



Saturday, March 18, 2023

Host at the University of Manitoba  
in partnership with Triathlon Manitoba

### RACE RESULTS: By Race Wave

#### YOUTH EVENT - Wave 1

Swim: 10 minutes      Bike: 15 Minutes      Run: 10 minutes

Athlete Start List:	Swim Meters	Swim Points	Bike Kms	Bike Points	Run Meter	Run Points	Total Points
Turk Dingwall	675	1350	8.85	1,106	2800	1400	3,856
Addison Champagne	675	1350	7.89	986	2800	1400	3,736
Patrick Desjardine	575	1150	7.24	905	2600	1300	3,355
Cadel Kulchychki	500	1000	6.44	805	2400	1200	3,005
Yacine Mendoza	450	900	7.72	966	2100	1040	2,906
Kyle Azaransky	450	900	6.12	764	2400	1200	2,864
Rejean Gaudet	325	650	7.40	925	1800	900	2,475

#### ADULT SHORT COURSE - Wave 2

Swim: 10 minutes      Bike: 15 Minutes      Run: 10 minutes

Athlete Start List:	Swim Meters	Swim Points	Bike Kms	Bike Points	Run Meter	Run Points	Total Points
Ana Rebizant	475	950	7.72	966	2050	1020	2,936
Erid Mendoza	475	950	7.72	966	1900	940	2,856
Melanie Youngs	475	950	7.72	966	1800	900	2,816
Katrina Armstrong	350	700	7.40	925	2100	1040	2,665
Sarah Coyle	425	850	6.44	805	2000	1000	2,655
Hannah Gillon	325	650	6.76	845	2050	1020	2,515
Kelly Hooper	325	650	7.40	925	1700	840	2,415
Chelsea Owasi	325	650	6.76	845	1800	900	2,395
Nicole Beland	450	900	4.67	583	1800	900	2,383
Shannon Dyck	375	750	6.44	805	1550	760	2,315

### ADULT SHORT COURSE - Wave 3

Swim: 10 minutes

Bike: 15 Minutes

Run: 10 minutes

Athlete Start List:	Swim Meters	Swim Points	Bike Kms	Bike Points	Run Meter	Run Points	Total Points
Marc Fournier	700	1400	9.33	1,167	2500	1240	3,807
Natalie Fournier	650	1300	8.05	1,006	2300	1140	3,446
Megan Van Heyst	675	1350	7.24	905	2200	1100	3,355
Dana Poulton	475	950	8.21	1,026	2300	1140	3,116
Brian Rudolf	400	800	8.37	1,046	2300	1140	2,986
Shayna Geisbrecht	375	750	7.24	905	2400	1200	2,855
Aspen Shier	475	950	5.95	744	2300	1140	2,834
Anthony Densmore	550	1100	7.72	966	1400	700	2,766
Daniel Gagnon	375	750	6.12	764	2000	1000	2,514

### ADULT LONG COURSE - Wave 4

Swim: 15 minutes

Bike: 20 Minutes

Run: 15 minutes

Athlete Start List:	Swim Meters	Swim Points	Bike Kms	Bike Points	Run Meter	Run Points	Total Points
Nico Heidenreich	925	1850	10.46	1,308	3500	1740	4,898
Cherrie Fournier	850	1700	10.14	1,267	3100	1540	4,507
Justin Malec	475	950	10.46	1,308	3450	1720	3,978
Jennifer Heaver	675	1350	9.17	1,147	2800	1400	3,897
Tony Hoess	600	1200	10.94	1,368	2600	1300	3,868
Bronwen Davies	700	1400	8.69	1,086	2500	1240	3,726
Mariel Kircher	525	1050	9.01	1,127	3000	1500	3,677
Andrea Bilash	650	1300	7.89	986	2700	1340	3,626
Ming Hoi Fai	675	1350	7.24	905	2750	1360	3,615
Jude Aronovitch	500	1000	9.33	1,167	2600	1300	3,467
Annamarie Matthews	475	950	9.17	1,147	2200	1100	3,197

## ADULT LONG COURSE - Wave 5

Swim: 15 minutes

Bike: 20 Minutes

Run: 15 minutes

Athlete Start List:	Swim Meters	Swim Points	Bike Kms	Bike Points	Run Meter	Run Points	Total Points
Jordon Dysart	850	1700	13.20	1,650	3400	1700	5,050
Marc Baldwin	900	1800	10.30	1,287	3150	1560	4,647
Maxim Amrom	775	1550	11.10	1,388	3150	1560	4,498
Jordan Taylor	700	1400	11.43	1,428	3300	1640	4,468
Artem Krutilin	800	1600	10.62	1,328	3100	1540	4,468
Paul Beaulieu	800	1600	10.94	1,368	2900	1440	4,408
Emily Richard	700	1400	10.78	1,348	3000	1500	4,248
Edwin Suebzon	700	1400	9.98	1,247	3100	1540	4,187
Jay Semkiw	600	1200	11.10	1,388	3100	1540	4,128
Ilya Vakurov	675	1350	8.21	1,026	2800	1400	3,776
Claire Grout de Beaufort	575	1150	8.85	1,106	2900	1440	3,696

## ADULT LONG COURSE - Wave 6

Swim: 15 minutes

Bike: 20 Minutes

Run: 15 minutes

Athlete Start List:	Swim Meters	Swim Points	Bike Kms	Bike Points	Run Meter	Run Points	Total Points
Brenton Button	1025	2050	13.52	1,690	3900	1940	5,680
Craig Findlay	1000	2000	12.71	1,589	3700	1840	5,429
Rich Deschamps	825	1650	12.39	1,549	3400	1700	4,899
Scott Watson	775	1550	11.59	1,448	3800	1900	4,898
Paula Anderson	850	1700	10.78	1,348	3150	1560	4,608
Cassie McCharles	775	1550	10.62	1,328	3200	1600	4,478
Kaelyn Gauthier	700	1400	10.46	1,308	3200	1600	4,308
Will Thrift	700	1400	10.78	1,348	3100	1540	4,288
Arnd Ludwig	625	1250	11.27	1,408	3000	1500	4,158
Nolbert Mosquera	525	1050	10.78	1,348	2600	1300	3,698