

St-Malo Triathlon
Race #2 of Triathlon Manitoba's Grand Prx Series

Sunday, June 24, 2012 St-Malo Provincial Park

Participants: 223

Weather: 13°C (8:00) to 20°C (11:00), 19°C water, winds 18KPH



OLYMPIC TRIATHLON (1500m, 40km, 10km)

Female 18 to 24 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Jenna Ouellette	Tri Mb	2:41:34	35:13	1:19:50	1:55:03	46:31
2	Anika Kroeker		3:17:37	40:25	1:42:44	2:23:09	54:29

Female 25 to 29 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Bernadine Smith	Gord's	DNF	29:00			

Female 30 to 34 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Sheena Butler	3rd Wave	2:27:55	26:32	1:15:23	1:41:54	46:02
2	Sandra Baars		2:33:33	31:45	1:17:17	1:49:02	44:32
3	Carly Marquardson	Tri Mb	2:41:43	32:14	1:21:58	1:54:12	47:31
4	Chantal Denholm		2:46:28	35:06	1:24:55	2:00:00	46:28
5	Tyra Dickson		2:46:49	33:18	1:25:59	1:59:16	47:33
6	Ruth-Anne Penner	Triple Threat	2:47:46	32:16	1:22:43	1:54:59	52:47
7	Michaela Scrimger	Trifactor	3:00:08	33:18	1:28:14	2:01:31	58:37
8	Allison Reville		3:13:11	32:01	1:34:04	2:06:04	1:07:08
9	Lise Thiesser	Tri Mb	3:13:44	39:02	1:32:45	2:11:47	1:01:58

Female 35 to 39 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Lisa Penner	Tri Mb	2:46:55	30:15	1:26:53	1:57:08	49:48
2	Nichole Grobowsky	Gord's	3:33:38	42:50	1:35:20	2:18:09	1:15:30

Female 40 to 44 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kim Hodges	Tri Mb	2:27:34	26:57	1:16:07	1:43:03	44:31
2	Brigitte Sabourin		2:40:10	28:24	1:21:59	1:50:22	49:48
3	Sherry Penner	Tri Mb	3:01:27	36:21	1:31:12	2:07:33	53:54
4	Kim Mitchell	Tribalistic	3:16:22	43:11	1:23:15	2:06:26	1:09:57

Female 45 to 49 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Dawn Huck	Trifactor	2:45:59	29:26	1:21:15	1:50:40	55:19
2	Germaine Leger	Tri Mb	2:55:57	35:45	1:26:52	2:02:36	53:22
3	Jeannine Julius	Gord's	2:56:08	34:57	1:32:09	2:07:06	49:02
4	Cathey Gornik	Tri Mb	3:00:51	35:00	1:31:07	2:06:06	54:45

Female 50 to 54 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Jan Hawkins	Tri Mb	2:53:07	32:29	1:26:12	1:58:41	54:26

Female 55 to 59 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kate Okany	Triple Threat	2:37:03	27:24	1:22:17	1:49:40	47:23
2	Barb Moffatt	Junkyard Dogs	2:50:15	35:10	1:23:25	1:58:34	51:42
3	Nicole Mercier	Tri Mb	3:08:50	32:33	1:33:18	2:05:50	1:03:00

Male 25 to 29 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Grant Warkentin	Tri Mb	2:31:09	27:35	1:14:02	1:41:37	49:33
2	Fabrice Lemoult		3:03:55	41:37	1:29:25	2:11:01	52:54

Male 30 to 34 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Les Friesen	Tri Mb	2:08:29	25:59	1:04:39	1:30:37	37:52
2	Rich Dreger	Tri Mb	2:16:18	28:16	1:07:20	1:35:35	40:43
3	Ryan Anderson		2:35:08	32:28	1:18:16	1:50:44	44:25
4	Mark Phinney	Tri Mb	2:45:20	31:10	1:18:22	1:49:32	55:48
5	Ian Givens		2:45:53	34:47			

Male 35 to 39 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Barry Penner		2:20:36	26:30			
2	Juan Appendino	Tri Mb	2:21:43			1:38:29	43:15
3	Justin Rempel	Tri Mb	2:23:13	26:34	1:14:50	1:41:23	41:50
4	Mark Kulchycki	Tri Mb	2:27:24	29:24	1:12:36	1:41:59	45:25
5	Matt Yeo	Kenora Borealis	2:31:40	25:47	1:19:10	1:44:57	46:44
6	Craig Stephen	Gord's	2:34:46	25:55	1:17:17	1:43:11	51:35
7	Corrado D'Antonio	Gord's	2:39:18	31:53	1:17:11	1:49:04	50:15
8	Daryl Perry	Tri Mb	2:52:50	31:23	1:25:25	1:56:48	56:02

Male 40 to 44 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kevin Beechinor	Tri Mb	2:19:04	25:46	1:08:27	1:34:12	44:53
2	Dean Gurney		2:30:06	29:45	1:15:29	1:45:14	44:52
3	Cameron Pow	Tri Mb	2:30:35	28:41	1:16:29	1:45:10	45:26
4	Glen Duizer	Tri Mb	2:33:00	31:28	1:16:38	1:48:06	44:55
5	Dwayne Wheeler	Tri Mb	2:45:20	31:39			
6	Scott Braun	Tri Mb	2:55:34	39:01	1:20:26	1:59:27	56:07

Male 45 to 49 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Dave Foley	Tri Mb	2:41:35	26:28	1:21:31	1:47:58	53:37
2	Scott Munn	Triple Threat	2:52:11	29:10	1:29:27	1:58:37	53:34
3	Robert Duncan	Tri Mb	2:53:34	36:54	1:22:03	1:58:57	54:37
4	Roy Friesen	Tri Mb	2:53:46	30:58	1:31:52	2:02:50	50:57
5	Perry Bergson		2:58:29	32:21	1:23:46	1:56:07	1:02:23
6	Philippe Chabot	Tri Mb	2:59:45	24:42	1:48:37	2:13:18	46:27

Male 50 to 54 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Gary Coleman	Tri Mb	2:31:11	33:02	1:14:52	1:47:54	43:18
2	Murray Stewart		2:38:38	33:59	1:17:15	1:51:13	47:26
3	John Murray	Tribalistic	2:41:22	29:30	1:16:34	1:46:03	55:19
4	Kevin Wiebe	Triple Threat	2:46:28	34:14	1:19:56	1:54:09	52:19
5	Jim Wernham	Triple Threat	2:50:12	32:10	1:24:33	1:56:42	53:30

Male 55 to 59 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Tim Hawkins	Tri Mb	2:39:37	32:12	1:20:53	1:53:04	46:33
2	Rob Crowley	Tri Mb	2:41:04	31:50	1:16:09	1:47:59	53:05
3	John Blyth		2:43:52	36:05	1:16:57	1:53:02	50:51
4	Ken Young	Pinnacle	DNF	30:33	1:16:27	1:46:59	

Male 60 to 64 Olympic

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Will Miller	Kenora Borealis	DNF	51:39	1:40:51	2:32:30	

SPRINT TRIATHLON (750m, 20km, 5km)

Female 16 to 19 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kaitlyn Wiens	Tri Mb	1:21:48	13:17	42:48	56:04	25:45
2	Janine Hebert	Tri Mb	1:24:09	16:28	43:54	1:00:22	23:48
3	Delaney Brooks	Tri Mb	1:30:23	15:04	46:21	1:01:25	28:59
4	Casie Gauthier		1:35:04	18:47	50:19	1:09:06	25:58

Female 20 to 24 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Stevie Moore	Tri Mb	1:09:21	11:03	36:00	47:03	22:18
2	Sarah-Anne Brault	Tri Mb	1:09:23	11:19	35:40	46:59	22:24
3	Kendra Garagan	Tri Mb	1:21:36	11:05	43:33	54:38	26:59
4	Courtney Klassen		1:34:12	18:30	46:21	1:04:50	29:22
5	Kaelyn Gauthier		1:36:58	21:43	49:59	1:11:42	25:16

Female 25 to 29 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kourtney Dell	Gord's	1:32:47	15:53	45:03	1:00:55	31:53
2	Kira Friesen	Tri Mb	1:34:42	18:19	46:43	1:05:01	29:42
3	Amanda Kletke-Neufeld	Tri Mb	1:42:51	20:07	50:04	1:10:10	32:41
4	Melissa Hart		1:55:48	29:58	53:53	1:23:50	31:58

Female 30 to 34 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Nancy Rowsell		1:23:09	13:46	44:33	58:19	24:51
2	Shauna Krawchuk	Gord's	1:23:51	13:38			
3	Kelly Waters	Tribalistic	1:23:55	12:01	45:17	57:18	26:37
4	Heather McDonell	Triple Threat	1:25:34	16:51	44:18	1:01:08	24:26
5	Jennifer Terin	Tri Mb	1:35:04	18:45	50:02	1:08:47	26:18
6	Lesley Gaudry		1:36:19	19:01	47:51	1:06:51	29:28
7	Kate Williamson	Gord's	1:51:59	19:18			
8	Erin Macphail	Tri Mb	1:55:29	28:56	55:11	1:24:07	31:22
9	Amanda Newman		2:09:07	26:20	1:03:02	1:29:21	39:46

Female 35 to 39 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Brandi Smith	Pinnacle	1:16:52	13:44	39:42	53:25	23:28
2	Stefanie Krochak	Trifactor	1:27:07	16:43	44:27	1:01:09	25:58
3	Kristina Pizzi		1:39:22	19:53	51:24	1:11:16	28:06
4	Monica Ulrich	Trifactor	1:39:48	21:25	49:58	1:11:23	28:25
5	Daidre Shedden		1:47:57	20:55	54:39	1:15:33	32:25
6	Marie Rathe	Tri Mb	1:48:32	19:24	52:34	1:11:58	36:35

Female 40 to 44 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Cynthia Menzies-Sabis	Tribalistic	1:21:45	16:01	42:28	58:28	23:17
2	Christa Rusk	Triple Threat	1:21:51	18:00	39:13	57:13	24:39
3	Lisa Gosselin	Tri Mb	1:29:30	19:08	44:10	1:03:18	26:13
4	Esther Adamson		1:29:42	17:20	44:26	1:01:46	27:56
5	Leah Grove	Tri Mb	1:37:16	15:26	50:15	1:05:40	31:36
6	Nancy Harley	Tri Mb	1:38:01	20:37	47:17	1:07:54	30:07
7	Angela Lloyd	Tri Mb	1:48:46	17:35	51:41	1:09:16	39:31
8	Bonnie McKissock	T3	1:49:15	19:13	54:00	1:13:12	36:03
9	Katherine Yunker	Tri Mb	1:49:28	29:22	53:32	1:22:53	26:35
10	Ayn Wilcox	Gord's	1:52:54	20:01	56:01	1:16:01	36:53

Female 45 to 49 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Cherrie Fournier	Tribalistic	1:17:54	13:59	41:10	55:09	22:46
2	Lesley Ball	Trifactor	1:21:23	12:13	43:05	55:17	26:06
3	Julie Whelen	Gord's	1:33:33	20:16	47:25	1:07:41	25:53
4	Patti Makinson	Gord's	1:34:23	16:30			
5	Elizabeth Sweet	Trifactor	1:34:44	19:30	45:44	1:05:13	29:32
6	Pamela Douglas		1:36:47	19:57	45:59	1:05:56	30:52
7	Tabitha Dean	Tri Mb	1:42:23	23:15	50:41	1:13:55	28:28
8	Beverley Ross	Tri Mb	1:43:47	20:28	51:58	1:12:25	31:22
9	De-Ann Holmes		1:43:47	21:38	49:56	1:11:33	32:15
10	Donna Knopf		1:45:51	26:54	50:09	1:17:03	28:48
11	Sandi Goertzen	Triple Threat	1:45:53	19:22	52:47	1:12:08	33:46
12	Jennine Scott		1:49:05	20:18	57:01	1:17:19	31:47
13	Sarah Lugtig		2:08:46	29:16	1:01:20	1:30:35	38:11

Female 50 to 54 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Cindy Swaine	Triple Threat	1:36:05	18:55	45:37	1:04:32	31:34
2	Kim Booth	Tri Mb	1:37:11	19:05	47:05	1:06:09	31:02
3	Gerry Borus	Triple Threat	1:41:46	21:10	48:08	1:09:18	32:29
4	Marina O'Leary	Tri Mb	2:03:31	24:29	56:07	1:20:35	42:56

Female 55 to 59 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Deb Hnatiw	Tri Mb	1:58:13	21:39	55:19	1:16:58	41:16
2	Wanda Mathers	Trifactor	2:03:31	20:14	56:49	1:17:02	46:30

Female 60 to 64 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Lana Marcine	Kenora Borealis	1:36:14	16:57	47:56	1:04:53	31:22

Male 16 to 19 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Kevin Macduff	Tri Mb	1:08:57	11:17	38:44	50:00	18:58
2	Colin Naylor	Tri Mb	1:12:35	13:42	39:55	53:36	18:59
3	Patrick Muma	Tri Mb	DNF	11:20	37:17	48:37	

Male 20 to 24 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Brendan Cade	Tri Mb	1:24:58	15:57	41:43	57:39	27:19
2	Bryan Neufeld		1:27:56	21:08	41:20	1:02:28	25:28
3	Mark Smith		1:32:51	22:01	48:59	1:10:59	21:52
4	Coltyn Voth	Tri Mb	1:35:09	17:03	48:28	1:05:30	29:39
5	Sean Olinkin		1:43:09	20:09	53:22	1:13:30	29:39
6	Chris Burns		1:44:55	20:39	57:35	1:18:14	26:42

Male 25 to 29 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Tyler Buffie	Tri Mb	1:13:47	12:45	38:27	51:12	22:36
2	William Krahn		1:28:19	19:20	47:08	1:06:27	21:52
3	Jeff Horrocks	Tri Mb	1:28:39	17:29	47:20	1:04:49	23:51
4	Kevin Dyck	Tri Mb	1:44:00	22:12	47:19	1:09:31	34:30

Male 30 to 34 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Taren Gesell	Tri Mb	1:11:26	14:03	36:36	50:39	20:48
2	Patrick Visser		1:28:33	18:31	46:02	1:04:33	24:01
3	Kenton Thiessen	Tri Mb	1:31:53	20:10	46:02	1:06:11	25:42
4	Scott McCrea		1:35:53	24:56	43:04	1:08:00	27:54
5	Russ Klassen		1:36:12	20:08	48:47	1:08:55	27:17

Male 35 to 39 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Fraser Cameron	T3	1:13:32	14:43	37:57	52:40	20:52
2	Geoff Dueck Thiessen	Tri Mb	1:15:53	15:03	39:55	54:57	20:57
3	Clint Vandersteen	Trifactor	1:17:36	16:07	39:33	55:39	21:58
4	Stuart Holden	Trifactor	1:18:59	16:16	40:52	57:08	21:51
5	Jeff Hoepfner		1:23:06	14:32	44:29	59:00	24:07
6	Christopher Wood		1:32:59	16:39	45:29	1:02:08	30:51
7	Raymond Gosselin		1:34:37	22:28	46:45	1:09:13	25:25
8	Justin Reimer		1:42:40	22:59	52:06	1:15:05	27:36
9	Trent Leppky		1:42:42	22:56	52:09	1:15:05	27:37

Male 40 to 44 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Ron Oberlin	Tri Mb	1:12:04	13:03	36:06	49:09	22:56
2	Dwayne Olson	T3	1:23:51	14:52	43:30	58:21	25:31
3	Todd Asman	Tri Mb	1:23:56	16:12	42:00	58:12	25:45
4	Myron Groening	Tribalistic	1:26:12	18:18	43:10	1:01:28	24:45
5	Gordon Holens		1:27:19	19:06	44:15	1:03:21	23:59
6	Curtis Orrock	Triple Threat	1:35:55	19:23	45:49	1:05:12	30:44
7	Paul Gustafson		1:39:26	21:11	50:33	1:11:43	27:44

Male 45 to 49 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	George Kroupa	Tri Mb	1:14:19	15:46	36:42	52:28	21:52
2	Richard Rusk	Triple Threat	1:14:39	14:40			
3	Jeff Brooks	Tri Mb	1:16:10	14:01	37:35	51:36	24:35
4	John Andrews	Gord's	1:24:43	17:36	42:38	1:00:13	24:30
5	Tom Wiebe	3rd Wave	1:27:06	17:36	41:57	59:32	27:34
6	Andrew Minkevich	Tri Mb	1:36:33	23:34	43:09	1:06:42	29:51

Male 50 to 54 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Doug Robinson	Tri Mb	1:19:42	14:05	41:22	55:26	24:16
2	David Markham	Tri Mb	1:26:53	15:22	43:10	58:31	28:22
3	Jean-Francois Phaneuf	Triple Threat	1:34:32	19:01	48:52	1:07:52	26:40
4	Allen Cuthbert	Junkyard Dogs	1:35:57	16:53	49:05	1:05:57	30:00
5	Kelly Beckman	Tri Mb	1:41:43	23:13	50:49	1:14:01	27:42
6	Steven Eadie		1:44:56	26:29	51:01	1:17:30	27:27
7	Harold Macdonald		2:07:37	24:43	59:25	1:24:08	43:30

Male 55 to 59 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Jim Simm	Tribalistic	1:11:20	15:34	35:02	50:36	20:44
2	Neil Ferguson	Tri Mb	1:11:28	12:35	36:10	48:45	22:44
3	Brent Holtzman		1:26:20	15:55	41:31	57:26	28:54
4	Jim Nixon	Gord's	1:34:15	19:01	46:33	1:05:34	28:41
5	Lyle Rance	Tri Mb	1:39:06	19:16	49:35	1:08:51	30:16
6	Ellis Crowston	Tri Mb	1:43:16	16:57	48:42	1:05:38	37:38
7	Dinu Paraschiv	Tri Mb	1:46:15	24:02	54:53	1:18:54	27:21

Male 60 to 64 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Bill Degagne	Tribalistic	2:01:39	17:39	1:19:32	1:37:11	24:29

Male 70 and Over Sprint

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Merv Cavers	Tribalistic	1:45:04	18:35	51:49	1:10:24	34:40

SPRINT RELAY TRIATHLON (750m, 20km, 5km)

Place	Teamname	Time	Swim	Bike	Sw+bike	Run
1	Worth A Tri Cathy Gooch Kim Chase	1:28:02	15:44	45:17	1:01:00	27:02
2	Triple Threat Triathlon Julie Vogelsang Darryl Nanka	1:36:48	16:50	52:06	1:08:55	27:53
3	I Can Kerry Kohut Nelson Giesbrecht Jenni Giesbrecht	1:52:11	24:01	51:14	1:15:14	36:58

SHORT DUATHLON (2.5km, 20km, 5km)

Female Short Duathlon

Place	Name	Club	Time	Run1	Bike	Run+bik	Run2
1	Nancy Kroupa	Tri Mb	1:20:44	12:17	42:23	54:39	26:05
2	Janice Dumont	Tri Mb	1:24:05	13:22	44:07	57:29	26:36
3	Megan Banman	3rd Wave	1:26:01	13:03	46:56	59:59	26:03
4	Kelly Garagan	Tri Mb	1:26:19	13:49	44:36	58:25	27:54
5	Anita Miller	Triple Threat	1:27:16	13:11	47:27	1:00:38	26:39
6	Valerie Smid		1:28:07	13:28	45:34	59:01	29:06
7	Anna Dimarco	Tri Mb	1:33:24	14:50	47:41	1:02:30	30:54
8	Daphne Chen	Triple Threat	1:35:33	15:49	49:17	1:05:06	30:28
9	Helene Lindberg		1:37:47	13:51	55:55	1:09:46	28:02
10	Ramona Rohringer	Tri Mb	1:40:45	15:28	49:59	1:05:27	35:19
11	Dawna Atamanchuk	Triple Threat	1:41:39	15:53	52:03	1:07:56	33:44
12	Kellee Da Silva	Gord's	1:42:45	14:52	50:38	1:05:29	37:17
13	Katie Durand	T3	1:49:59	16:15	47:39	1:03:53	46:07
14	Sylvie Pantel		1:50:14	16:53	56:32	1:13:25	36:50
15	Monica Lawrenz		1:58:29	17:40	1:01:16	1:18:55	39:34

Male Short Duathlon

Place	Name	Club	Time	Run1	Bike	Run+bik	Run2
1	Colin Sibilleau	3rd Wave	1:13:34	11:38	38:27	50:05	23:30
2	Kevin Miller	Triple Threat	1:13:40	11:36	39:23	50:59	22:42
3	Romel Marquez		1:19:08	11:52	41:47	53:39	25:30
4	Daniel Dumont	Tri Mb	1:21:25	12:07	42:49	54:56	26:29
5	John Gray	Gord's	1:22:29	12:23	45:05	57:28	25:02
6	Wayne King		1:22:32	12:42	43:54	56:35	25:58
7	John Neufeld	Tri Mb	1:24:18	12:05	46:46	58:51	25:27
8	Steve Ford		1:34:37	14:53	46:33	1:01:26	33:12

TRY-A-TRI (300m, 20km, 3km)

Female Tri-A-Tri

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Sherri Lynn Wingfield	Tri Mb	1:15:14	9:13	49:33	58:45	16:29
2	Holly Douglas		1:17:55	9:09	51:49	1:00:58	16:58
3	Lee Stewart		1:19:14	10:30	52:01	1:02:30	16:45
4	Lorelle Perry	Tri Mb	1:19:22	9:25	54:04	1:03:28	15:54
5	Sandra Baars	Tri Mb	1:21:08	8:59	54:22	1:03:21	17:48
6	Agnieszka Gigiel	Triple Threat	1:21:50	12:38	52:30	1:05:07	16:44
7	Christina McDonald	Tribalistic	1:22:42	14:07	50:26	1:04:32	18:11
8	Charlene Hiebert	Triple Threat	1:26:44	10:59	54:56	1:05:55	20:50
9	Cassandra Bieniarz		1:35:56	7:11	1:06:12	1:13:22	22:35
10	Dawna Marie Bieniarz		1:35:57	12:59	1:00:24	1:13:23	22:34
11	Leslie McKenzie		1:42:56	10:15	1:05:07	1:15:22	27:34

Male Tri-A-Tri

Place	Name	Club	Time	Swim	Bike	Sw+bike	Run
1	Ryan Redpath		1:01:41	7:34	41:26	49:00	12:42
2	Darren Reimer	Tri Mb	1:09:19	8:40	43:41	52:21	16:59
3	Jamie Hardy	Gord's	1:16:46	14:36	47:28	1:02:03	14:43

If you see any mistakes in these results, please contact [Colin Blanchette](#)

Thanks to

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- all the volunteers.
- Triathlon Manitoba: Kevin Freedman.
- St-Malo Community
- Tribalistic Triathlon Team