

Triple Threat  
Birds Hill Park  
June 10, 2018

Olympic Distance Triathlon  
1500m Swim-40K Bike-10K Run

Female 30 to 34 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		65	Christine McKinley	Tribalistic	2:18:28	22:32	1:12:09	1:34:41	43:48
2		38	Brenna Coupland		2:31:36	31:38	1:14:40	1:46:17	45:19
3		29	Maria Arlt		2:46:46	31:42	1:16:25	1:48:06	58:40
4		11	Kim Luong	Sulong Triathlon Group	3:06:47	38:04	1:31:16	2:09:19	57:29
5		58	Stephanie Dyck	Sulong Triathlon Group	3:16:07	37:34	1:33:52	2:11:26	1:04:42
6	DNS	36	Ariane Morissette	Winnipeg Triathlon Club					

Female 35 to 39 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		49	Tyra Dickson		2:48:16	35:29	1:21:08	1:56:37	51:39
2		9	Natalie Trudeau		3:07:15	35:18	1:32:44	2:08:01	59:14

Female 40 to 44 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		48	Cari Miller		2:52:17	38:46	1:20:22	1:59:07	53:11
2		55	Stacey Finch	Trifactor Triathlon Club	2:59:50	31:39	1:27:18	1:58:56	1:00:54
3		39	Tina Perkins		3:02:23	37:56	1:23:40	2:01:36	1:00:48
4	DNF	67	Mary Montgomery	Tri Factor		41:04	1:40:55	2:21:59	30:51

Female 45 to 49 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		41	Lynne Clark		2:53:28	31:03	1:26:09	1:57:11	56:17
2		6	Maria Quintas	Sulong Triathlon Group	3:08:28	35:24	1:25:07	2:00:31	1:07:58

Female 50 to 54 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		43	Michaela France		3:01:36	30:49	1:30:43	2:01:31	1:00:05
2		7	Kathy Pragnell	Trifactor Triathlon Club	3:11:01	35:16	1:30:07	2:05:23	1:05:38

Female 55 to 59 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		22	Lee Stewart	Winnipeg Triathlon Club	3:03:47	35:33	1:23:39	1:59:12	1:04:36
2		13	Jan Hawkins		3:14:18	37:33	1:30:14	2:07:46	1:06:33

Male 18 to 24 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		50	Jameson Plewes	Al Triathlon Club	2:14:31	23:00	1:04:51	1:27:51	46:40
2		33	Lucas Roy	Windburn Triathlon Team	2:18:14	27:12	1:09:15	1:36:27	41:47

Male 25 to 29 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		45	Luke Love	Al Triathlon Club	2:15:27	25:25	1:04:24	1:29:49	45:39
2		3	Simon Giguere		3:16:49	40:15	1:42:18	2:22:33	54:16

Male 30 to 34 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		56	Andrew Pickerl	Tribalistic Triathlon Team	2:09:53	22:37	1:05:51	1:28:28	41:25
2		20	Duane Latimer	Al Triathlon Club	3:09:00	39:00	1:25:45	2:04:45	1:04:16
3	DNS	14	Christopher Morrow						

Male 35 to 39 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		64	Taran Gesell		2:11:25	25:31	1:04:00	1:29:30	41:55
2		31	Anthony Densmore	Winnipeg Triathlon Club	2:20:46	26:18	1:10:23	1:36:41	44:05
3		18	Scott Kemp	Sulong Triathlon Group	2:33:32	31:32	1:14:16	1:45:48	47:44
4		54	Josh Thiem	Trifactor Triathlon Club	2:36:16	30:33	1:17:37	1:48:10	48:07
5		12	Ricky Perkins		2:55:00	36:14	1:25:05	2:01:18	53:42
6		44	Lindsey Collins		3:01:28	31:20	1:28:36	1:59:55	1:01:33
7		66	Ryan Boyd		3:12:42	36:34	1:38:44	2:15:18	57:25
8		26	Ronald Mutuc	Sulong Triathlon Group	3:26:31	44:07	1:27:33	2:11:40	1:14:51

Male 40 to 44 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		60	Joel Gingerich		2:42:10	30:13	1:20:27	1:50:39	51:32
2		40	Chad Labbe		2:45:34	31:08	1:20:19	1:51:26	54:08
3		17	Christopher Wood		2:51:53	33:30	1:22:32	1:56:02	55:52

Male 45 to 49 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		53	Patrick Peacock	Tribalistic Triathlon Team	2:02:39	22:41	1:02:15	1:24:56	37:44
2		42	Craig Finlay	Tribalistic Triathlon Team	2:25:29	23:42	1:09:22	1:33:04	52:26
3		32	Jj Ross		2:41:36	31:57	1:18:08	1:50:05	51:31
4		35	Scott Braun		2:45:27	35:37	1:16:13	1:51:50	53:38
5		30	Marc Baldwin	Trifactor Triathlon Club	2:52:52	32:50	1:23:11	1:56:00	56:52
6		51	Jason Radford	Winnipeg Triathlon Club	2:57:27	32:51	1:22:20	1:55:11	1:02:16
7		25	Armand Siapno	Sulong Triathlon Group	3:26:23	41:22	1:31:52	2:13:14	1:13:10
8	DNF	16	Corrado D'Antonio	Winnipeg Triathlon Club		35:13	1:21:04	1:56:16	
9	DNF	19	Mike Lees	T3 Triathlon Club		31:16			
10	DNS	52	Kelly Morris						

Male 50 to 54 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		27	Marc Fournier	Tribalistic Triathlon Team	2:12:22	23:38	1:04:14	1:27:52	44:31
2		21	Daniel Bezte	Sulong Triathlon Group	2:29:30	26:36	1:13:29	1:40:04	49:27
3		61	John Duff		2:38:47	30:19	1:17:22	1:47:40	51:07
4		57	Philippe Chabot		2:39:41	28:00	1:14:59	1:42:58	56:43
5		46	Paquito Brucal	Sulong Triathlon Group	3:01:07	38:35	1:28:11	2:06:45	54:22
6		4	Sam Hrushovetz		3:03:06	37:07	1:28:32	2:05:38	57:28
7		8	Norbert Pachet	Sulong Triathlon Group	3:05:50	39:05	1:32:03	2:11:08	54:43
8		24	Max Popp		3:06:40	32:45	1:30:49	2:03:34	1:03:07
9		2	Doug Miller	Al Triathlon Club	3:11:09	37:31	1:34:40	2:12:10	58:59

Male 55 to 59 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		5	Andrew Loughhead	Trifactor Triathlon Club	2:23:02	26:50	1:11:14	1:38:03	44:59
2		15	Edward Willmott		2:51:42	34:12	1:19:22	1:53:34	58:09
3		37	Peter Smith		3:29:16	45:18	1:30:14	2:15:32	1:13:45

Male 60 to 64 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		28	Neil Ferguson		2:35:00	27:54	1:13:07	1:41:00	54:00
2		10	Randall Holm	Winnipeg Triathlon Club	3:20:13	43:37	1:31:36	2:15:12	1:05:02
3		34	Dinu Paraschiv	Winnipeg Triathlon Club	3:20:59	42:42	1:34:43	2:17:24	1:03:35
4		1	Victor Bargen		3:25:50	40:19	1:35:24	2:15:43	1:10:07
5	DNF	23	Scott Thomson	T3 Triathlon Club		36:04	1:21:36	1:57:40	

Male 65 to 69 Olympic

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		47	Sheldon Reynolds		2:47:48	32:26	1:15:51	1:48:17	59:31

Sprint Distance Triathlon

750m Swim-26.6K Bike-5K Run

Female 16 to 19 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		122	Annika Niblock		1:32:29	13:31	55:34	1:09:05	23:25
2		139	Megan Vanheyst		1:35:51	13:25	56:07	1:09:31	26:21
3		176	Rebecca Silk		1:45:25	16:22	1:02:56	1:19:18	26:08
4		127	Erin Morisseau	Junk Yard Dogs	1:53:59	18:21	1:03:55	1:22:15	31:45

Female 20 to 24 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		177	Sophie Poirier Cole	Windburn Triathlon Team	1:38:49	15:00	56:07	1:11:07	27:42
2		145	Taryn Morningstar	Al Triathlon Club	1:40:38	13:45	52:33	1:06:18	34:21
3		174	Kaitlyn Wiens	Windburn Triathlon Team	1:43:08	15:58	59:00	1:14:58	28:11

Female 25 to 29 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		181	Erin Rafferty	Trifactor Triathlon Club	1:49:09	17:43	59:36	1:17:18	31:51
2		149	Sharayah Krahn		2:01:06	19:16	1:09:55	1:29:11	31:56
3		138	Nicole Askin		2:03:25	20:21	1:09:16	1:29:36	33:49
4		111	Allison St Godard		2:08:27	21:25	1:16:10	1:37:34	30:54

Female 30 to 34 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		178	Jenny Hall	Tribalistic Triathlon Team	1:37:55	15:13	53:02	1:08:14	29:41
2		156	Alison Kirk	Al Triathlon Club	1:47:58	18:11	58:20	1:16:30	31:28
3		112	Gabrielle Miller		1:48:57	chip lost in water			
4		102	Becky Busby		1:53:42	18:00	1:00:29	1:18:28	35:14
5		128	Kathleen Kinsner		2:05:06	18:18	1:05:17	1:23:35	41:32
6		132	Cecil De Guzman	Sulong Triathlon Group	2:18:18	27:00	1:11:17	1:38:16	40:02
7		117	Lianne Lavoie		2:21:32	20:12	1:19:39	1:39:50	41:42

Female 35 to 39 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		166	Sasha Thiem	Trifactor Triathlon Club	1:44:02	17:47	58:39	1:16:25	27:37
2		169	Leila Mostaco-Guidolin		1:49:52	18:17	1:02:35	1:20:51	29:01
3		119	Kelly Malcolmson	Winnipeg Triathlon Club	1:58:27	16:32	1:06:53	1:23:25	35:02
4		114	Stephanie Collins	Sulong Triathlon Group	2:05:02	20:35	1:10:08	1:30:43	34:20
5		101	Nancy Sedo		2:11:32	26:48	1:08:58	1:35:45	35:47

Female 40 to 44 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		163	Amanda Naismith		1:44:19	18:38	1:00:42	1:19:19	25:00
2		153	Marla Fontaine		1:58:41	19:48	1:09:34	1:29:22	29:20
3		106	Sara Goulet		2:06:39	24:21	1:04:23	1:28:43	37:56
4		120	Nichole Lees	T3 Triathlon Club	2:13:26	21:38	1:03:50	1:25:27	47:59
5		115	Daria Hyworon		2:24:56	no recorded chip times			

Female 45 to 49 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		140	Rhonda Kitchen	Junk Yard Dogs	1:44:54	17:14	58:56	1:16:10	28:45
2		142	Sandra Town		2:17:44	26:52	1:11:00	1:37:51	39:53

Female 50 to 54 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		107	Angie Wittmann	Winnipeg Triathlon Club	2:10:37	20:06	1:16:25	1:36:31	34:06
2		182	Lara Ryan		2:40:42	24:31	1:34:17	1:58:47	41:55

Female 55 to 59 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		189	Rodica Dragomir		2:23:57	24:04	1:26:37	1:50:41	33:17

Male 16 to 19 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		159	Unai Apraiz Zenon		1:16:55	11:17	47:06	58:23	18:33
2		173	Noah Wiens	Windburn Triathlon Team	1:19:41	13:11	47:13	1:00:23	19:19
3	DNF	121	Bryce Jenkins	Windburn Triathlon Team		12:36	45:58	58:34	

Male 20 to 24 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		105	Quinn Desrochers	Windburn Triathlon Team	1:14:28	11:16	44:51	56:07	18:22
2		134	Jordie Moryl	Windburn Triathlon Team	1:31:17	17:05	52:06	1:09:11	22:06
3		125	Matt Sharpe		2:03:24	20:00	1:06:44	1:26:44	36:41

Male 25 to 29 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		144	Tyler Wirch	Al Triathlon Club	1:24:45	12:55	44:21	57:15	27:31
2		109	Cameron Krisko	Windburn Triathlon Team	1:31:32	16:59	52:32	1:09:30	22:02
3		110	Sean Stephensen		1:31:45	17:54	49:29	1:07:23	24:23
4		152	Ward Morris Lentz		1:43:26	chip not worn in swim			
5		124	Mykola Shevchuk		1:49:39	22:45	59:53	1:22:37	27:02

Male 30 to 34 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		103	Thomas Mitchell		1:27:31	17:31	47:30	1:05:01	22:31
2		161	Kevin Petkau		1:28:01	18:03	47:27	1:05:29	22:32
3		180	Mark Bergen		1:34:39	18:04	53:07	1:11:10	23:29

Male 35 to 39 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		151	Brendan Friesen	Sulong Triathlon Group	1:31:45	16:22	51:19	1:07:40	24:05
2		129	Ryan Awang		1:37:26	20:16	54:49	1:15:05	22:21
3		183	Roland Penner		1:47:25	18:02	1:00:10	1:18:12	29:13
4		158	Ian Dickey		1:51:49	21:19	1:00:05	1:21:24	30:26
5		179	Courtney Anderson		1:59:45	25:11	1:04:00	1:29:11	30:34
6		123	Matt Awang		1:59:55	23:20	1:06:52	1:30:12	29:44

Male 40 to 44 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		186	Dave Lipchen	Windburn Race Team	1:18:07	13:44	43:35	57:18	20:49
2		168	Jason McNicholl	Windburn Triathlon Team	1:26:44	18:07	46:34	1:04:41	22:03
3		188	Mark Tisdale		1:30:22	15:21	47:49	1:03:09	27:13
4		162	Cameron Funk		1:31:41	15:59	51:46	1:07:45	23:56
5		104	Jarred Dolyniuk	Windburn Triathlon Team	1:34:50	18:17	54:14	1:12:31	22:19
6		59	Dale Nesbitt	Tribalistic Triathlon Team	1:35:08	15:57	54:31	1:10:28	24:41
7		165	Ryan Fennessy		1:38:46	15:35	57:54	1:13:28	25:18
8		131	Patrick Roberts		1:48:33	25:33	55:36	1:21:09	27:25
9		133	Mark Gradt		1:49:34	16:44	1:00:37	1:17:21	32:13
10		108	Erid Mendoza	Sulong Triathlon Group	1:55:46	21:38	1:03:32	1:25:09	30:37
11		155	Jared Campbell		2:02:53	18:20	1:03:10	1:21:30	41:23
12		100	Chris Dott		2:14:13	32:40	1:06:40	1:39:19	34:55
13	DNF	172	Mike Morawski			19:54			

Male 45 to 49 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		167	Kevin Beechinor	Trifactor Triathlon Club	1:28:32	15:00	48:54	1:03:53	24:40
2		171	Quinn Dykstra		1:29:02	16:09	49:08	1:05:16	23:46
3		164	Grant McMillan		1:31:24	18:15	48:44	1:06:59	24:26
4		150	James Honiball		1:36:24	15:25	55:20	1:10:44	25:40
5		175	Kyle Blaquiere		1:44:12	20:34	59:52	1:20:25	23:47
6		146	Craig Stephen	Winnipeg Triathlon Club	1:47:25	16:19	1:02:13	1:18:32	28:54
7		118	Erik Smith		1:50:27	19:50	1:02:28	1:22:17	28:10
8		136	Jouvette Tabinga	Sulong Triathlon Group	2:02:25	22:01	1:05:43	1:27:43	34:43

Male 50 to 54 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		141	Marc Hache	Windburn Triathlon Team	1:31:48	14:24	52:08	1:06:32	25:17
2		126	Dean Morisseau	Junk Yard Dogs	1:36:11	18:05	53:51	1:11:55	24:16
3		116	Pascal Gariepy	T3 Triathlon Club	1:41:35	18:03	56:09	1:14:11	27:24
4		170	Robert Smith	Sulong Triathlon Group	1:42:00	17:44	55:18	1:13:02	28:58
5		157	Tim Rogalsky	Tribalistic Triathlon Team	1:42:31	18:57	59:08	1:18:04	24:27
6		154	Rob Grantham	Sulong Triathlon Group	1:43:10	19:57	56:44	1:16:40	26:30
7		148	Tony Hoess	Trifactor Triathlon Club	1:44:57	20:49	54:50	1:15:39	29:18
8		147	Ken Chartrand		2:05:04	19:45	ankle band torn		
9		185	Javier Szkop		2:15:39	20:23	1:17:00	1:37:23	38:16
10	DNS	137	Charles Sudom						

Male 55 to 59 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		130	Kevin Newton	Al Triathlon Club	1:42:59	15:54	56:20	1:12:13	30:46
2		113	Pierre L. Campeau		2:01:52	30:04	58:48	1:28:51	33:02
3		160	Allen Cuthbert	Junk Yard Dogs	2:12:46	22:14	1:10:38	1:32:52	39:55

Male 60 to 64 Sprint

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		143	Lyle Rance	Winnipeg Triathlon Club	1:58:17	18:44	1:04:27	1:23:10	35:08
2	DNS	135	Gord Bell						



Try-A Tri

300m Swim-13.3K Bike-3K Run

Female Try-A-Tri

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		216	Carly Cressman		56:36	7:55	32:16	40:10	16:26
2		220	Melanie Berndslly		1:07:12	9:41	36:37	46:18	20:54
3		214	Quinn Hunter		1:07:45	9:28	38:35	48:03	19:42
4		204	Crystal Steele		1:11:39	10:00	37:29	47:28	24:12
5		221	Shannon Kjeaar	Sulong	1:12:30	11:06	37:43	48:48	23:42
6		218	Lillian Mendoza		1:13:40	12:07	37:05	49:11	24:30
7		203	Valerie Romance		1:18:15	10:56	43:28	54:24	23:51
8		207	Tricia Reid		1:20:57	10:03	45:59	56:02	24:56
9		212	Quinn Adams-Sneisen		1:23:30	10:29	43:35	54:04	29:26
10		210	Sheryl Ward		1:25:51	10:16	48:03	58:18	27:33
11		209	Diane Keddie		1:32:09	12:21	46:19	58:39	33:30
12		201	Maryann Herridge		2:14:07	16:14	1:14:17	1:30:31	43:36
13		200	Valerie Flynn		2:14:14	16:21	1:14:12	1:30:33	43:42
14	DNS	202	Sarah Warrack						
15	DNS	206	Deanna Fry						

Male Try-A-Tri

Place	Note	Number	Name	Club	Time	Swim	Bike	Sw+bike	Run
1		217	David Densmore	Sulong Triathlon Group	58:34	9:55	30:37	40:32	18:02
2		208	Bradley Sedor	T3 Triathlon Club	59:54	9:58	33:03	43:01	16:53
3		211	Stewart Wiltshire	Trifactor Triathlon Club	1:03:09	9:32	37:01	46:32	16:37
4		205	Justin Critch		1:06:04	10:21	33:27	43:48	22:17
5		219	Jim Fraser		1:06:13	9:31	35:08	44:38	21:36
6		215	Patrick Wu	Sulong Triathlon Group	1:09:56	12:26	38:36	51:01	18:55
7		213	Sam Neis	Sulong Triathlon Group	1:11:58	10:22	36:28	46:50	25:09

Olympic Aquabike  
1500m Swim-40K Bike  
Female Olympic Aquabike

Place	Note	Number	Name	Club	Time	Swim	Bike
1		63	Tracie McDonald	Windburn Triathlon Team	2:16:32	38:00	1:38:33

Male Olympic Aquabike

Place	Note	Number	Name	Club	Time	Swim	Bike
1		62	Rene Desaulniers		2:06:25	37:47	1:28:38

Sprint Aquabike  
750m Swim-26.6K Bike  
Female Sprint Aquabike

Place	Note	Number	Name	Club	Time	Swim	Bike
1		187	Morgan Ott	Mtc	1:06:59	12:35	54:24

Male Sprint Aquabike

Place	Note	Number	Name	Club	Time	Swim	Bike
1		184	Grant Quinn	Winnipeg Triathlon Club	1:08:59	14:43	54:17

Sprint Duathlon  
3K Run-26.6K Bike-5K Run  
Female Sprint Duathlon

Place	Note	Number	Name	Club	Time	Run1	Bike	Run+bik	Run2
1		227	Anika Campeau		1:33:08	15:38	1:00:06	1:15:43	17:25
2		230	Karen McIntyre		1:52:15	17:51	1:02:49	1:20:39	31:36
3		225	Evelyn Yeung		2:03:59	21:39	1:02:31	1:24:09	39:50

Male Sprint Duathlon

Place	Note	Number	Name	Club	Time	Run1	Bike	Run+bik	Run2
1		229	Jiri Kroupa		1:20:45	13:18	45:15	58:32	22:13
2		228	Kenneth Rooney		1:35:39	15:04	55:25	1:10:29	25:11
3		226	Dan Speechley		1:56:56	22:00	1:00:41	1:22:40	34:16