	77	Elliot Macdonald		1:34:38	13:24	50:56	1:04:19	30:20
7	73	Duane Latimer	A And L	1:37:30	20:24	47:30	1:07:53	29:37

Male 35 to 39 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	41	Gordon Finlay		1:26:36	17:03	43:48	1:00:50	25:47
2	27	Lindsey Collins		1:28:23	17:26	45:30	1:02:56	25:28
3	49	Mark Gilchrist		1:29:39	17:36	44:10	1:01:45	27:55
4	62	Jason Heim		1:33:55	19:06	48:38	1:07:44	26:12
5	66	Calum Hughes		1:35:25	17:45	51:11	1:08:56	26:30
6	85	Drew McQuat		1:39:37	21:15	50:14	1:11:29	28:09
DNF	40	Martin Enzlberger	Winnipeg Triathlon Club		15:56			

Male 40 to 44 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	280	Jason Zinko		1:15:59	14:06	37:11	51:17	24:42
2	84	Jason McNicholl	Triathlon Manitoba	1:16:35	15:48	38:19	54:07	22:29
3	127	Trent Wilts	Triathlon Manitoba	1:18:13	14:58	39:56	54:53	23:20
4	121	Wesley Weiss	Triathlon Manitoba	1:20:25	15:13	41:56	57:09	23:16
5	129	Christopher Wood	Junk Yard Dogs Cycling Club	1:24:56	15:50	42:05	57:55	27:02
6	117	Craig Stephen	Winnipeg Triathlon Club	1:25:00	14:41	43:53	58:34	26:26
7	141	Michael Sigurdson		1:25:40	16:00	42:29	58:29	27:12
8	17	Allan Asplin		1:26:44	15:28	43:23	58:50	27:54
9	46	Radny Geonanga	Winnipeg Triathlon Club	1:27:31	15:38	48:45	1:04:23	23:08
10	53	J-L Gratton	Triathlon Manitoba	1:29:13	16:25	43:05	59:30	29:44
11	44	Jim Fraser	Triathlon Manitoba	1:33:39	16:23	47:20	1:03:43	29:57
12	143	Mark Somogyi		1:51:12	29:29	52:52	1:22:20	28:52

Male 45 to 49 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	34	Quinn Dykstra	Triathlon Manitoba	1:12:30	14:32	36:15	50:46	21:45
2	82	Grant McMillan	Triathlon Manitoba	1:15:05	16:24	36:09	52:32	22:33
3	78	Jmarco McDonald	Winnipeg Triathlon Club	1:26:07	17:28	45:09	1:02:37	23:31
4	101	Jason Radford	Winnipeg Triathlon Club	1:28:04	15:52	45:02	1:00:54	27:11
5	128	Kevin Wolk	Triple Threat Triathlon Team	1:29:33	20:09	44:02	1:04:10	25:24
6	58	Paul Gustafson		1:31:15	19:25	44:56	1:04:21	26:55
7	19	Marc Baldwin	Trifactor Triathlon Club	1:32:04	21:07	43:31	1:04:38	27:26

Male 50 to 54 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	254	Richard Rusk	Triathlon Manitoba	1:15:51	14:18	35:51	50:08	25:43
2	31	James Da Terra	Triathlon Manitoba	1:16:56	16:10	39:00	55:09	21:48
3	23	Jeff Brooks		1:19:12	14:16	38:17	52:32	26:40
4	90	Dean Morisseau	Junk Yard Dogs Cycling Club	1:21:13	18:17	40:14	58:30	22:43

5	123	Tom Wiebe	3rd Wave Tri Club	1:28:32	15:56	42:06	58:01	30:31
6	112	Michael Scarcella	T3 Triathlon Club	1:32:52	18:19	45:04	1:03:22	29:30
7	102	Darren Reimer	Triathlon Manitoba	1:39:02	19:16	43:51	1:03:06	35:56
8	109	Alan Sauve		1:42:55	19:37	53:25	1:13:02	29:54
9	14	David Adamson	Winnipeg Triathlon Club	1:48:23	28:48	52:31	1:21:18	27:05
10	42	Scot Finlayson	Triathlon Manitoba	1:54:19	22:51	56:40	1:19:31	34:48

Male 55 to 59 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	118	Murray Stewart		1:22:02	16:27	40:57	57:24	24:39
2	142	Grant Unger		1:32:02	17:21	42:30	59:50	32:12
3	87	Kelly Beckman		1:35:49	21:21	46:43	1:08:04	27:45
4	29	Allen Cuthbert	Junk Yard Dogs Cycling Club	1:37:13	19:28	47:16	1:06:43	30:31
5	134	Mike Dragomir		1:37:33	15:46	51:26	1:07:12	30:21
6	21	Fern Berard	Winnipeg Triathlon Club	1:43:51	23:34	51:19	1:14:53	28:58

Male 70 and Over Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	15	Jim Anderson		1:44:31	21:39	48:04	1:09:42	34:49

Female 16 to 19 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	138	Claire Healey		1:08:52	11:12	36:42	47:53	20:59
2	91	Hailee Morisseau	Junk Yard Dogs Cycling Club	1:19:37	12:20	41:36	53:56	25:42
3	113	Rebecca Silk		1:32:06	16:08	49:13	1:05:20	26:46
4	37	Kira Eidse		2:01:07	18:35	1:00:32	1:19:07	42:01

Female 20 to 24 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	146	Jennifer McCormack		1:20:40	16:32	42:01	58:32	22:09
2	93	Taryn Morningstar	A And L	1:24:50	12:32	44:01	56:32	28:18
3	60	Jordan Hardy	A And L	1:25:23	14:57	42:16	57:12	28:11
4	111	Raelene Sawatzky-Dyck	A And L	1:31:01	18:43	43:33	1:02:15	28:46
5	114	Brady Skinner	A And L	1:35:35	16:33	48:16	1:04:49	30:46

Female 25 to 29 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	92	Ariane Morissette	Triathlon Manitoba	1:22:47	13:43	42:58	56:40	26:07
2	122	Robyn Wiebe	3rd Wave Tri Club	1:25:48	16:35	42:51	59:25	26:24
3	94	Stefany Morrison		1:29:21	20:33	44:53	1:05:26	23:56
4	64	Jenna Hobson	Trifactor Triathlon Club	1:43:46	19:43	51:22	1:11:05	32:41
5	126	Erica Wilken		1:49:16	18:13	58:17	1:16:29	32:47

Female 30 to 34 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	45	Trina Friesen		1:39:59	18:07	49:02	1:07:08	32:51
2	61	Jenette Hayward		1:43:02	18:41	51:59	1:10:40	32:22
3	81	Jaclyn McLean		1:43:54	23:38	52:00	1:15:38	28:17
4	72	Emma Lafreniere		1:44:55	20:23	48:52	1:09:14	35:41
5	116	Crystal Steele		1:50:40	22:47	54:02	1:16:48	33:53
6	33	Shannon Dyck	Winnipeg Triathlon Club	2:00:09	21:49	55:51	1:17:39	42:31

Female 35 to 39 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	50	Chantal Givens	Triathlon Manitoba	1:13:20	15:05	37:02	52:06	21:14
2	16	Paula Anderson	Triathlon Manitoba	1:25:01	16:19	42:30	58:48	26:13
3	48	Agnieszka Gigiel	Tribalistic Triathlon Team	1:29:32	18:06	42:02	1:00:07	29:26
4	30	Ashley Cvetkovic	Triathlon Manitoba	1:29:34	19:22	44:10	1:03:31	26:04
5	131	Melanie Youngs	Winnipeg Triathlon Club	1:33:21	16:15	46:45	1:02:59	30:23
6	38	Kimberly Enns		1:33:53	16:29	50:39	1:07:07	26:46
7	103	Allison Reville	Westman Triumphs Endurance Spo	1:35:28	15:28	47:58	1:03:26	32:02
8	67	Heather Janzen		1:35:58	19:00	48:38	1:07:37	28:21
9	32	Eliane Domingue	Tribalistic Triathlon Team	1:37:37	18:33	46:28	1:05:01	32:37
10	59	Jody Haines		1:44:23	20:50	52:03	1:12:53	31:30
11	68	Nicole Jawa	Triathlon Manitoba	1:51:32	24:29	55:07	1:19:35	31:57

Female 40 to 44 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	108	Christa Rusk		1:16:23	15:24	37:24	52:48	23:35
2	148	Kari Armour-Lazzari		1:23:40	15:15	44:46	1:00:01	23:39
3	56	Kerri Guralnick		1:27:00	16:33	44:29	1:01:02	25:59
4	150	Lisa Gagne		1:27:41	18:37	43:55	1:02:32	25:10
5	237	Heather Marks	Triathlon Manitoba	1:31:32	19:18	44:50	1:04:07	27:25
6	76	Sonja MacAulay		1:32:18	17:06	48:23	1:05:29	26:50
7	79	Marie-Claude McDonald	Triathlon Manitoba	1:34:18	18:25	47:58	1:06:23	27:56
8	104	Heather Ring		1:38:56	19:20	49:16	1:08:36	30:21

9	107	Dawn Runke		1:40:53	18:07	47:00	1:05:07	35:47
10	110	Julie Savard		1:41:31	19:04	53:17	1:12:21	29:10
11	25	Donna Campell		1:42:42	20:44	48:31	1:09:15	33:28
12	18	Sandra Bains		1:44:20	20:11	49:51	1:10:01	34:19
13	26	Tricia Chestnut		1:52:29	23:11	59:27	1:22:38	29:52
14	229	Nichole Lees	Winnipeg Triathlon Club	1:52:59	19:42	48:38	1:08:20	44:39
DNF	54	Corina Graveline						

Female 45 to 49 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	96	Annick Peloquin-Preteau		1:37:25	23:51	45:05	1:08:56	28:30
2	51	Nancy Goodall	Triple Threat Triathlon Team	1:44:58	17:40	50:59	1:08:38	36:21
3	88	Patrice Miniely		1:55:53	22:14	57:45	1:19:59	35:55
4	52	Sherri Grandmont		1:56:52	23:54	1:01:13	1:25:06	31:46
5	130	Samantha Wooding		2:26:19	27:28	1:14:29	1:41:57	44:23

Female 50 to 54 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	20	Debbie Barnes	T3 Triathlon Club	1:32:13	15:11	44:04	59:14	33:00
2	71	Margaret Kubas	Triathlon Manitoba	1:38:24	16:59	47:39	1:04:38	33:47
3	80	Tracie McDonald	Tribalistic Triathlon Team	1:41:18	16:12	51:58	1:08:09	33:09
4	97	Diane Peters		2:05:16	21:35	1:02:20	1:23:54	41:22

Female 55 to 59 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	135	Rodica Dragomir		1:44:08	20:52	53:22	1:14:13	29:55
2	22	Debb Brethauer	Triathlon Manitoba	1:52:19	20:58	54:16	1:15:13	37:07

Female 60 to 64 Sprint

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	86	Nicole Mercier	Triathlon Manitoba	1:35:37	18:39	44:22	1:03:00	32:37

Female Sprint Aquabike – 750m swim + 20km bike

Place	Number	Name	Club	Time	Swim	Bike
1	1	Kerri McKee	T3 Triathlon Club	1:45:44	23:40	1:22:04

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

Female Sprint Duathlon

Place	Number	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	47	Jamee George		1:21:20	13:17	42:32	55:48	25:32
2	6	Arla Kirk		1:38:07	14:49	49:15	1:04:04	34:04
3	5	Angel Budge		1:52:26	16:20	59:39	1:15:58	36:29

Male Sprint Duathlon

Place	Number	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	13	John Tomlinson	Triathlon Manitoba	1:18:37	11:02	44:52	55:54	22:44
2	8	Rob Reville	Westman Triumphs Endurance	1:19:13	12:09	41:25	53:33	25:41
3	12	Joel St-Vincent		1:19:15	11:26	43:02	54:27	24:49
4	2	Craig Bennett	Triple Threat Triathlon Te	1:20:06	12:08	41:33	53:40	26:26
5	3	Kyle Blaquiere	Triathlon Manitoba	1:20:22	13:00	43:34	56:34	23:49
6	4	Sam Blaquiere	Triathlon Manitoba	1:25:41	13:21	47:12	1:00:33	25:09
7	133	Chris Halbert		1:27:28	12:14	45:35	57:49	29:40
8	7	Wally Mah		1:35:07	12:07	58:21	1:10:27	24:41
9	11	Matt Smook		1:36:48				
10	9	Ken Silk		1:38:07	13:33	46:38	1:00:10	37:58
11	10	Ben Silk		1:40:54	14:26	55:02	1:09:27	31:27

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

Female Tri-A-Tri

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	136	Bethany Rempel		50:54	7:55	27:12	35:06	15:48
2	1115	Abby Mueller		51:29	7:06	30:53	37:58	13:32
3	1112	Fedra Salias		52:11	5:52	30:56	36:47	15:25
4	132	Buffy Debreuil		52:58	7:43	30:03	37:46	15:13
5	1110	Simona Pesun		53:43	8:01	29:28	37:29	16:15
6	1105	Heather Cameron		55:53	9:47	29:23	39:09	16:44
7	1103	Ashley Bauch		57:22	9:46	32:03	41:49	15:33
8	1111	Brigitte Sabourin		1:06:01	7:00	45:53	52:52	13:09
9	1107	Natalie Dionne	Tribalistic Triathlon Team	1:06:32	15:41	29:46	45:26	21:06
10	1106	Linda Davidson		1:14:08	10:38	38:59	49:36	24:33

Male Tri-A-Tri

Place	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	1104	Charles Bergstresser		49:09	9:37	27:21	36:58	12:11
2	1113	Stephen Schmidt	Winnipeg Triathlon Club	52:46	9:43	27:48	37:30	15:17
3	149	Dylan Penner		1:14:35	6:50	31:14	38:03	36:32

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

Male Tri-A-Du

Place	Number	Name	Club	Time	Run1	Bike	Run+bike	Run2
1	1101	Bill Anderson	Triathlon Manitoba	45:47	5:28	25:40	31:07	14:40
2	151	Chris Yue		48:42	5:40	29:43	35:23	13:19
3	152	Rob Drummond		51:36	6:06	28:12	34:18	17:18

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

Thanks to:

- Pure Lifestyle and Tribalistic Triathlon Team
- St Malo community and provincial park
- All of our amazing volunteers and the Fournier family
- Officials: Coleen Kelly-Wardle, Kelly Mahoney, Cindy Unger, Dina Drabek, Dawn Brooks
- Triathlon Manitoba

Our sponsors:

- Swimming Matters
- Alter Ego Sports
- City Park Runners
- Accucare Canada
- Vita Health
- Qualico
- Murray Chevrolet
- Lucky Luc's Bar and Grill
- Delo
- Massage Athletica
- St Malo Pharmacy
- Ben Lambert Service