



SATURDAY, MARCH 15, 2025  
 Host at the University of Manitoba

**RACE RESULTS: By Race Wave**

**Wave 1 - ADULT SHORT COURSE**

Race Start Time:	7:50 AM						
Athlete Start List:	Swim (meters)	Swim Points	Bike (kilometers)	Bike Points	Run (meters)	Run Points	TOTAL POINTS
Brenden Alm	650	1300	8.69	1086	2300	1150	3536
Will Thrift	600	1200	8.85	1106	2400	1200	3506
Nathan Melvin	475	950	8.53	1066	1800	900	2916
Garth Ward	400	800	7.89	986	2200	1100	2886
Kathleen Kinsner	550	1100	7.50	938	1600	800	2838
Christina Barry	375	750	7.89	986	2100	1050	2786
Shannon Trapp	425	850	6.28	785	2000	1000	2635
Chelsea Owasi	350	700	6.44	805	2000	1000	2505
Joan Fields	425	850	6.60	825	1500	750	2425
Melanie Melvin	350	700	6.30	788	1600	800	2288
Crystal Steele	375	750	6.60	825	1400	700	2275



Wave 2 - ADULT SHORT COURSE

Race Start Time:	8:10 AM						
Athlete Start List:	Swim (meters)	Swim Points	Bike (kilometers)	Bike Points	Run (meters)	Run Points	TOTAL POINTS
Cristy Law	475	950	7.89	986	1900	950	2886
Kaelyn Gauthier	425	850	8.10	1013	2000	1000	2863
Darren Reimer	375	750	8.05	1006	1800	900	2656
Jason Penner	425	850	7.72	965	1300	650	2465
Leandra Harms	375	750	6.12	765	1600	800	2315
Leah Degagne	350	700	6.90	863	1400	700	2263
David Densmore	375	750	5.70	713	1500	750	2213



Wave 3 - YOUTH RACE

Race Start Time:	8:30 AM						
Athlete Start List:	Swim (meters)	Swim Points	Bike (kilometers)	Bike Points	Run (meters)	Run Points	TOTAL POINTS
Samuel Becker	450	900	6.76	845	2300	1150	2895
Andrew Riedle	375	750	7.72	965	2300	1150	2865
Carol Weselak	450	900	5.63	704	1800	900	2504
Anna Ward	425	850	6.92	865	1400	700	2415
Reighley Highmoor	350	700	6.80	850	1700	850	2400
Lianne Beirnes	375	750	5.31	664	1900	950	2364
Ruby Enzlberger	375	750	6.00	750	1500	750	2250
Carys Davies	375	750	5.90	738	1500	750	2238
Celeste Vermeylen	325	650	5.47	684	1700	850	2184
Samuel Bochen	300	600	4.83	604	1900	950	2154
Ariel Dori	325	650	4.83	604	1700	850	2104
Asha Trapp-Waldie	275	550	4.99	624	1300	650	1824



Wave 4 - ADULT LONG COURSE

Race Start Time:	8:45 AM						
Athlete Start List:	Swim (meters)	Swim Points	Bike (kilometers)	Bike Points	Run (meters)	Run Points	TOTAL POINTS
Ingrid Okonkwo	900	1800	10.14	1268	3200	1600	4668
Riva Symko	875	1750	9.60	1200	3000	1500	4450
Marissa Bochen	825	1650	9.50	1188	3200	1600	4438
Rachele Molyneaux	925	1850	9.33	1166	2700	1350	4366
Paul Beaulieu	800	1600	11.27	1409	2600	1300	4309
Jeffrey Lomas	650	1300	10.80	1350	3000	1500	4150
Edwin Suebzon	650	1300	10.30	1288	3000	1500	4088
Norbert Pachet	475	950	10.14	1268	3300	1650	3868
Emily Richard	675	1350	9.33	1166	2000	1000	3516
Stephanie Fraser	550	1100	9.17	1146	2400	1200	3446
Camila Chacon	775	1550	8.05	1006	1600	800	3356



Wave 5 - ADULT LONG COURSE

Race Start Time:	9:10 AM						
Athlete Start List:	Swim (meters)	Swim Points	Bike (kilometers)	Bike Points	Run (meters)	Run Points	TOTAL POINTS
Brenton Button	1025	2050	13.2	1650	3700	1850	5550
D'Arcy Arends	775	1550	11.59	1449	4000	2000	4999
Rich Deschamps	800	1600	12.4	1550	3400	1700	4850
Anthony Densmore	850	1700	10.5	1313	3200	1600	4613
Paula Anderson	825	1650	10.46	1308	3200	1600	4558
Stephan B	700	1400	10.3	1288	3000	1500	4188
Marc Ranson	500	1000	10.8	1350	3300	1650	4000
Nicole Beland	700	1400	8.37	1046	2800	1400	3846
Mika Dashevsky	650	1300	7.72	965	2900	1450	3715
Ming Hoi Fai	675	1350	7.72	965	2700	1350	3665
Susan Paquette	575	1150	8.37	1046	2000	1000	3196