

2017 RESULTS V2



The St Malo Organizing Committee apologizes to the participants for the missing swim and bike splits for the Olympic Triathlon and for the lack of adequate signage and direction provided to the athletes at the run course turn around points. We will strive to be better next year!

Thank you to our dedicated team:

- Pure Lifestyle, Tribalistic Triathlon Team, Friends of St Malo Park, St Malo community, St Malo Provincial Park and friends of triathlon.
- Officials: Kelly Mahoney, Coleen Kelly-Wardle, Cindy Unger, Grant Unger, and Dina Drabyk.
- Triathlon Manitoba

Thank you to our generous sponsors:

- Fitness Experience
- MEC
- Alter Ego Sports
- City Park Runners
- Recovery Spot
- Vega Sport
- Vita health
- Murray Chevrolet
- Swimming Matters
- Lucky Luc's Bar and Grill
- Gorp Clean Energy Bars
- Delo
- Massage Athletica
- St Malo Pharmacy
- Instant Imprints

St Malo Triathlon

Race #2 of Triathlon Manitoba's Grand Prix Series

Saturday, June 24, 2017

St Malo Provincial Park

Participants: 256

Weather: 9°C, cloudy, wind W 18 G 28 km/h, 87% relative humidity

Water temp: 18 (wetsuit mandatory)

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

Male 18 to 24 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-----------|--------|---------|---------|---------|---------|-------|
| 1 | | 43 | Lucas Roy | Tri Mb | 2:17:29 | No Time | No Time | 1:38:43 | 38:47 |

Male 25 to 29 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-----------------|---------------|---------|---------|---------|---------|-------|
| 1 | | 54 | Tyler Wirch | A&L | 2:12:57 | No Time | No Time | 1:28:34 | 44:23 |
| 2 | | 53 | Gregory Wernham | Triple Threat | 2:42:20 | No Time | No Time | 1:58:25 | 43:55 |

Male 30 to 34 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|------------------|--------|---------|---------|---------|---------|-------|
| 1 | | 87 | Daniel Smith | Tri Mb | 2:37:14 | No Time | No Time | 1:51:11 | 46:03 |
| 2 | | 13 | Rowland Hayward | Tri Mb | 2:40:04 | No Time | No Time | 1:56:13 | 43:51 |
| 3 | | 29 | Jonathan Torchia | Tri Mb | 2:44:33 | No Time | No Time | 1:56:29 | 48:04 |
| 4 | | 150 | Kevin Petkau | Tri Mb | 2:44:39 | No Time | No Time | 1:57:41 | 46:59 |

Male 35 to 39 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-------------------|-------------------------|---------|---------|---------|---------|-------|
| 1 | | 14 | Charles Kostyk | Winnipeg Triathlon Club | 2:15:24 | No Time | No Time | 1:36:21 | 39:03 |
| 2 | | 65 | Ian Givens | Tri Mb | 2:39:10 | No Time | No Time | 1:51:21 | 47:49 |
| 3 | | 40 | Mark Loewen | Tri Mb | 2:44:50 | No Time | No Time | 1:58:23 | 46:27 |
| 4 | | 71 | Brendan Friesen | Sulong | 2:48:00 | No Time | No Time | 1:56:31 | 51:29 |
| 5 | | 91 | Josh Thiem | Tri-Factor | 2:50:17 | No Time | No Time | 2:04:44 | 45:33 |
| 6 | | 61 | Patrick Visser | Tri Mb | 2:50:44 | No Time | No Time | 2:00:12 | 50:32 |
| 7 | | 81 | Martin Enzlberger | Winnipeg Triathlon Club | 2:56:51 | No Time | No Time | 2:07:21 | 49:31 |

Male 40 to 44 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-------------------|-------------------------|---------|---------|---------|---------|---------|
| 1 | | 64 | Justin Rempel | Tri Mb | 2:20:35 | No Time | No Time | 1:39:36 | 40:59 |
| 2 | | 84 | Mark Tisdale | Tribalistic | 2:33:19 | No Time | No Time | 1:47:33 | 45:46 |
| 3 | | 19 | Corrado D'Antonio | Winnipeg Triathlon Club | 2:47:10 | No Time | No Time | 1:57:02 | 50:08 |
| 4 | | 42 | Manuel Maendel | Tri Mb | 3:00:27 | No Time | No Time | 2:11:34 | 48:54 |
| 5 | | 49 | Allan Asplin | Tri Mb | 3:06:17 | No Time | No Time | 2:02:44 | 1:03:33 |
| 6 | | 25 | Christopher Wood | Tri Mb | 3:06:29 | No Time | No Time | 2:02:43 | 1:03:47 |
| 7 | | 89 | Norman Garcia | Sulong | 3:33:35 | No Time | No Time | 2:34:08 | 59:28 |

Male 45 to 49 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-----------------------|-------------------------|---------|---------|---------|---------|-------|
| 1 | | 57 | Marc Leclair | Tri Mb | 2:29:36 | No Time | No Time | 1:43:23 | 46:14 |
| 2 | | 10 | Glen Duizer | Tri Mb | 2:29:53 | No Time | No Time | 1:46:19 | 43:35 |
| 3 | | 88 | Ferdinand Del Rosario | Sulong | 2:41:06 | No Time | No Time | 1:54:18 | 46:49 |
| 4 | | 58 | Howard Wirch | A&L | 2:41:31 | No Time | No Time | 1:52:58 | 48:33 |
| 5 | | 56 | Darryl Ross | Tri Mb | 2:48:27 | No Time | No Time | 1:53:38 | 54:50 |
| 6 | | 70 | Jason Radford | Winnipeg Triathlon Club | 2:56:40 | No Time | No Time | 2:03:18 | 53:23 |

Male 50 to 54 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-----------------|----------------|---------|---------|---------|---------|---------|
| 1 | | 11 | Andrew Loughead | Tri Mb | 2:27:01 | No Time | No Time | 1:41:16 | 45:46 |
| 2 | | 15 | Philippe Chabot | Tri Mb | 2:31:45 | No Time | No Time | 1:39:41 | 52:04 |
| 3 | | 51 | Daniel Bezte | Tri Mb | 2:32:18 | No Time | No Time | 1:45:54 | 46:25 |
| 4 | | 23 | Kevin Read | Triple Threat | 2:37:51 | No Time | No Time | 1:49:24 | 48:27 |
| 5 | | 24 | Robert Duncan | Tri Mb | 2:43:19 | No Time | No Time | 1:53:43 | 49:37 |
| 6 | | 21 | Marc Hache | Tri Mb | 2:47:05 | No Time | No Time | 1:54:43 | 52:23 |
| 7 | | 68 | Dave Foley | Junk Yard Dogs | 2:55:21 | No Time | No Time | 2:01:27 | 53:54 |
| 8 | | 90 | Alan Wingfield | Tri Mb | 2:55:40 | No Time | No Time | 2:02:50 | 52:51 |
| 9 | | 35 | Leif Sigurdson | Tri Mb | 3:05:22 | No Time | No Time | 2:08:53 | 56:29 |
| 10 | | 34 | Arthur Rideout | Trinl | 3:08:49 | No Time | No Time | 2:10:05 | 58:44 |
| 11 | | 32 | Pascal Gariepy | T3 Triathlon | 3:09:19 | No Time | No Time | 2:13:19 | 56:01 |
| 12 | | 73 | Ken Chartrand | Tri Mb | 3:38:16 | No Time | No Time | 2:29:12 | 1:09:05 |

Male 55 to 59 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-----------------|-------------------------|---------|---------|---------|---------|-------|
| 1 | | 85 | Edward Willmott | Tri Mb | 2:45:33 | No Time | No Time | 1:56:10 | 49:23 |
| 2 | | 45 | Dale Bigelow | Tri Mb | 2:46:31 | No Time | No Time | 1:51:23 | 55:08 |
| 3 | | 69 | David Fielder | Winnipeg Triathlon Club | 3:12:24 | No Time | No Time | 2:15:10 | 57:14 |

Male 60 to 64 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|----------------|-------------------------|---------|---------|---------|---------|---------|
| 1 | | 46 | Tom Okany | Triple Threat | 2:31:18 | No Time | No Time | 1:48:04 | 43:15 |
| 2 | | 12 | Brian Culligan | Tri Mb | 2:53:01 | No Time | No Time | 2:01:14 | 51:48 |
| 3 | | 31 | Fern Berard | Winnipeg Triathlon Club | 3:08:18 | No Time | No Time | 2:12:50 | 55:28 |
| 4 | | 17 | Don Webb | Tri Mb | 3:10:29 | No Time | No Time | 2:06:47 | 1:03:43 |
| 5 | | 33 | Victor Bargaen | Tri Mb | 3:30:20 | No Time | No Time | 2:29:10 | 1:01:10 |

Female 18 to 24 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-----------------------|------|---------|---------|---------|---------|-------|
| 1 | | 60 | Taryn Morningstar | A&L | 2:42:25 | No Time | No Time | 1:45:05 | 57:21 |
| 2 | | 55 | Raelene Sawatzky-Dyck | A&L | 3:13:06 | No Time | No Time | 2:15:19 | 57:47 |

Female 25 to 29 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-------------------|-------------------------|---------|---------|---------|---------|-------|
| 1 | | 9 | Nicole Walker | Tribalistic | 2:13:52 | No Time | No Time | 1:36:16 | 37:37 |
| 2 | | 5 | Ariane Morissette | Winnipeg Triathlon Club | 2:48:15 | No Time | No Time | 1:53:55 | 54:21 |

Female 30 to 34 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|------------------|-------------------------|---------|---------|---------|---------|-------|
| 1 | | 47 | Bernadine Kostyk | Winnipeg Triathlon Club | 2:42:02 | No Time | No Time | 1:51:46 | 50:16 |
| 2 | | 39 | Jenny Hall | Tribalistic | 2:52:06 | No Time | No Time | 1:56:23 | 55:43 |
| 3 | | 82 | Maria Arlt | Tri Mb | 2:56:24 | No Time | No Time | 1:59:57 | 56:28 |

Female 35 to 39 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-------------------------|--------------------------------|---------|---------|---------|---------|---------|
| 1 | | 1 | Heather McDonell | Triple Threat | 2:37:41 | No Time | No Time | 1:52:48 | 44:53 |
| 2 | | 4 | Chantal Givens | Tri Mb | 2:44:04 | No Time | No Time | 1:59:10 | 44:55 |
| 3 | | 72 | Agnieszka Gigiel | Tribalistic | 2:46:50 | No Time | No Time | 1:55:51 | 51:00 |
| 4 | | 6 | Tyra Dickson | Tri Mb | 2:48:47 | No Time | No Time | 2:01:07 | 47:40 |
| 5 | | 67 | Paula Anderson | Sulong | 2:51:51 | No Time | No Time | 1:59:53 | 51:59 |
| 6 | | 76 | Carly Sabourin | Tri Mb | 2:52:32 | No Time | No Time | 2:02:05 | 50:27 |
| 7 | | 26 | Charity Schmidt | Saskatchewan Triathlon Associa | 3:16:46 | No Time | No Time | 2:14:42 | 1:02:04 |
| 8 | | 74 | Andrea Richardson-Lipon | Tri Mb | 3:24:18 | No Time | No Time | 2:16:31 | 1:07:48 |

Female 40 to 44 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-------------------|--------|---------|---------|---------|---------|---------|
| 1 | | 63 | Melissa Lillies | Tri Mb | 3:10:10 | No Time | No Time | 2:19:52 | 50:19 |
| 2 | | 20 | Dawna Atamanchuk | Tri Mb | 3:30:48 | No Time | No Time | 2:24:08 | 1:06:40 |
| DNF | | 27 | Danielle McKinnon | Tri Mb | | | | | |

Female 45 to 49 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|---------------|-------------|---------|---------|---------|---------|---------|
| 1 | | 79 | Ayn Wilcox | Tribalistic | 3:04:29 | No Time | No Time | 2:08:50 | 55:40 |
| 2 | | 18 | Maria Quintas | Sulong | 3:07:55 | No Time | No Time | 2:07:28 | 1:00:27 |

Female 50 to 54 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|---------------------|-------------------------|---------|---------|---------|---------|---------|
| 1 | | 50 | Dawn Huck | Tri-Factor | 2:50:37 | No Time | No Time | 1:53:57 | 56:40 |
| 2 | | 77 | Nancy Goodall | Triple Threat | 2:53:34 | No Time | No Time | 2:07:53 | 45:42 |
| 3 | | 7 | Lesley Ball | Tri-Factor | 2:58:22 | No Time | No Time | 2:00:35 | 57:48 |
| 4 | | 48 | Lee Stewart | Winnipeg Triathlon Club | 3:03:52 | No Time | No Time | 2:06:23 | 57:29 |
| 5 | | 86 | Joanne Forest-Magne | Tri Mb | 3:09:06 | No Time | No Time | 2:21:03 | 48:03 |
| 6 | | 8 | Debbie Barnes | T3 Triathlon | 3:21:56 | No Time | No Time | 2:11:08 | 1:10:48 |

Female 55 to 59 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-------------|-------------------------|---------|---------|---------|---------|-------|
| 1 | | 28 | Jan Hawkins | Winnipeg Triathlon Club | 3:06:02 | No Time | No Time | 2:09:30 | 56:32 |
| DNF | | 41 | Kim Chase | Winnipeg Triathlon Club | | | | | |

Female 60 to 64 Olympic

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|------------|---------------|---------|---------|---------|---------|-------|
| 1 | | 2 | Kate Okany | Triple Threat | 2:50:48 | No Time | No Time | 2:00:21 | 50:28 |

Female Olympic Aquabike – 1500m swim + 40km bike

| Place | Number | Name | Club | Time |
|-------|--------|-----------------|-------------------------|---------|
| 1 | 3 | Lisa Penner | Tri Mb | 2:01:27 |
| 2 | 78 | Tracie McDonald | Tribalistic | 2:27:11 |
| 3 | 66 | Wanda Mathers | Winnipeg Triathlon Club | 2:47:41 |

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

| Place | Team name | Time | Swim | Bike | Sw+bike | Run |
|-------|---------------------------|---------|---------|---------|---------|-------|
| 1 | Team Ayres | 2:48:02 | No Time | No Time | 1:58:09 | 49:53 |
| 2 | Scrambled Legs and 'Achin | 2:48:48 | No Time | No Time | 1:55:30 | 53:18 |

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

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|---------------|--------|---------|-------|-------|---------|-------|
| 1 | | 111 | Carson McComb | A&L | 1:04:09 | 11:15 | 35:01 | 46:15 | 17:54 |
| 2 | | 113 | Noah Wiens | Tri Mb | 1:07:53 | 12:36 | 36:34 | 49:09 | 18:44 |

Male 20 to 24 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|------------------|--------------------|---------|-------|-------|---------|-------|
| 1 | | 105 | Joshua Malenchak | Windburn Race Team | 1:02:18 | 10:52 | 33:07 | 43:58 | 18:20 |

Male 25 to 29 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|------------------|---------------|---------|-------|-------|---------|-------|
| 1 | | 213 | Chad Deprez | Tri Mb | 1:21:59 | 16:16 | 43:15 | 59:30 | 22:29 |
| 2 | | 184 | Benjamin Reiter | Triple Threat | 1:28:09 | 17:33 | 46:18 | 1:03:50 | 24:19 |
| 3 | | 240 | Jessie Balfour | | 1:28:43 | 17:41 | 46:26 | 1:04:07 | 24:36 |
| 4 | | 233 | Ryley Davidson | Tri Mb | 1:33:26 | 14:40 | 48:23 | 1:03:03 | 30:23 |
| 5 | | 191 | Michael Iwanchuk | Tri Mb | 1:40:21 | 18:35 | 56:23 | 1:14:58 | 25:23 |
| 6 | | 137 | Jeremy Legall | Tri Mb | 1:40:33 | 19:10 | 49:09 | 1:08:18 | 32:15 |
| 7 | | 115 | Todd Reimer | Tri Mb | 1:40:47 | 20:32 | 55:57 | 1:16:28 | 24:19 |

Male 30 to 34 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|------------------|-------------------------|---------|-------|-------|---------|-------|
| 1 | | 197 | Anthony Densmore | Winnipeg Triathlon Club | 1:20:30 | 15:49 | 41:40 | 57:29 | 23:02 |
| 2 | | 129 | Duane Latimer | A&L | 1:21:44 | 15:16 | 42:37 | 57:52 | 23:52 |
| 3 | | 198 | Jacob Snell | Tribalistic | 1:27:16 | 16:03 | 46:09 | 1:02:12 | 25:05 |
| 4 | | 209 | Oleksiy Vasylyuk | Winnipeg Triathlon Club | 1:32:24 | 17:29 | 44:30 | 1:01:59 | 30:26 |
| 5 | | 208 | Quinn Taylor | Tri Mb | 1:35:10 | 17:19 | 50:56 | 1:08:15 | 26:56 |
| 6 | | 120 | Brad Cownden | Tri Mb | 1:36:10 | 18:04 | 49:42 | 1:07:45 | 28:26 |
| 7 | | 226 | Dominik Vann | Tri Mb | 1:38:31 | 17:53 | 52:28 | 1:10:20 | 28:11 |

Male 35 to 39 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-----------------|--------------------------------|---------|-------|---------|---------|-------|
| 1 | | 106 | Kevin Earl | 3rd Wave | 1:10:04 | 13:24 | 36:05 | 49:28 | 20:36 |
| 2 | | 181 | Scott Kemp | Tri Mb | 1:18:22 | 14:03 | 42:29 | 56:32 | 21:51 |
| 3 | | 107 | Gordon Finlay | Tri Mb | 1:27:01 | 15:40 | 45:44 | 1:01:23 | 25:38 |
| 4 | | 128 | Regan Schmidt | Saskatchewan Triathlon Associa | 1:31:10 | 20:16 | 44:53 | 1:05:08 | 26:02 |
| 5 | | 205 | Brad Ewankiw | Tri Mb | 1:44:50 | 22:37 | 55:00 | 1:17:36 | 27:14 |
| 6 | | 119 | Derrick Paulson | Tri Mb | 2:02:22 | 26:04 | 1:09:48 | 1:35:52 | 26:30 |
| 7 | DSQ | 201 | Roy Oliveira | Tri Mb | | 22:58 | 50:35 | 1:13:33 | 15:35 |

Male 40 to 44 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|--------------------|--------------------|---------|-------|-------|---------|-------|
| 1 | | 238 | Dave Lipchen | Windburn Race Team | 1:07:14 | 12:42 | 34:45 | 47:26 | 19:48 |
| 2 | | 156 | Jason McNicholl | Tri Mb | 1:15:08 | 17:01 | 37:12 | 54:12 | 20:56 |
| 3 | | 155 | Wes Weiss | Tri Mb | 1:22:11 | 15:21 | 43:20 | 58:41 | 23:31 |
| 4 | | 217 | Romel Marquez | Triple Threat | 1:22:17 | 17:45 | 40:17 | 58:02 | 24:15 |
| 5 | | 144 | Jean-Louis Gratton | Tri Mb | 1:22:20 | 14:18 | 44:35 | 58:53 | 23:28 |
| 6 | | 179 | Jeff Hicks | Kenora Borealis | 1:30:45 | 17:55 | 44:24 | 1:02:18 | 28:27 |
| 7 | | 134 | Mike Morawski | Tri Mb | 1:36:47 | 18:37 | 51:06 | 1:09:43 | 27:05 |
| 8 | | 237 | Andrew Schindle | Tri-Factor | 1:37:00 | 18:05 | 55:29 | 1:13:33 | 23:27 |
| 9 | | 136 | Radny Geonanga | Tri Mb | 1:37:00 | 17:06 | 56:33 | 1:13:38 | 23:22 |
| 10 | | 188 | Jim Fraser | Tri Mb | 1:46:36 | 19:20 | 53:32 | 1:12:51 | 33:46 |

Male 45 to 49 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|----------------|-------------------------|---------|-------|---------|---------|-------|
| 1 | | 231 | Grant McMillan | Tri Mb | 1:21:57 | 18:16 | 40:53 | 59:09 | 22:49 |
| 2 | | 214 | Travis Jensen | Tri Mb | 1:23:21 | 16:34 | 43:08 | 59:41 | 23:40 |
| 3 | | 141 | Marco McDonald | Winnipeg Triathlon Club | 1:28:34 | 18:45 | 47:13 | 1:05:57 | 22:38 |
| 4 | | 199 | Paul Gustafson | Tri Mb | 1:30:30 | 17:46 | 47:12 | 1:04:58 | 25:33 |
| 5 | | 223 | Luc Fournier | Tri-Factor | 1:41:04 | 21:19 | 49:58 | 1:11:16 | 29:48 |
| 6 | | 187 | Kyle Blaquiere | Tri Mb | 1:45:10 | 23:26 | 54:52 | 1:18:17 | 26:53 |
| 7 | | 162 | Jim Foulkes | Tri Mb | 1:48:27 | 24:08 | 53:01 | 1:17:08 | 31:19 |
| 8 | | 175 | Peter Hamm | Tri Mb | 1:59:53 | 26:04 | 1:06:35 | 1:32:39 | 27:15 |
| 9 | | 176 | Armand Siapno | Sulong | 2:07:04 | 28:48 | 1:00:38 | 1:29:25 | 37:40 |

Male 50 to 54 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|---------------|---------------|---------|-------|-------|---------|-------|
| 1 | | 219 | Jimmy Anis | Sulong | 1:19:03 | 17:45 | 40:03 | 57:47 | 21:16 |
| 2 | | 153 | Darren Reimer | Tri Mb | 1:30:45 | 19:04 | 44:15 | 1:03:19 | 27:26 |
| 3 | | 161 | Barry Plett | Triple Threat | 1:42:00 | 20:04 | 50:32 | 1:10:36 | 31:25 |

Male 55 to 59 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|--------------|---------------|---------|-------|-------|---------|-------|
| 1 | | 229 | Kevin Newton | A&L | 1:33:12 | 16:02 | 46:28 | 1:02:30 | 30:43 |
| 2 | | 173 | Eran Plotnik | Triple Threat | 1:33:17 | 17:18 | 49:13 | 1:06:31 | 26:47 |

Male 60 to 64 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-------------|-------------------------|---------|-------|-------|---------|-------|
| 1 | | 158 | Tim Hawkins | Tri Mb | 1:37:44 | 20:06 | 48:56 | 1:09:01 | 28:44 |
| DNF | | 59 | Jim Nixon | Winnipeg Triathlon Club | | 21:13 | 9:22 | 30:34 | |

Male 65 to 69 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|------------|--------|---------|-------|-------|---------|-------|
| 1 | | 166 | Al Stewart | Tri Mb | 1:21:49 | 15:51 | 41:59 | 57:50 | 24:00 |

Male 70 to 74 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-----------|--------|---------|-------|-------|---------|-------|
| 1 | | 206 | Bob Groff | Tri Mb | 1:46:40 | 20:29 | 53:46 | 1:14:14 | 32:26 |

Male 75 to 79 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|--------------|--------|---------|-------|-------|---------|-------|
| 1 | | 108 | Jim Anderson | Tri Mb | 1:49:09 | 24:00 | 53:34 | 1:17:34 | 31:35 |

Female 16 to 19 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|---------------|--------|---------|-------|---------|---------|-------|
| 1 | | 101 | Claire Healey | Tri Mb | 1:08:24 | 11:11 | 36:50 | 48:00 | 20:24 |
| 2 | | 104 | Morgan Ott | Tri Mb | 1:19:54 | 12:11 | 42:28 | 54:38 | 25:16 |
| 3 | | 117 | Kira Eidse | Tri Mb | 1:58:52 | 17:45 | 1:04:33 | 1:22:17 | 36:35 |

Female 20 to 24 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-----------------|--------|---------|-------|---------|---------|-------|
| 1 | | 142 | Kaitlyn Wiens | Tri Mb | 1:27:05 | 13:36 | 47:27 | 1:01:02 | 26:03 |
| 2 | | 131 | Alyena Fredette | Tri Mb | 1:34:55 | 18:20 | 48:41 | 1:07:00 | 27:55 |
| 3 | | 130 | Mallory Black | Tri Mb | 1:43:26 | 16:38 | 55:41 | 1:12:18 | 31:09 |
| 4 | | 160 | Celine Peloquin | Tri Mb | 1:52:24 | 18:27 | 1:04:58 | 1:23:25 | 29:00 |

Female 25 to 29 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-------------------|-------------------------|---------|-------|---------|---------|-------|
| 1 | | 102 | Jamee George | Tri Mb | 1:31:00 | 18:43 | 45:27 | 1:04:09 | 26:52 |
| 2 | | 159 | Sydney Gergely | Tri Mb | 1:37:25 | 13:07 | 54:12 | 1:07:18 | 30:07 |
| 3 | | 236 | Jenna Hobson | Tri-Factor | 1:42:12 | 17:28 | 56:02 | 1:13:30 | 28:42 |
| 4 | | 116 | Michelle Marykuca | Tri Mb | 1:50:20 | 21:12 | 57:11 | 1:18:23 | 31:58 |
| 5 | | 203 | Erica Wilken | Winnipeg Triathlon Club | 2:03:01 | 19:58 | 1:08:13 | 1:28:11 | 34:51 |

Female 30 to 34 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|------------------|-------------------------|---------|-------|-------|---------|-------|
| 1 | | 192 | Andrea Dyck | 3rd Wave | 1:28:12 | 17:58 | 46:17 | 1:04:15 | 23:57 |
| 2 | | 152 | Katrina Froese | Tri Mb | 1:34:41 | 17:04 | 52:21 | 1:09:25 | 25:16 |
| 3 | | 225 | Larissa Dueck | Winnipeg Triathlon Club | 1:35:12 | 15:45 | 51:55 | 1:07:40 | 27:33 |
| 4 | | 228 | Stephanie Dyck | Sulong | 1:36:10 | 17:39 | 51:11 | 1:08:50 | 27:20 |
| 5 | | 140 | Heather Kolomaya | Tri Mb | 1:42:23 | 18:26 | 57:33 | 1:15:58 | 26:26 |
| 6 | | 122 | Kimberly Dodds | Tri Mb | 1:42:34 | 15:26 | 56:09 | 1:11:35 | 31:00 |

Female 35 to 39 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|------------------|-------------------------|---------|-------|---------|---------|-------|
| 1 | | 154 | Heather Francis | 3rd Wave | 1:29:25 | 18:37 | 45:18 | 1:03:55 | 25:31 |
| 2 | | 212 | Amanda Lieverse | Tri-Factor | 1:30:10 | 17:20 | 49:56 | 1:07:15 | 22:55 |
| 3 | | 193 | Jen Onyskie | Triple Threat | 1:31:03 | 13:49 | 50:03 | 1:03:52 | 27:12 |
| 4 | | 114 | Liisa Burgess | Tri Mb | 1:32:10 | 15:39 | 52:26 | 1:08:05 | 24:06 |
| 5 | | 196 | Ashley Cvetkovic | Tri Mb | 1:34:03 | 20:53 | 46:24 | 1:07:16 | 26:47 |
| 6 | | 138 | Eliane Domingue | Winnipeg Triathlon Club | 1:35:06 | 17:49 | 48:05 | 1:05:54 | 29:12 |
| 7 | | 132 | Kelly Malcolmson | Winnipeg Triathlon Club | 1:36:20 | 14:22 | 51:13 | 1:05:34 | 30:46 |
| 8 | | 146 | Allison Reville | Westman Triumphs | 1:36:27 | 15:59 | 51:39 | 1:07:38 | 28:50 |
| 9 | | 125 | Brigitte Pereira | | 1:37:53 | 19:24 | 56:26 | 1:15:49 | 22:04 |
| 10 | | 124 | Janelle Kaminsky | Tri Mb | 1:44:08 | 22:40 | 55:43 | 1:18:23 | 25:45 |
| 11 | | 178 | Tammy Klassen | Tri Mb | 1:48:44 | 20:37 | 58:15 | 1:18:51 | 29:54 |
| 12 | | 123 | Josee Adrian | Tri Mb | 1:54:40 | 26:33 | 1:00:02 | 1:26:35 | 28:06 |

Female 40 to 44 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|--------------|--------|---------|-------|-------|---------|-------|
| 1 | | 165 | Brandi Smith | Tri Mb | 1:17:55 | 13:35 | 41:24 | 54:59 | 22:57 |
| 2 | | 164 | Anne Barkman | Tri Mb | 1:29:09 | 17:35 | 44:45 | 1:02:20 | 26:49 |
| 3 | | 135 | Jessica Beck | Tri Mb | 1:36:43 | 17:26 | 53:27 | 1:10:52 | 25:51 |
| 4 | | 145 | Sandra Bains | Sulong | 1:38:46 | 18:39 | 51:03 | 1:09:42 | 29:05 |
| 5 | | 220 | Heike Funk | Tri Mb | 1:39:14 | 18:34 | 49:15 | 1:07:48 | 31:26 |
| 6 | | 170 | Julie Savard | Tri Mb | 1:41:11 | 18:16 | 54:25 | 1:12:41 | 28:30 |
| 7 | | 194 | Dawn Runke | Tri Mb | 1:49:11 | 17:51 | 53:26 | 1:11:17 | 37:55 |

Female 45 to 49 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-----------------------|--------|---------|-------|---------|---------|-------|
| 1 | | 44 | Lisa Gonzales | Tri Mb | 1:35:53 | 17:43 | 53:34 | 1:11:17 | 24:36 |
| 2 | | 127 | Marie-Claude McDonald | Tri Mb | 1:35:57 | 17:24 | 51:07 | 1:08:30 | 27:27 |
| 3 | | 190 | Patrice Miniely | Tri Mb | 1:56:24 | 23:39 | 1:00:06 | 1:23:44 | 32:41 |
| 4 | | 121 | Angie Wittmann | Tri Mb | 1:58:39 | 18:08 | 1:07:08 | 1:25:16 | 33:24 |
| DNF | | 210 | Tricia Chestnut | Tri Mb | | | | | |

Female 50 to 54 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|------------------|---------------|---------|-------|---------|---------|-------|
| 1 | | 167 | Esther Mackinlay | Tri Mb | 1:33:14 | 14:37 | 48:13 | 1:02:50 | 30:24 |
| 2 | | 118 | Sandi Goertzen | Triple Threat | 1:35:45 | 15:53 | 49:07 | 1:04:59 | 30:46 |
| 3 | | 36 | Cindy Koskie | Tri-Factor | 1:39:04 | 18:43 | 52:39 | 1:11:22 | 27:43 |
| 4 | | 126 | Fedra Salias | Triple Threat | 1:42:37 | 15:24 | 55:32 | 1:10:55 | 31:42 |
| 5 | | 133 | Karen Desrochers | Tri Mb | 1:55:26 | 22:25 | 1:00:52 | 1:23:16 | 32:10 |

Female 55 to 59 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|-------------------|--------|---------|-------|-------|---------|-------|
| 1 | | 215 | Cindy Swaine | Tri Mb | 1:55:44 | 21:47 | 57:34 | 1:19:20 | 36:24 |
| 2 | | 157 | Deborah Brethauer | Tri Mb | 2:01:42 | 28:08 | 57:46 | 1:25:53 | 35:49 |

Female 60 to 64 Sprint

| Place | Note | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|------|--------|----------------|--------|---------|-------|-------|---------|-------|
| 1 | | 211 | Carolyn Smith | Tri Mb | 1:36:12 | 20:55 | 47:42 | 1:08:36 | 27:36 |
| 2 | | 103 | Nicole Mercier | Tri Mb | 1:39:13 | 17:21 | 51:41 | 1:09:02 | 30:12 |

Female Sprint Aquabike – 750m swim + 20km bike

| Place | Number | Name | Club | Time | Swim | Bike |
|-------|--------|-----------------|---------------|---------|-------|---------|
| 1 | 234 | Edwina Keats | Triple Threat | 1:31:37 | 29:58 | 1:01:40 |
| DNF | 174 | Eileen Marykuca | Tri Mb | | | |

Male Sprint Aquabike – 750m swim + 20km bike

| Place | Number | Name | Club | Time | Swim | Bike |
|-------|--------|-------------------|-------------------------|---------|-------|---------|
| 1 | 22 | Dwayne Olson | Winnipeg Triathlon Club | 59:06 | 15:19 | 43:48 |
| 2 | 235 | Grant Quinn | Winnipeg Triathlon Club | 1:01:12 | 15:11 | 46:02 |
| 3 | 169 | Ray Elliot | Tri Mb | 1:21:29 | 27:21 | 54:08 |
| 4 | 149 | Bill Goedegebuure | Tri Mb | 1:22:41 | 19:16 | 1:03:25 |

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

| Place | Team name | Time | Swim | Bike | Sw+bike | Run |
|-------|-------------------------------|---------|-------|-------|---------|-------|
| 1 | If At First You Don't Succeed | 1:16:50 | 12:46 | 44:44 | 57:30 | 19:21 |
| 2 | Ladies of Leisure | 1:36:21 | 18:01 | 49:55 | 1:07:55 | 28:27 |

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

Female Sprint Duathlon

| Place | Number | Name | Club | Time | Run1 | Bike | Run+bik | Run2 |
|-------|--------|--------------------|-----------------|---------|-------|---------|---------|-------|
| 1 | 239 | Kim Gusdal | Tri Mb | 1:24:18 | 13:51 | 43:51 | 57:42 | 26:37 |
| 2 | 186 | Aileen Smith | Tri Mb | 1:25:32 | 13:30 | 45:40 | 59:10 | 26:23 |
| 3 | 30 | Linda Whitfield | Tri Mb | 1:33:57 | 15:18 | 51:33 | 1:06:51 | 27:06 |
| 4 | 180 | Cheryl Hicks | Kenora Borealis | 1:35:55 | 16:05 | 50:46 | 1:06:50 | 29:05 |
| 5 | 195 | Trina Gallop Blank | Tri Mb | 1:51:42 | 17:10 | 1:00:11 | 1:17:20 | 34:22 |
| 6 | 204 | Jennifer Ewankiw | Tri Mb | 1:52:47 | 15:55 | 1:03:14 | 1:19:09 | 33:39 |

Male Sprint Duathlon

| Place | Number | Name | Club | Time | Run1 | Bike | Run+bik | Run2 |
|-------|--------|-----------------|-------------------------|---------|-------|-------|---------|-------|
| 1 | 109 | Neil Ferguson | Tri Mb | 1:09:19 | 11:16 | 35:55 | 47:11 | 22:08 |
| 2 | 148 | Gordon Holens | Tri Mb | 1:17:03 | 12:17 | 41:00 | 53:16 | 23:48 |
| 3 | 110 | John Tomlinson | | 1:18:00 | 11:28 | 44:47 | 56:15 | 21:46 |
| 4 | 147 | Rob Reville | Westman Triumphs | 1:20:40 | 12:03 | 44:10 | 56:12 | 24:28 |
| 5 | 230 | Joel St-Vincent | Winnipeg Triathlon Club | 1:22:09 | 12:01 | 46:12 | 58:12 | 23:58 |
| 6 | 221 | Raul Paragas | Tri Mb | 1:25:47 | 12:38 | 47:48 | 1:00:25 | 25:23 |
| 7 | 185 | Travis Smith | Tri Mb | 1:28:18 | 13:30 | 45:41 | 59:10 | 29:08 |
| 8 | 207 | Kelly Beckman | | 1:31:08 | 15:11 | 48:25 | 1:03:35 | 27:34 |
| 9 | 168 | Gyula Gergely | Tri Mb | 1:33:14 | 15:20 | 47:30 | 1:02:50 | 30:25 |
| 10 | 189 | Tom Wiebe | Third Wave | 1:36:59 | 16:33 | 46:45 | 1:03:17 | 33:42 |
| 11 | 151 | Simon Hriech | Tri Mb | 1:47:08 | 17:28 | 48:49 | 1:06:17 | 40:51 |

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

Female Try-A-Tri

| Place | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|--------|-------------------|-------------------------|---------|-------|----------------|---------|-------|
| 1 | 268 | Lara Dueck | Tri Mb | 51:44 | 7:39 | 29:52 | 37:31 | 14:13 |
| 2 | 251 | Desirae Warkentin | Tri Mb | 55:22 | 8:46 | 23:46 | 32:31 | 22:52 |
| 3 | 253 | Desiree Danchuk | Tri Mb | 55:47 | 9:13 | 29:08 | 38:20 | 17:28 |
| 4 | 276 | Paige Bevan | Tri Mb | 56:10 | 8:24 | 27:23 | 35:46 | 20:24 |
| 5 | 256 | Gwen Smoluk | Winnipeg Triathlon Club | 1:03:37 | 9:59 | 36:24 | 46:22 | 17:15 |
| 6 | 270 | Lee-Ann Baldwin | Tri Mb | 1:06:11 | 8:28 | 35:23 | 43:51 | 22:21 |
| 7 | 266 | Karen Sawatzky | Triple Threat | 1:06:41 | 11:32 | Chip misplaced | | |
| 8 | 249 | Cecil De Guzman | Sulong | 1:06:56 | 12:47 | 34:41 | 47:27 | 19:30 |
| 9 | 247 | Amelia Wolfe | Tri Mb | 1:07:25 | 8:31 | 30:02 | 38:32 | 28:53 |
| 10 | 273 | Maegan Ernst | Tri Mb | 1:07:33 | 10:36 | 37:13 | 47:49 | 19:45 |
| 11 | 259 | Jennifer Keith | Tri Mb | 1:07:47 | 9:57 | 32:10 | 42:06 | 25:41 |
| 12 | 257 | Jen Navasca | Sulong | 1:11:00 | 8:24 | 30:08 | 38:32 | 32:28 |
| 13 | 252 | Desiree Chabot | Tri Mb | 1:11:46 | 10:20 | 28:36 | 38:55 | 32:52 |
| 14 | 246 | Ainsley Spence | Tri Mb | 1:12:25 | 11:51 | 39:47 | 51:37 | 20:48 |
| 15 | 267 | Kari Plett | Tri Mb | 1:12:32 | 8:22 | 31:55 | 40:17 | 32:16 |
| 16 | 261 | Jessica Brady | Tri Mb | 1:16:54 | 8:49 | 32:11 | 41:00 | 35:55 |
| 17 | 255 | Elizabeth Jones | Tri Mb | 1:17:13 | 7:43 | 35:19 | 43:02 | 34:11 |
| 18 | 278 | Sheree Mijares | Sulong | 1:21:10 | 15:59 | 37:52 | 53:50 | 27:20 |

Male Try-A-Tri

| Place | Number | Name | Club | Time | Swim | Bike | Sw+bike | Run |
|-------|--------|------------------|--------|---------|-------|-------|---------|-------|
| 1 | 279 | Trent Thompson | Tri Mb | 55:09 | 6:34 | 27:47 | 34:20 | 20:49 |
| 2 | 294 | Cameron Funk | Tri Mb | 56:42 | 7:48 | 26:31 | 34:18 | 22:24 |
| 3 | 248 | Brad Favel | Tri Mb | 58:53 | 7:03 | 35:12 | 42:14 | 16:40 |
| 4 | 250 | David Densmore | Sulong | 1:05:06 | 10:32 | 35:25 | 45:56 | 19:10 |
| 5 | 254 | Dylan Penner | Tri Mb | 1:07:25 | 6:43 | 31:57 | 38:40 | 28:46 |
| 6 | 262 | Jouvette Tabinga | Sulong | 1:10:37 | 8:51 | 30:21 | 39:11 | 31:26 |
| 7 | 260 | Jerone Verga | Tri Mb | 1:16:44 | 7:34 | 32:52 | 40:26 | 36:18 |

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

Female Do-A-Du

| Place | Number | Name | Club | Time | Run1 | Bike | Run+bik | Run2 |
|-------|--------|-------------------|--------|---------|------|-------|---------|-------|
| 1 | 288 | Jo-Anne Godard | Tri Mb | 48:42 | 6:15 | 27:46 | 34:00 | 14:42 |
| 2 | 289 | Kristin Martens | Tri Mb | 49:34 | 6:13 | 28:30 | 34:42 | 14:53 |
| 3 | 290 | Tara Keyser | Tri Mb | 49:46 | 6:15 | 28:21 | 34:35 | 15:11 |
| 4 | 282 | Chantal Lariviere | | 54:26 | 6:24 | 31:58 | 38:21 | 16:06 |
| 5 | 280 | Angel Budge | | 54:30 | 6:30 | 30:47 | 37:16 | 17:15 |
| 6 | 287 | Jennie Ryman | | 55:51 | 7:07 | 28:36 | 35:42 | 20:10 |
| 7 | 258 | Jennifer Dyck | Tri Mb | 1:02:20 | 7:43 | 32:06 | 39:49 | 22:31 |
| 8 | 292 | Jose McClelland | Tri Mb | 1:02:26 | 6:19 | 39:25 | 45:43 | 16:43 |
| 9 | 275 | Morgan Klassen | Tri Mb | 1:03:30 | 7:43 | 34:10 | 41:52 | 21:38 |
| 10 | 265 | Karen Cummings | Tri Mb | 1:03:31 | 7:45 | 34:07 | 41:52 | 21:39 |
| 11 | 284 | Crystal Chartier | | 1:03:33 | 7:26 | 37:12 | 44:38 | 18:56 |
| 12 | 283 | Christine Becker | Sulong | 1:06:13 | 6:19 | 38:16 | 44:35 | 21:39 |
| 13 | 281 | Carrie Shynkaryk | Tri Mb | 1:07:17 | 7:05 | 30:53 | 37:58 | 29:20 |

Male Do-A-Du

| Place | Number | Name | Club | Time | Run1 | Bike | Run+bik | Run2 |
|-------|--------|------------------|--------|-------|------|-------|---------|-------|
| 1 | 285 | Damien Godard | Tri Mb | 48:17 | 5:31 | 28:33 | 34:03 | 14:14 |
| 2 | 286 | Dean Hebert | Tri Mb | 55:12 | 6:32 | 27:48 | 34:19 | 20:54 |
| 3 | 291 | William Thrift | Tri Mb | 57:18 | 6:20 | 23:55 | 30:15 | 27:04 |
| 4 | 293 | Chris Kozakowski | Tri Mb | 58:13 | 4:20 | 43:14 | 47:34 | 10:39 |