

# Triple Threat Triathlon

Race #1 of Triathlon Manitoba's **Grand Prix Series**

**Sunday, June 14, 2015**

**Birds Hill Park East Beach**

**Weather:** 15°C to 20°C, cloudy, 75% humidity, 9KPH west wind, 20°C water

**Participants:** 238

## Olympic Triathlon -- 1500m swim + 40K bike + 10K run

Female 25 to 29 Olympic		Time	Swim	Bike	Sw+Bike	Run
Place	Name Club					
1	Jen Goertzen Tri MB	3:10:51	31:22	1:35:07	2:06:28	1:04:23

Female 30 to 34 Olympic		Time	Swim	Bike	Sw+Bike	Run
Place	Name Club					
1	Maria Arlt Tri MB	2:53:24	29:58	1:29:56	1:59:53	53:32
2	Kaitlan Knowles	3:15:52	32:48	1:40:43	2:13:31	1:02:22

Female 35 to 39 Olympic		Time	Swim	Bike	Sw+Bike	Run
Place	Name Club					
1	Stacey Finch TriFactor	2:38:22	28:52	1:21:14	1:50:06	48:17
2	Melissa Lillies Tri MB	2:59:56	40:37	1:28:02	2:08:38	51:18
3	Elizabeth Kovach Tri MB	3:26:40	37:41	1:34:03	2:11:44	1:14:57

Female 40 to 44 Olympic		Time	Swim	Bike	Sw+Bike	Run
Place	Name Club					
1	Kris Wood Winnipeg Tri	2:40:03	28:25	1:21:06	1:49:31	50:33
2	Natasha Penner Loeppky	2:40:40	32:31	1:20:37	1:53:08	47:32
3	Danielle McKinnon Tri MB	2:42:45	29:00	1:22:37	1:51:37	51:09
4	Laura Finlay Tribalistic	2:51:26	29:02	1:24:09	1:53:10	58:17
5	Heather Marks Tri MB	3:09:01	37:46	1:29:13	2:06:58	1:02:03

Female 45 to 49 Olympic		Time	Swim	Bike	Sw+Bike	Run
Place	Name Club					
1	Cynthia Menzies Winnipeg Tri	2:35:15	29:01	1:17:23	1:46:23	48:52
2	Lynne Clark Tri MB	2:41:46	28:18	1:21:13	1:49:30	52:16
3	Lesley E Ball TriFactor	2:57:11	23:48	1:31:56	1:55:43	1:01:28

Female 50 to 54 Olympic		Time	Swim	Bike	Sw+Bike	Run
Place	Name Club					
1	Jane MacDonald	2:57:46	32:50	1:28:44	2:01:34	56:12
2	Lee Stewart Winnipeg Tri	3:02:03	33:53	1:28:59	2:02:52	59:12

Female 55 to 59 Olympic		Time	Swim	Bike	Sw+Bike	Run
Place	Name Club					
1	Kim Chase Winnipeg Tri	3:15:19	37:09	1:33:51	2:11:00	1:04:19

Male 18 to 24 Olympic		Time	Swim	Bike	Sw+Bike	Run
Place	Name Club					
1	Justin Evenden Tri MB	2:19:45	25:30	1:08:01	1:33:30	46:15
2	Alex Mielke Winnipeg Tri	2:19:51	22:30	1:11:48	1:34:18	45:34
3	Luke Love Tri MB	2:40:50	29:26	1:20:54	1:50:20	50:31
4	Brenden Alm Tri MB	2:48:21	28:48	1:26:44	1:55:31	52:51
5	Shawn Wickens Tri MB	2:56:33	34:40	1:22:40	1:57:19	59:14
6	Zane McCuen Tri MB	3:03:16	33:05	1:32:58	2:06:02	57:14
	Justin Venema	DNF				

Male 25 to 29 Olympic		Time	Swim	Bike	Sw+Bike	Run
Place	Name Club					
1	Brendan Cade Tri MB	2:25:08	27:55	1:12:01	1:39:55	45:14
2	Matt Zeiler Tri MB	2:51:56	30:21	1:20:10	1:50:30	1:01:27

3	Ben Burrows	A & L	3:06:31	35:32	1:25:29	2:01:00	1:05:31
Male 30 to 34 Olympic							
Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Les Friesen	Winnipeg Tri	2:06:42	23:44	1:03:48	1:27:31	39:11
2	Matt McLean	Tri MB	2:11:47	24:08	1:05:43	1:29:51	41:57
Male 35 to 39 Olympic							
Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Dave Lipchen	Windburn	2:10:13	22:28	1:05:21	1:27:48	42:25
2	Derek Eidse	TriFactor	2:14:26	22:51	1:08:32	1:31:23	43:03
3	Matt Dyce	Tri MB	2:32:02	36:48	1:08:15	1:45:03	47:00
4	Chad Labbe	Tri MB	2:37:44	28:46	1:18:10	1:46:55	50:50
5	Ian Givens	Tri MB	2:38:50	31:09	1:18:13	1:49:22	49:29
6	Mark Loewen	Tri MB	2:39:10	30:30	1:22:11	1:52:41	46:30
7	Matt Wieler	Winnipeg Tri	2:43:24	28:33	1:19:05	1:47:38	55:47
8	Norman Garcia	Sulong	3:12:35	40:15	1:25:04	2:05:18	1:07:17
Male 40 to 44 Olympic							
Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Juan Pablo Appendino	Tri MB	2:08:28	21:32	1:06:05	1:27:37	40:51
2	Justin Rempel	Tri MB	2:14:16	23:22	1:08:00	1:31:21	42:56
3	Craig Erb	T3	2:38:55	28:50	1:23:17	1:52:06	46:50
4	Christopher Mellen	Tri MB	2:41:10	30:39	1:18:10	1:48:49	52:21
5	Stephane Regis	Tri MB	2:48:46	36:16	1:09:20	1:45:36	1:03:10
6	Craig White	Winnipeg Tri	2:56:21	33:20	1:25:47	1:59:07	57:14
7	Richard Bell		3:07:44	31:33	1:35:16	2:06:48	1:00:56
	Dwayne Olson	T3	DNF	28:08	1:15:13	1:43:20	
Male 45 to 49 Olympic							
Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Craig Finlay	Tribalistic	2:21:31	23:02	1:12:00	1:35:02	46:29
2	Marc Leclair	Tri MB	2:28:06	28:04	1:11:28	1:39:32	48:35
3	Dwayne Wheeler	Tribalistic	2:28:17	26:59	1:17:13	1:44:11	44:06
4	Peter Robbie	Tri MB	2:31:05	22:34	1:16:17	1:38:50	52:15
5	David Wood	T3	2:35:52	27:05	1:16:34	1:43:38	52:15
6	Robert Duncan	Tri MB	2:38:11	30:52	1:13:46	1:44:37	53:35
7	Cameron Pow	Tri MB	2:41:49	29:12	1:18:14	1:47:26	54:23
8	Dave Foley	Junk Yard Dogs	2:42:37	26:38	1:21:01	1:47:39	54:58
9	Doug Miller	A & L	2:46:34	33:03	1:22:37	1:55:40	50:54
10	Chris Humphries		3:08:08	29:27	1:28:05	1:57:31	1:10:38
11	Armand Siapno	Sulong	3:13:44	36:42	1:31:13	2:07:54	1:05:50
Male 50 to 54 Olympic							
Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Andrew Loughead	Tri MB	2:17:52	24:11	1:11:45	1:35:55	41:57
2	Philippe Chabot	Tri MB	2:25:52	23:35	1:11:45	1:35:20	50:32
3	Edward Willmott	Tri MB	2:38:30	32:45	1:16:39	1:49:23	49:08
4	David van der Wees	Winnipeg Tri	3:06:57	37:55	1:27:41	2:05:35	1:01:22
Male 55 to 59 Olympic							
Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Dennis Engel	Tribalistic	2:32:46	26:04	1:14:41	1:40:44	52:03
2	Dale Bigelow	Tri MB	2:39:07	27:58	1:14:54	1:42:52	56:15
3	Patrick Keelan		2:45:57	26:23	1:24:28	1:50:50	55:07
4	Grant Unger	Windburn	2:52:38	30:36	1:16:04	1:46:40	1:05:58
5	Dinu Paraschiv	Winnipeg Tri	3:03:49	36:44	1:30:21	2:07:05	56:44
6	Brian Mather	TriFactor	3:12:16	34:43	1:24:59	1:59:41	1:12:35
Male 60 to 64 Olympic							
Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Jim Nixon	Winnipeg Tri	3:02:11	36:05	1:25:04	2:01:08	1:01:04
2	John Gray	Winnipeg Tri	3:12:58	40:54	1:32:52	2:13:45	59:13

# Sprint Triathlon -- 750m swim + 26.7K bike + 5K run

## Female 16 to 19 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Ashlyn Cortvriendt	MNTC	1:21:13	10:49	48:49	59:38	21:36
2	Jordan Hardy		1:51:19	16:30	1:05:03	1:21:33	29:47
3	Mhari Anthony	TriFactor	1:57:54	15:53	1:08:42	1:24:34	33:20
4	Jenna Bullee		1:58:04	19:05	1:06:57	1:26:01	32:04
5	Nadine Perreux		2:05:52	20:36	1:10:36	1:31:11	34:41

## Female 20 to 24 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Sophie Poirier Cole	Tri MB	1:31:32	12:49	53:57	1:06:46	24:47
2	Kaitlyn Wiens	Windburn	1:32:09	14:20	52:07	1:06:26	25:43
3	Carrie Bergen	A & L	1:38:01	15:38	57:28	1:13:05	24:57
4	Kalynn Wood	Winnipeg Tri	1:54:34	17:19	1:04:27	1:21:46	32:48
5	Lara Mielke		2:02:34	18:14	1:06:06	1:24:20	38:15
6	Dana Austman		2:05:05	22:36	1:10:50	1:33:25	31:40

## Female 25 to 29 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Rosemary Eastwood		1:45:37	18:15	58:25	1:16:40	28:58
2	Keeley Braunstein-Black		1:49:19	17:07	59:22	1:16:28	32:52
3	Jennifer Fukumoto	Tri MB	1:52:17	17:01	1:05:52	1:22:53	29:25
4	Kirstin Blight		2:01:14	20:50	1:09:46	1:30:35	30:39
5	Jennifer Hayward		2:05:27	22:27	1:13:09	1:35:36	29:51
6	Serena Lee		2:05:35	16:08	1:09:57	1:26:04	39:31
7	Jenna Hobson		2:06:22	21:57	1:15:17	1:37:14	29:09
8	Chelsey Orchard		2:06:23	20:44	1:12:39	1:33:23	33:00

## Female 30 to 34 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Jenny Hall	Tribalistic	1:39:28	15:51	55:10	1:11:01	28:27
2	Stephanie Wiebe	Tri MB	2:00:47	18:35	1:08:33	1:27:08	33:40
3	Evelyn Yeung	Tri MB	2:01:54	22:57	1:05:02	1:27:59	33:55
4	Laura Wesenberg	Winnipeg Tri	2:04:38	18:02	1:07:21	1:25:23	39:16

## Female 35 to 39 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Chantal Givens	MNTC	1:27:09	15:21	50:22	1:05:43	21:27
2	Kristin Kalyta		1:39:36	17:54	56:16	1:14:09	25:28
3	Jennifer Onyskie	Tri MB	1:49:11	15:11	1:04:05	1:19:16	29:56
4	Jessica Beck	Tri MB	1:51:12	17:43	1:04:09	1:21:51	29:21
5	Jacqueline Wood	Tri MB	1:52:26	18:25	1:03:43	1:22:07	30:19
	Pamela Prosser	TriFactor	DNF				

## Female 40 to 44 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Christa Rusk	Tri MB	1:30:34	15:59	49:20	1:05:19	25:15
2	Esther Adamson	Winnipeg Tri	1:35:35	16:39	53:42	1:10:20	25:16
3	Katy Walsh	Tri MB	1:36:21	15:52	55:11	1:11:03	25:18
4	Sherry Penner	Tri MB	1:37:28	17:34	56:03	1:13:37	23:52
5	Rhonda Kitchen	Junk Yard Dogs	1:39:22	15:23	57:09	1:12:31	26:52
6	Stefanie Krochak	TriFactor	1:49:22	19:40	59:17	1:18:57	30:26
7	Patricia Caetano	Tri MB	2:08:43	29:43	1:03:45	1:33:28	35:15

## Female 45 to 49 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Cherrie Fournier	Tribalistic	1:26:40	13:46	51:18	1:05:04	21:37
2	Elaine Ross	Winnipeg Tri	1:39:32	18:08	52:38	1:10:45	28:47
3	Wendy Tilbury	Tri MB	1:46:11	17:56	1:00:51	1:18:47	27:25
4	Karen Thoroski		2:20:18	26:18	1:19:06	1:45:24	34:55

## Female 50 to 54 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Marlene Naylor	Tribalistic	1:38:30	16:23	56:04	1:12:26	26:04
2	Heather Ayres	Tri MB	1:40:49	15:54	58:02	1:13:56	26:54
3	Elizabeth Sweet	TriFactor	1:46:28	18:24	59:15	1:17:38	28:50
4	Tanya Humphries		1:49:16	19:34	59:21	1:18:54	30:22
5	Patti Makinson	Winnipeg Tri	1:54:23	17:15	1:03:40	1:20:54	33:30
6	Rodica Dragomir	Winnipeg Tri	1:57:18	21:22	1:06:40	1:28:01	29:17
7	Margaret Kubas	Tri MB	2:02:35	18:34	1:05:51	1:24:25	38:11

## Female 55 to 59 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Kim Ross	Tri MB	1:47:21	18:32	59:17	1:17:49	29:33

## Female 60 to 64 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Nicole Mercier	Tri MB	1:50:12	17:38	59:29	1:17:06	33:06

## Male 16 to 19 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Quinn Desrochers	Windburn	1:16:51	11:30	46:12	57:42	19:09
2	Lucas Roy	Windburn	1:17:12	12:45	45:14	57:58	19:15
3	Adam Naylor	Windburn	1:18:19	10:19	48:00	58:19	20:01
4	Bryce Jenkins	Windburn	1:19:12	12:03	46:03	58:05	21:07
5	Noah Wiens	Windburn	1:21:03	12:13	49:00	1:01:13	19:51
6	Joey Simms	Tri MB	1:30:44	17:11	51:22	1:08:32	22:13
7	Darcy Reimer		1:37:37	17:25	56:07	1:13:32	24:05
8	Maheshver Shunmugam		1:42:18	16:13	59:31	1:15:43	26:36
9	Luke Munchinsky		1:51:04	17:04	1:06:12	1:23:16	27:49

## Male 20 to 24 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Tyler Wirch	A & L	1:20:38	13:28	44:09	57:37	23:02
2	Cameron Krisko	Winnipeg Tri	1:34:12	16:40	55:01	1:11:41	22:32
3	Kurtis Dyck	Tri MB	1:43:27	18:01	59:28	1:17:28	25:59

## Male 25 to 29 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Grant Warkentin	Tri MB	1:18:57	12:48	45:03	57:50	21:07
2	Davis Sohor		1:23:50	14:27	46:25	1:00:52	22:58
3	Jacob Snell	Tribalistic	1:37:58	18:45	54:51	1:13:36	24:22
	Michael Van De Velde	Tri MB	DQ				

## Male 30 to 34 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Justin Rivard		1:33:37	15:16	53:28	1:08:44	24:54
2	Leo Buzalsky		1:34:32	18:52	51:56	1:10:47	23:45
3	Rowland Hayward		1:37:46	16:43	56:12	1:12:55	24:52
4	Adam Marcynuk		1:44:20	19:20	1:00:35	1:19:55	24:26
5	Daniel Simeone		1:53:04	19:15	1:00:36	1:19:50	33:14

## Male 35 to 39 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Charles Kostyk	Winnipeg Tri	1:14:50	12:12	44:03	56:15	18:35
2	Jimmy Carambetsos	Kenora Borealis	1:20:48	15:16	45:07	1:00:22	20:27
3	Darren Baldock	Tri MB	1:25:51	13:47	49:36	1:03:22	22:29
4	Colin Gilmore	Tri MB	1:29:58	16:06	49:04	1:05:10	24:49
5	Jean-Louis Gratton	Winnipeg Tri	1:32:21	14:41	53:32	1:08:13	24:09
6	Martin Enzlberger	Winnipeg Tri	1:36:25	17:08	53:58	1:11:06	25:20
7	Mark Tisdale		1:37:14	17:49	55:16	1:13:04	24:11
8	Steve Howard		1:40:58	16:48	57:38	1:14:25	26:33
9	Mark Gradt	Tri MB	1:41:36	16:00	55:27	1:11:26	30:10
10	Spencer Ross	Tri MB	1:43:19	16:12	1:02:46	1:18:58	24:21
11	Edward Friesen	Sulong	2:02:23	17:05	1:08:41	1:25:46	36:38

Male 40 to 44 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Christopher Westdal	Tri MB	1:18:13	12:44	45:32	58:15	19:58
2	Kevin Beechinor	TriFactor	1:24:48	13:36	47:39	1:01:14	23:35
3	Dan McCaughan	TriFactor	1:26:08	15:32	49:08	1:04:39	21:29
4	Grant Quinn	Winnipeg Tri	1:28:47	13:28	52:02	1:05:30	23:17
5	Grant McMillan	Tri MB	1:29:07	16:50	48:01	1:04:51	24:17
6	Ryan McBride	Tri MB	1:30:42	14:54	51:09	1:06:02	24:40
7	Geoff Dueck Thiessen	Tri MB	1:32:17	16:11	53:33	1:09:44	22:34
8	Corrado D'Antonio	Winnipeg Tri	1:33:12	16:43	52:25	1:09:07	24:05
9	Craig Stephen	Winnipeg Tri	1:37:24	14:55	56:10	1:11:05	26:20
10	Michael Sigurdson	Westman Triumphs	1:37:29	16:37	54:00	1:10:37	26:53
11	Scott Meakin	Winnipeg Tri	1:41:42	18:22	55:36	1:13:58	27:45
12	Erik Smith	Tri MB	1:46:50	19:47	59:33	1:19:20	27:31
13	Jim Fraser	Tri MB	1:50:08	19:00	1:00:56	1:19:55	30:13
14	Erid Mendoza	Sulong	2:00:58	20:08	1:11:01	1:31:08	29:51

Male 45 to 49 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Marc Fournier	Tribalistic	1:15:43	11:39	43:24	55:02	20:41
2	Daniel Bezte	Tri MB	1:24:26	14:15	47:06	1:01:21	23:06
3	Quinn Dykstra	Tri MB	1:27:18	15:55	49:00	1:04:54	22:24
4	Jeff Tilbury	Tri MB	1:30:53	14:38	49:00	1:03:38	27:16
5	Ferdinand Del Rosario	Tri MB	1:40:22	21:50	53:40	1:15:29	24:53
6	Darren Reimer	Tri MB	1:43:21	18:45	54:51	1:13:36	29:46
7	John Andrews	Winnipeg Tri	1:44:14	19:42	56:52	1:16:33	27:41
8	Sean Ceaser		1:51:05	16:51	1:01:57	1:18:48	32:18
9	James Wood	Tri MB	1:56:42	18:45	1:03:24	1:22:08	34:34
10	Jimmy Antonio	Sulong	2:08:11	30:41	1:06:21	1:37:02	31:10

Male 50 to 54 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Tom Naylor	Tri MB	1:23:36	14:13	47:22	1:01:35	22:01
2	Richard Rusk	Tri MB	1:26:42	14:41	46:26	1:01:07	25:36
3	Jeff Brooks	Tri MB	1:29:25	14:22	47:55	1:02:16	27:09
4	Robert Smith	Tri MB	1:34:36	17:12	49:37	1:06:48	27:49
5	James Da Terra	Tri MB	1:34:58	17:29	51:48	1:09:16	25:42
6	Pascal Gariepy	T3	1:44:57	20:33	57:27	1:17:59	26:58
7	Michael Scarcella	T3	1:49:33	19:11	1:01:58	1:21:09	28:25
8	Kelly Beckman	Tri MB	1:51:44	21:42	1:02:27	1:24:09	27:36
9	David Peterkin	Tri MB	1:57:57	26:24	1:02:09	1:28:32	29:26
10	Paquito Brucal	Sulong	2:12:21	30:40	1:12:29	1:43:09	29:13

Male 55 to 59 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Shaun Humphries		1:24:59	15:29	44:36	1:00:05	24:55
2	John Blyth	Westman Triumphs	1:33:19	18:53	49:40	1:08:33	24:47
3	Gord Bell	Saskatchewan	1:41:18	20:36	57:03	1:17:38	23:40
4	Randall Holm	Tri MB	1:46:48	22:40	56:12	1:18:51	27:58
5	Allen Cuthbert	Junk Yard Dogs	1:54:08	20:09	1:02:16	1:22:24	31:44

Male 60 to 64 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Lyle Rance	Winnipeg Tri	1:45:58	17:25	57:07	1:14:32	31:26

Male 65 to 69 Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	John Sawchuk	Tri MB	1:33:39	15:22	53:10	1:08:31	25:08

Male 70+ Sprint

Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Jim Anderson	Tri MB	1:53:48	22:45	58:54	1:21:39	32:09

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## Try-a-Tri -- 300m + 13.3K bike + 3K run

		Female Tri-A-Tri					
Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Rebecca Silk	Tri MB	57:40	6:07	34:31	40:37	17:04
2	Madison Zienkiewicz	Tri MB	58:06	6:26	34:44	41:10	16:56
3	Taryn Morningstar	A & L	58:34	5:36	32:32	38:07	20:27
4	Wendy Cervantes		58:48	9:23	32:28	41:50	16:58
5	Jeannine Julius	Winnipeg Tri	59:17	7:44	30:51	38:35	20:43
6	Sandra Bains		59:50	7:16	32:47	40:02	19:49
7	Joanne Schiewe	Winnipeg Tri	1:00:55	7:23	32:38	40:00	20:55
8	Ashley McInnis		1:01:35	6:46	37:17	44:03	17:32
9	Désirée Chabot		1:04:41	8:35	35:41	44:15	20:26
10	Kimberly Herminiano		1:05:42	9:49	34:48	44:36	21:06
11	Tori Wirch	A & L	1:06:51	8:07	37:10	45:17	21:35
12	Jacqueline Neumann	Tri MB	1:07:14	9:45	34:40	44:25	22:49
13	Sandra Bracken	Tri MB	1:07:32	7:01	39:31	46:32	21:01
14	Ruth Hacko		1:07:55	8:18	35:26	43:44	24:11
15	Stacey Schneider		1:08:12	7:55	38:56	46:50	21:22
16	Milana Schipper		1:09:13	7:53	43:19	51:11	18:02
17	Jacquie Sheldon	Tri MB	1:10:52	7:15	38:59	46:14	24:39
18	Judy McNair	Tri MB	1:11:20	8:07	42:05	50:11	21:10
19	Gisele Campbell		1:11:44	9:07	40:39	49:46	21:59
20	Angel Budge		1:12:59	9:16	38:53	48:09	24:50
21	Heather Cameron		1:14:40	9:17	44:01	53:17	21:23
22	Amy Buzalsky		1:15:07	9:31	38:02	47:32	27:36
23	Marilyn Hacko		1:15:23	8:20	38:53	47:12	28:11
24	Melanie Massinon	Tri MB	1:24:28	8:47	44:10	52:57	31:31

		Male Tri-A-Tri					
Place	Name	Club	Time	Swim	Bike	Sw+Bike	Run
1	Anthony Densmore	Winnipeg Tri	52:22	5:37	32:30	38:06	14:16
2	Ian Dickey		53:14	7:01	28:00	35:00	18:14
3	Tyler D'Aoust		55:26	6:01	32:43	38:44	16:43
4	Fidel Pacay		56:47	9:18	32:40	41:58	14:50
5	Paul Bowes		57:27	6:24	33:47	40:10	17:18
6	James Slade	Winnipeg Tri	59:26	7:16	33:16	40:32	18:55
7	Michael Jack		59:33	6:39	34:57	41:35	17:58
8	Scot Finlayson	Tri MB	1:07:44	8:41	39:13	47:53	19:51
9	Forbes Campbell		1:09:47	8:13	39:10	47:23	22:25

## Sprint Duathlon -- 3K run + 26.7K bike + 5K run

		Female Sprint Duathlon					
Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Ashley Cvetkovic	Tri MB	1:34:41	15:02	53:55	1:08:57	25:44
2	Vivienne Horne	Tri MB	1:44:03	16:49	58:56	1:15:44	28:19

		Male Sprint Duathlon					
Place	Name	Club	Time	Run1	Bike	Run+Bike	Run2
1	Aaron Bull	A & L	1:17:41	13:03	44:39	57:41	20:01
2	Roland Penner		1:34:56	16:19	51:24	1:07:42	27:15
3	Rob Grantham	Tri MB	1:35:15	15:48	53:19	1:09:06	26:10
4	Kevin Petkau		1:35:31	16:06	54:20	1:10:25	25:06
5	Kyle Blaquiere		1:35:41	16:46	54:14	1:10:59	24:43
6	Robert V J Smith	Tri MB	1:37:09	16:01	53:10	1:09:10	27:59
7	Dave Adamson	Winnipeg Tri	1:39:51	15:18	59:30	1:14:48	25:04
8	Alan Neumann	Tri MB	1:55:00	19:23	1:00:59	1:20:22	34:39

## Try-a-Du -- 3K run + 13.3K bike + 3K run

		Female	Tri-A-Du					
Place	Name		Club	Time	Run1	Bike	Run+Bike	Run2
1	Janelle McLeod		Tri MB	1:07:06	16:21	33:53	50:13	16:54
		Male	Tri-A-Du					
Place	Name		Club	Time	Run1	Bike	Run+Bike	Run2
1	Len Bull			1:06:49	18:28	29:07	47:34	19:16
2	Ken Silk		Tri MB	1:14:51	18:34	32:38	51:12	23:40
3	Albert Sawatzky		Tri MB	1:19:53	22:33	33:38	56:10	23:43

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Race Results by [RaceResults.ca](http://RaceResults.ca)

If you see any mistakes in these results, please contact [Kevin Miller](#).

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### Thanks to

- our sponsors for donating draw prizes and providing services: [Alter Ego Sports](#), [Diver City Scuba](#), [Pure Lifestyle](#), [City Park Runners](#), [Swimming Matters](#).
- [Murray Chevrolet](#) for providing a truck to pull the equipment trailer.
- **officials:** Christopher Kitchen (Head Referee), Dina Drabek, Kelly Mahoney, Cathy Cortvriendt, Colleen Kelly Wardle, Darian Hole.
- all our volunteers.
- [Triathlon Manitoba](#).
- race director Heather McDonnell, assistant race director Dawna Atamanchuk, and the other 40 members of the [Triple Threat Triathlon Club](#).