



Riding Mountain Triathlon

Weather: 23C, Sunny, Water Temp - 20C, Participants: 492

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

Men 24 & under

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:11:44	347	Riley UNGER	Winnipeg	22:06	1:12:03	37:35
2	2:29:27	212	Joshua MALENCHAK	Morden	28:21	1:14:50	46:17
3	2:30:55	132	Jan FREIHAMMER	Winnipeg	23:58	1:22:41	44:18
4	2:42:27	155	Thomas HALL	Winnipeg	34:26	1:22:17	45:44

Men 25 - 29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:03:01	371	Shawn WILYMAN	Regina	22:30	1:06:12	34:21
2	2:21:16	316	Davis SOHOR	Winnipeg	25:59	1:10:12	45:06
3	2:26:25	363	Willy WELLBORN	Winnipeg	24:20	1:18:38	43:28
4	2:35:35	104	Rick DUHA	Winnipeg	28:34	1:20:03	47:00
5	2:37:53	247	Mike NICHOL	Brandon	33:13	1:18:22	46:20
6	3:01:54	422	Matt ZEILER	Dauphin	33:07	1:28:39	1:00:09
7	3:11:41	79	Wystan CELESTINO	Winnipeg	38:53	1:33:14	59:36
8	3:25:13	120	Leigh FISCHER	Winnipeg	38:24	1:32:41	1:14:09

Men 30 - 34

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:10:14	209	Brendan MACKENZIE	Regina	24:13	1:07:30	38:32
2	2:25:54	400	Lance TREMAINE	La Salle	31:56	1:11:37	42:22
3	2:31:45	285	Alex RYBACK	Saskatoon	29:45	1:14:40	47:21
4	2:50:09	115	James FEURING	Regina	32:08	1:30:30	47:33
5	2:57:08	205	Mark LOEWEN	Altona	33:52	1:30:46	52:30
6	3:25:13	318	Andrew SPENCER	Winnipeg	37:04	1:46:20	1:01:49

Men 35 - 39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:09:57	109	Curtis EARL	Saskatoon	25:53	1:05:07	38:57
2	2:10:28	322	Shane STEVENS	Cochrane	25:54	1:08:16	36:19
3	2:24:26	401	Scott WATSON	Winnipeg	32:11	1:10:54	41:22
4	2:26:55	332	Mark STRUCK	Winnipeg	29:41	1:12:40	44:36
5	2:36:28	298	Trevor SCHNEIDER	Regina	31:59	1:21:07	43:24
6	2:41:01	141	Ian GIVENS	Winnipeg	32:31	1:23:11	45:20
7	2:41:56	219	Joel MATTHEWS	Smiths	34:26	1:20:00	47:31
8	2:49:09	48	Vaughn BARKMAN	Onanole	37:29	1:20:58	50:43
9	2:50:08	259	Daryl PERRY	Winnipeg	31:52	1:26:33	51:44
10	2:50:56	326	Tyler STEWART	Saskatoon	29:43	1:27:25	53:49
11	2:59:20	211	Todd MALCOLM	Saskatoon	42:46	1:25:10	51:26
12	2:59:36	112	Martin ENZLBERGER	Winnipeg	34:40	1:33:12	51:44
13	3:10:02	69	David BRITTON	Regina	30:22	1:52:10	47:31
14	3:34:55	107	Brent DYCK	ELIE	43:38	1:58:18	53:00

Men 40 - 44

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:10:26	241	Jeff MORIER	Winnipeg	22:47	1:06:34	41:05
2	2:25:47	392	Kevin BEECHINOR	Winnipeg	25:49	1:13:44	46:16
3	2:41:28	146	Darren GRABILL	Melfort	28:09	1:26:51	46:29
4	2:54:13	237	CHRISTOPHER MELLEN	GIMLI	31:57	1:28:07	54:09
5	2:58:46	68	Scott BRAUN	Wpg	34:40	1:28:57	55:11
6	3:04:11	31	Patrick ADAMS	England	38:58	1:33:06	52:07
7	3:10:02	70	Jonathan BRITTON	Portage l	37:54	1:36:52	55:18

Men 45 - 49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:29:10	117	Craig FINLAY	Winnipeg	26:07	1:17:20	45:44
2	2:42:42	105	Robert DUNCAN	Headingley	33:24	1:19:10	50:08
3	2:51:16	281	Darryl ROSS	Brandon	30:23	1:24:10	56:44
4	3:10:15	239	Doug MILLER	Dauphin	36:54	1:41:59	51:23

Men 50 - 54

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:28:51	206	Andrew LOUGHEAD	Winnipeg	26:06	1:20:43	42:03
2	2:44:08	277	Carl ROHRINGER	Winnipeg	33:35	1:18:11	52:23
3	2:48:34	60	Dale BIGELOW	The Pas	30:59	1:22:13	55:23
4	2:50:31	114	Doug FARENICK	Regina	29:08	1:27:29	53:55
5	2:56:05	256	Raul PEREZ	Winnipeg	34:58	1:31:54	49:13
6	3:01:56	59	Henry BIEM	Beaconsfi	34:49	1:29:32	57:36

7	3:05:25	97	Gareth DILLISTONE	Regina	34:04	1:41:31	49:51
8	3:05:26	174	Rod HUDYM	Saskatoon	39:42	1:31:44	54:01
9	3:05:31	57	Terry BETCHER	Swan Rive	41:01	1:32:02	52:28
10	3:06:48	378	Kim BIEM		37:52	1:28:14	1:00:42

Men 55 - 59

5 - 59 Category

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:32:02	379	Dan MURRAY	Winnipeg	31:53	1:18:47	41:23
2	2:35:45	210	Doug MACKENZIE	Regina	26:03	1:17:53	51:50
3	2:51:16	62	JOHN BLYTH	Brandon	36:37	1:22:46	51:54
4	2:56:40	88	Brian CULLIGAN	Winnipeg	35:10	1:28:22	53:09
5	3:06:59	145	Marv GOOSSEN	Brandon	35:57	1:41:19	49:44
6	3:27:51	351	Ferdi VAN DONGEN	Portage l	38:51	1:50:44	58:17
	DNF	397	Mark GOWLER	Kirkwood	25:48	1:07:43	

Men 60 - 64

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	3:05:30	361	Don WEBB	Winnipeg	37:35	1:31:34	56:22
2	3:28:23	232	Robert MCMECHAN	Ottawa	44:15	1:42:13	1:01:56

Men 65 - 69

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	3:19:40	383	Igor ZAHYNACZ	New Westm	42:06	1:39:48	57:47

Men 70+

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
			No Competitors				

Women 24 & Under

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:58:22	303	Nicole SHEWCHUK	Yorkton	34:21	1:32:17	51:46
2	3:05:24	157	Katelle HALPAPE	Pense	32:51	1:34:31	58:03

Women 25 - 29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:50:49	134	Tara FUCHS	Regina	30:08	1:30:17	50:25
2	3:16:00	142	Jennifer GOERTZEN	Winnipeg	34:42	1:41:25	59:54
3	3:39:43	353	Laurie VANDENDOOL	Dauphin	28:22	1:46:30	1:24:52

Women 30 - 34

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
			No Competitors				

1	2:38:14	213	Ashley MALZAHN	Winnipeg	28:43	1:20:39	48:53
2	2:43:46	96	Tyra DICKSON	Assiniboi	33:29	1:23:13	47:05
3	2:53:01	423	Bernadine CHEGUIS	Winnipeg	29:15	1:31:00	52:47
4	2:53:43	274	Stephanie RITTER	Minot	34:39	1:30:23	48:43
5	2:58:53	87	April CROSSMAN	Brandon	34:44	1:31:09	53:02
6	3:03:20	148	Shelagh GRAHAM	Winnipeg	33:48	1:35:19	54:14
7	3:12:42	161	Erin HARLOS	Regina	30:26	1:41:25	1:00:52

Women 35 - 39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:55:18	465	Stacey FINCH	Winnipeg	31:56	1:30:34	52:49
2	3:18:13	229	Jana MCLAREN DAY	Carnduff	37:50	1:35:47	1:04:37
3	3:19:08	270	Allison REVILLE	Brandon	31:02	1:41:42	1:06:25
4	3:20:12	252	Bridgett NORMAN	Regina	28:19	1:47:11	1:04:42
5	3:48:42	339	Natalie TRUDEAU	Winnipeg	32:16	2:14:31	1:01:56

Women 40 - 44

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:28:40	166	Kim HODGES	Winnipeg	25:51	1:20:39	42:10
2	2:45:15	86	Sheila CRANE	Brandon	30:37	1:26:43	47:56
3	2:54:16	358	Cindy WALKER	North Van	33:38	1:26:37	54:03
4	2:55:36	81	Lynne CLARK	Winnipeg	29:57	1:31:57	53:43
5	3:11:19	56	Lesley BETCHER	Swan Rive	38:37	1:41:24	51:20
6	3:20:28	386	Dinah SANTOS	Winnipeg	36:19	1:40:09	1:04:01

Women 45 - 49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:50:02	172	Dawn HUCK	Winnipeg	29:49	1:25:46	54:27
2	2:56:51	128	Michaela FRANCE	Warren	29:48	1:33:55	53:09
3	2:59:09	44	Daniele AYERS	Winnipeg	34:48	1:30:26	53:57
4	3:33:25	85	Tracey COZMAN	Regina	39:15	1:56:20	57:51

Women 50 - 54

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	3:06:49	365	Linda WHITFIELD	Winnipeg	36:45	1:37:38	52:26
2	3:11:46	324	Lee STEWART	Stonewall	36:56	1:36:36	58:14
3	3:24:59	261	Tara Lee PETERS	Edmonton	41:58	1:41:32	1:01:30
4	4:31:11	366	Caron WHITLAW HIEBERT	Winnipeg	55:57	2:07:03	1:28:13
	DNF	74	Doris BURDON	Regina	31:57	1:43:23	

Women 55 - 59

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
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1	3:02:36	162	Jan HAWKINS	Winnipeg	34:28	1:33:08	55:01

Women 60 - 64

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
====	=====	====	=====	=====	=====	=====	=====
	DNF	218	Wanda MATHERS	Brunkild	36:55		

Women 65 - 69

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
====	=====	====	=====	=====	=====	=====	=====
			No Competitors				

Women 70+

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
====	=====	====	=====	=====	=====	=====	=====
			No Competitors				

Place	Time	Bib #	Team Name	City	Swim	Bike	Run
====	=====	====	=====	=====	=====	=====	=====
1	2:08:29	13	P AND R	Winnipeg	22:06	1:12:06	34:17
2	2:32:02	1	BENCH PRESSERS	Dauphin	28:21	1:22:30	41:12
3	2:38:42	20	THE HAS-BEENS	Brandon	29:09	1:19:53	49:42
4	2:40:06	5	FLIGHT CREW	Regina	33:15	1:24:01	42:51
5	2:43:55	24	WE BE TRI'N	Regina	32:57	1:22:52	48:07
6	2:46:54	9	KOSCIELNY CONSORTIUM	Neepawa	36:13	1:26:02	44:40
7	2:55:35	26	TEAM 1969	Onanole	47:24	1:27:11	41:02
8	3:09:29	12	OLD DOGS OF ONANOLE	Onanole	36:17	1:45:37	47:36
9	3:14:05	14	PIMP MY TRI	Regina	48:13	1:39:41	46:12
10	3:17:50	10	MELVILLE MONEYBAGS	Melville	37:31	1:37:31	1:02:49
11	3:24:43	16	RODYNA	Winnipeg	47:30	1:30:16	1:06:57
12	3:39:42	15	PROJECT CHAD	Dauphin	44:03	2:03:02	52:37
13	4:34:15	7	JUST DO IT	Winnipeg	47:30	2:05:10	1:41:37

Sprint Triathlon - 750m Swim + 20K Bike + 5K Run

Men 19 & under

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
====	=====	====	=====	=====	=====	=====	=====
1	1:05:10	41	Corey ARSENAULT	Winnipeg	11:34	35:16	18:21
2	1:05:30	84	Drew COCHRANE	Virden	10:21	36:13	18:56
3	1:10:15	95	Quinn DESROCHERS	Winnipeg	12:19	37:54	20:03
4	1:11:24	123	Fergus FOSTER	Murillo	11:28	41:00	18:56
5	1:12:42	245	Adam NAYLOR	Winnipeg	10:55	40:59	20:49
6	1:16:37	305	Joey SIMMS	Brandon	15:26	40:02	21:10

7	1:16:58	126	Luc FOURNIER	Winnipeg	13:11	40:24	23:24
8	1:19:16	122	Brett FOLEY	Portage l	14:22	42:26	22:29
9	1:26:52	381	Matthew MCDONALD	Winnipeg	19:57	42:54	24:01
10	1:27:51	458	Caven MCRAE	Portage L	14:29	45:15	28:07
11	1:38:24	377	Stacey MATTHEWS	Winnipeg	26:11	47:00	25:14
12	1:42:54	407	Ben FRANSOO	Winnipeg	20:58	56:02	25:55
13	1:49:29	405	Quinton GOWLER	Winnipeg	22:00	58:30	29:01
	DNF	395	Patrick MUMA	Winnipeg	11:33		

Men 20 - 24

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:11:20	453	Tyler WIRCH	Brandon	14:00	36:14	21:08
2	1:15:19	280	Eric RONCIN	Brandon	15:09	36:59	23:13
3	1:19:26	415	CHRISTOPHER CLARK	BRANDON	17:37	40:04	21:46
4	1:28:56	138	Cameron GIANNOTTI	Neepawa	15:58		
5	1:30:26	266	Adam RAC	The Pas	16:20	47:30	26:36
6	1:32:09	312	Roy SMITH	Winnipeg	18:34	50:41	22:55
7	1:37:06	76	Ben BURROWS	Brandon	19:09	50:06	27:53
8	1:37:30	348	Daniel VAN BENTHEM	Winnipeg	25:41	45:41	26:09
9	1:48:59	119	Mathew FIOLA	Winnipeg	24:39	56:01	28:20

Men 25 - 29

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:14:23	398	Cory SMITH	Winnipeg	14:22	40:55	19:06
2	1:17:59	396	Kyle BERG	Winkler	15:08	43:18	19:34
3	1:20:02	263	Devan POHL	Morden	14:43	42:21	22:58
4	1:21:18	158	Todd HAMILTON	Winnipeg	17:01	42:34	21:43
5	1:21:49	350	Jules VAN DE VELDE	Steinbach	13:20	43:11	25:18
6	1:24:02	221	Iain MCDONALD	Winnipeg	17:38	46:20	20:05
7	1:25:15	38	Nathan ANDERSON	Winnipeg	17:10	46:41	21:25
8	1:26:32	408	Damian KRUK	Winnipeg	17:05	44:01	25:26
9	1:28:50	391	Quinton ANDERSON	Winnipeg	16:17	47:26	25:08
10	1:29:56	389	Jonathan TORCHIA	Winnipeg	20:48	48:43	20:25
11	1:31:07	226	Jarret MCKINNON	Brandon	21:40	44:22	25:06
12	1:34:27	66	Jamieson BORYS	Winnipeg	22:03	46:32	25:53
13	1:36:41	314	Jacob SNELL	winnipeg	20:04	48:48	27:50
14	1:40:23	98	Shawn DINGWALL	Neepawa	19:34	55:44	25:05
15	1:44:26	63	Andreas BOERSCH	Regina	24:15	51:13	29:00
16	1:45:38	308	Jordie SKINNER	Morden	25:29	52:33	27:37

Men 30 - 34

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:09:40	43	Raymond AVANTHAY	Selkirk	13:01	35:54	20:47
2	1:11:46	116	Kevin EARL	Morden	12:54	38:04	20:49

3	1:19:42	430	Paul DYCK	Winnipeg	15:30	40:48	23:25
4	1:20:05	151	Louw GREYLING	Winkler	15:34	40:09	24:23
5	1:21:39	334	Neil TERNOWETSKY	Winnipeg	15:16	43:51	22:33
6	1:22:08	140	Colin GILMORE	Winnipeg	16:31	42:06	23:32
7	1:23:51	275	Justin RIVARD	Winnipeg	14:44	44:37	24:31
8	1:25:42	113	Matt ERHARD	Winnipeg	12:09	48:36	24:58
9	1:26:21	144	Bobby GOODMAN	winnipeg	17:32	43:58	24:53
10	1:27:24	412	Steven REDL	Winnipeg	15:47	47:44	23:53
11	1:31:12	313	Ryan SMITHSON	Winnipeg	17:34	48:54	24:44
12	1:35:31	452	Colin KIRBY	Winnipeg	21:23	47:37	26:32
13	1:37:48	135	James FULCHER	Winnipeg	22:48	50:05	24:55
14	1:39:06	380	Jason NIRENBERG	Victoria	17:06	53:36	28:24
15	1:44:19	338	Jean-Guy TRUDEAU	Winnipeg	21:47	52:27	30:05

Men 35 - 39

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:17:48	195	Mark KULCHYCKI	Winnipeg	15:50	39:22	22:37
2	1:19:40	153	Dave HAINES	Morden	15:59	40:29	23:12
3	1:20:35	328	Jasper STONE	Souris	16:20	39:35	24:41
4	1:26:04	251	Chris NISBETT	Regina	15:32	43:02	27:30
5	1:27:13	150	J-L GRATTON	Winnipeg	15:04	48:01	24:08
6	1:28:48	376	Darren REIMER	Steinbach	18:28	44:02	26:19
7	1:30:46	283	Spencer ROSS	Winnipeg	16:34	50:23	23:50
8	1:39:55	335	Dominic THIBODEAU	Saskatoon	18:56	51:01	30:00
9	1:41:57	131	Jim FRASER	Winnipeg	18:20	51:49	31:49
10	1:43:54	183	Samuel KIDD	Winnipeg	18:05	51:23	34:27
11	1:57:53	188	Kent KLIPPENSTINE	Swift Cur	22:15	1:02:31	33:08
	DNF	217	Romel MARQUEZ	Winnipeg	16:27		
	DNF	214	Derrick MANN	Regina	17:25		

Men 40 - 44

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:12:15	451	Jeff MCMILLAN	Winnipeg	15:37	37:11	19:28
2	1:15:34	424	Dan MCCAUGHAN	Winnipeg	14:45	40:32	20:18
3	1:18:30	299	Chris SCHRADER	Winnipeg	15:46	41:28	21:17
4	1:19:55	233	Grant MCMILLAN	Winnipeg	17:27	39:10	23:19
5	1:21:12	419	Jason STRAILE	Creighton	15:05	40:25	25:43
6	1:21:34	36	Jason ALSTON	Brandon	15:40	41:14	24:41
7	1:21:42	91	Corrado D'ANTONIO	Winnipeg	15:55	42:24	23:24
8	1:24:45	352	David VAN HEYST	Stony Mou	19:04	41:39	24:03
9	1:32:10	223	Marco MCDONALD	Winnipeg	18:46	50:17	23:09
10	1:33:19	269	Stephane REGIS	Lorette	18:30	45:38	29:12
11	1:35:10	130	David FRASER	Winnipeg	17:46	48:11	29:13
12	1:37:26	368	Scott WIEBE	Steinbach	20:43	48:27	28:17
13	1:37:59	124	Jim FOULKES	Winnipeg	21:22	48:29	28:09

14 2:18:59 136 Radny GEONANGA Winnipeg 16:54 1:33:45 28:21

Men 45 - 49

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:05:45	127	Marc FOURNIER	Winnipeg	11:40	34:10	19:57
2	1:13:31	284	Richard RUSK	Winnipeg	14:18	36:14	23:00
3	1:16:42	276	Peter ROBBIE	WPG	12:31	40:14	23:58
4	1:18:53	73	Jeff BROOKS	Winnipeg	14:19	39:21	25:14
5	1:20:25	58	Daniel BEZTE	Dugald	14:40	41:36	24:10
6	1:23:14	46	Jeff BALES	Brandon	18:29	42:30	22:16
7	1:24:27	268	Kevin READ	Winnipeg	14:15	45:34	24:39
8	1:29:03	265	Max POPP	Winnipeg	17:07	45:25	26:31
9	1:29:15	242	Dean MORISSEAU	Portage L	22:23	44:44	22:09
10	1:35:07	410	Andrew MINKEVICH	Winnipeg	22:10	43:55	29:03
11	1:35:52	413	Anthony MORHAM	Winnipeg	17:41	49:56	28:17
12	1:38:18	293	Paul SAWCHUK	Winnipeg	19:23	53:22	25:35
13	1:45:50	336	Greg THOMPSON	Winnipeg	20:15	53:58	31:37
14	1:49:00	93	Ken DE JONG	Barrie	20:35	58:05	30:21
15	1:55:10	291	Alan SAUVE	Oakbank	21:57	1:02:05	31:10

Men 50 - 54

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:16:27	175	Shaun HUMPHRIES	Winnipeg	15:09	37:14	24:05
2	1:27:31	235	Bob MEAKIN	Morden	16:12	46:54	24:26
3	1:29:22	246	Kevin NEWTON	Glenboro	15:33	44:00	29:49
4	1:29:45	357	ROSS VELDKAMP	WINNIPEG	17:06	44:22	28:17
5	1:30:22	327	Scott STIRTON	Winnipeg	16:57	44:34	28:52
6	1:32:44	102	Emeric J. DUHA	Winnipeg	18:44	45:24	28:36
7	1:40:00	319	Lyle STECYK	Regina	22:26	52:37	24:58
8	1:46:14	34	Marc ALBERT	Winnipeg	24:14	51:33	30:28
9	2:13:34	406	Kent GOWLER	Winnipeg	25:40	1:08:56	38:59

Men 55 - 59

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:12:32	446	Neil FERGUSON	Winnipeg	12:56	37:59	21:38
2	1:27:12	346	Grant UNGER	Winnipeg	16:46	41:42	28:45
3	1:34:28	297	Greg SAYER	Saskatoon	18:49	47:42	27:58
4	1:52:00	464	Perry ROQUE	Brandon	19:18	1:02:47	29:56
5	2:27:21	292	leo SAVOIE	Winnipeg	28:38	1:08:30	50:14

Men 60 - 64

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:24:54	33	Al Stewart	Winnipeg	15:14	43:30	26:10

2	1:38:55	267	Lyle RANCE	Sperling	17:50	49:53	31:12
3	1:43:21	331	Jari STROMBERG	Winnipeg	20:50		

Men 65 - 69

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
			No Competitors				

Men 70+

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:44:21	37	Jim ANDERSON	Winnipeg	22:22	49:52	32:08

Women 19 & Under

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:22:01	345	Emily UNGER	Winnipeg	12:17	44:53	24:52
2	1:24:17	99	Tianna DODDS	Lumsden	14:07	47:43	22:28
3	1:30:46	55	Carrie BERGEN	Brandon	17:20	47:55	25:32
4	1:56:14	323	Kailee STEWART	Neepawa	18:24	1:07:36	30:15

Women 20 - 24

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:21:28	187	Janessa KLATT	Winnipeg	13:38	45:20	22:31
2	1:22:07	225	Martine MCGREGOR	Brandon	14:49	43:07	24:12
3	1:25:54	204	Alex LOEPPKY	Morden	16:23	47:24	22:08
4	1:27:24	200	Amy LEE	Brandon	16:50	44:17	26:18
5	1:44:21	333	Jannalee SZYMESKO	Yorkton	18:21	55:07	30:53
6	1:46:00	437	Brittany ROQUE	Brandon	19:09	57:20	29:32
7	1:49:01	199	Bri LANGLOIS	Winnipeg	23:33	56:11	29:19
8	1:50:23	444	Anne HEARD	Carman	17:48	1:01:16	31:20
9	2:02:50	168	Lacey HOUCK	Brandon	19:52	1:10:54	32:06

Women 25 - 29

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:22:29	170	Jenna HOUSSIN	Winnipeg	12:24	46:30	23:36
2	1:23:17	360	Chelsea WARDROPE	Winnipeg	13:28	43:52	25:58
3	1:29:06	264	Justine POHL	morden	16:19	48:36	24:13
4	1:30:28	137	Jamee GEORGE	Brandon	21:39	44:25	24:25
5	1:31:24	455	Marla HARING	Winnipeg	17:05	46:29	27:51
6	1:32:52	216	Nadia MARION	Winnipeg	15:16	51:26	26:11
7	1:33:24	169	Britton HOUDEK	Melville	18:43	47:10	27:32
8	1:35:06	208	Myriam LUMGAIR	Nesbitt	18:43	48:09	28:15
9	1:35:42	306	Alanna SIMPSON	Shoal Lak	18:22	49:09	28:12
10	1:37:12	340	Natalie TRUDEAU	Winnipeg	20:55	47:19	28:58

11	1:39:49	273	Linda RINK	Winnipeg	18:36	54:32	26:43
12	1:46:04	272	Caitlin RING	Winnipeg	20:02	53:18	32:45
13	1:46:35	399	Joelle DALRYMPLE	Winnipeg	20:40	59:14	26:42
14	1:47:13	139	Kelsey GIESBRECHT	Winnipeg	18:48	57:59	30:28
15	1:48:23	121	Courtney FISHER	Winnipeg	23:18	54:21	30:45
16	1:48:36	222	Jacqueline MCDONALD	Winnipeg	19:24	56:17	32:56
17	1:50:13	160	Lisa HARASEN	Regina	20:35	56:15	33:25
18	1:55:50	428	Julia TURNER	Winnipeg	20:00	1:00:45	35:05
19	1:58:26	82	Caitlyn CLEMENT	Winnipeg	27:15	59:17	31:55
20	1:59:50	287	Teryl SANSOM	Winnipeg	23:15	1:00:13	36:23
	DNF	101	Aimee DUGAL	Winnipeg	18:48		

Women 30 - 34

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:23:34	439	Gillian ROBINSON	Winnipeg	13:11	44:00	26:24
2	1:23:55	176	Danielle ISTACE	Regina	13:12	46:27	24:17
3	1:28:02	236	Kelly MEDLOSKI	Regina	13:53	47:00	27:10
4	1:28:39	426	Trina COBBLEDICK	Regina	17:46	46:42	24:12
5	1:30:04	448	Krista BOESE	Winnipeg	15:04	49:05	25:55
6	1:31:25	154	Jenny HALL	Winnipeg	15:44	47:21	28:21
7	1:33:08	106	Andrea DYCK	Morden	20:56	46:52	25:22
8	1:33:56	227	Jennifer MCKINNON	Dauphin	17:09	47:14	29:33
9	1:35:06	416	Crystal DUNNING	McCreary	19:43	49:50	25:34
10	1:36:37	164	Corrie HEIMBECKER	Regina	15:19	51:01	30:19
11	1:37:18	185	Crystal KIRBY-PELOQUIN	Winnipeg	26:02	47:27	23:50
12	1:37:40	320	Nicole STEFANSON	Victoria	18:39	52:34	26:28
13	1:37:40	456	Adelaine WONG	Winnipeg	18:24	51:06	28:12
14	1:37:52	179	Heather JANZEN	Morden	22:07	46:46	29:00
15	1:38:12	373	Kinsley WOJNARSKI	Brandon	17:37	50:29	30:07
16	1:38:13	255	Jennifer ONYSKIE-MARCUS	West St P	13:49	55:19	29:06
17	1:39:18	230	Kelly-Ann MCLEOD	Regina	19:33	54:28	25:19
18	1:44:14	196	Lauren KULLMAN	Winnipeg	17:11	54:53	32:10
19	1:48:36	375	Michelle WRIGHT	Winnipeg	19:12	58:06	31:18
20	1:49:22	186	Jill KISTNER	White City	23:04	56:17	30:03
21	1:50:31	244	Mary MYHRE	Dauphin	21:17	55:39	33:35
22	1:50:56	165	Danika HERCINA	Saskatoon	20:11	55:27	35:19
23	1:57:02	249	Ghita NIELSEN	Winnipeg	23:15	55:28	38:21
24	1:58:25	302	Jacquie SHELDON	Winnipeg	18:58	1:00:07	39:22
25	2:02:50	262	Blyss PICKERING	Brandon	23:04	1:07:42	32:06

Women 35 - 39

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:22:48	301	Jennifer SEAMAN	Regina	15:58	45:30	21:21
2	1:23:05	435	Michelle WATTS	Winnipeg	16:15	44:15	22:36
3	1:23:53	220	Kandis MATTHEWS	Smiths	16:10	43:32	24:13

4	1:24:23	129	Heather FRANCIS	Morden	18:33	43:01	22:50
5	1:25:10	329	Rene STONE	Souris	17:26	43:53	23:52
6	1:27:39	194	Loretta KULCHYCKI	Winnipeg	16:36	45:32	25:32
7	1:29:33	30	Cheryl ADAM	Winnipeg	19:25	45:58	24:10
8	1:33:11	370	Julie WILSON	Yorkton	16:27	51:12	25:33
9	1:34:25	254	Jen OGSTON	Winnipeg	18:01	49:33	26:51
10	1:35:12	133	Amy FRYKODA	Minnedosa	18:27	50:13	26:32
11	1:36:09	409	Paula ANDERSON	Winnipeg	22:55	46:39	26:37
12	1:37:22	384	Stacie SPAK	Macgregor	20:46	49:42	26:54
13	1:40:21	367	Carie WIEBE	Morden	19:28	48:11	32:43
14	1:40:57	260	Lorelle PERRY	Winnipeg	19:57	54:02	26:59
15	1:45:47	90	Ann DANDENEAU	Dauphin	19:08	54:35	32:05
16	1:46:53	325	Lisa STEWART	Winnipeg	23:18	53:31	30:05
17	1:47:24	282	Shannon ROSS	Winnipeg	23:38	52:53	30:54
18	1:50:24	80	Janessa CHAMPAGNE	Forrest	25:18	54:33	30:34
19	1:52:49	341	Jodi TRUMBLY	Creighton	17:14	53:03	42:32
20	1:56:52	75	Karla BURR	Winnipeg	23:11	54:03	39:39
21	1:57:44	374	Myla WOLLBAUM	Regina	23:14	1:00:41	33:50

Women 40 - 44

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:26:38	111	Laura ENGLUND	Regina	14:41	45:55	26:04
2	1:36:22	420	Heather MARKS	Winnipeg	19:20	50:28	26:35
3	1:38:24	321	Andrea STERZUK	Regina	17:17	51:44	29:25
4	1:39:41	54	Connie BERG	Russell	20:27	49:10	30:05
5	1:39:48	202	Jen LINDENBERG	Vancouver	19:13	51:53	28:43
6	1:42:00	224	Marie-Claude MCDONALD	WINNIPEG	20:19	54:28	27:15
7	1:55:49	100	Melanie DUBOIS	Brandon	23:05	55:10	37:35
8	2:19:06	248	Sarah NICOL	Bengough	23:10	1:11:19	44:39

Women 45 - 49

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:17:13	125	Cherrie FOURNIER	Winnipeg	13:48	42:14	21:11
2	1:23:15	49	Michelle BARNET	Regina	14:02	46:37	22:36
3	1:33:43	152	Michele HACZKEWICZ	Yorkton	16:21	49:51	27:32
4	1:39:16	92	Sue DAVIDSON	Portage l	17:32	51:38	30:07
5	1:39:20	354	Nelleke VANDER VLIET	Otterburn	23:02	51:07	25:12
6	1:46:33	143	Sandi GOERTZEN	Winnipeg	17:08	54:47	34:39
7	1:51:27	207	Shelley LOVETT	Portage l	21:16	54:04	36:08
8	1:57:45	215	Marylane MARCHUK	Regina	23:32	59:17	34:56
9	2:04:38	372	Angie WITTMANN	Winnipeg	19:48	1:09:03	35:47
10	2:24:05	173	Charlene HUDYM	Saskatoon	22:51	1:14:47	46:29

Women 50 - 54

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
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1	1:37:49	429	Cathey GORNIK	Winnipeg	20:13	50:59	26:37
2	1:39:53	103	Karen DUHA	Winnipeg	17:55	52:03	29:56
3	1:45:01	369	Michelle WILMAN	Onanole	20:51	53:39	30:32
4	1:45:26	182	karen JUCKES	Regina	20:13	55:15	29:59
5	1:50:57	294	Sandra SAWKA	Winnipeg	22:41	58:03	30:14
6	1:51:42	32	Andrea ADAMSON	Minnedosa	23:16	56:13	32:14
7	1:54:06	193	Margaret KUBAS	West St P	18:19	57:17	38:31
8	1:57:55	190	Kathy KRAMMER	Regina	20:05	59:53	37:57

Women 55 - 59

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	1:38:45	159	Karen HARASEN	Regina	21:10	49:13	28:23
2	1:54:58	29	Ngaire ABERNETHY	Brandon	22:06	58:59	33:54

Women 60 - 64

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
1	2:00:13	362	Jane WEITZEL	Winnipeg	18:14	59:33	42:26

Women 65 - 69

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
No Competitors							

Women 70+

Place	Time	Bib #	Competitor	City	Swim	Bike	Run
No Competitors							

Place	Time	Bib #	Team Name	City	Swim	Bike	Run
1	1:15:51	27	TEAM W	Winnipeg	16:22	34:48	24:42
2	1:20:33	17	STILL TRIING	Yorkton	14:07	44:49	21:38
3	1:21:49	2	BULL BOYS 103	Onanole	18:08	42:07	21:35
4	1:24:28	21	THE HONEYMOON IS OVER	Saskatoon	14:51	48:22	21:16
5	1:25:01	23	TRI-ING HARDER	Yorkton	13:07	52:25	19:31
6	1:25:28	4	FAST-FASTER-N-FASTEST	Regina	19:04	44:56	21:29
7	1:26:34	18	THE B TEAM	Winnipeg	13:20	46:47	26:28
8	1:29:41	6	IN MEMORY OF DARREN	Onanole	20:00	42:16	27:25
9	1:33:43	3	COBBE CREW	Brandon	18:52	44:17	30:35
10	1:35:32	25	A GUY A GIRL AND A TR	Winnipeg	19:30	49:48	26:15
11	1:36:26	19	THE GOOD THE BAD AND	Brandon	15:08	57:24	23:54
12	1:40:34	8	GEROW TRIO	Souris	22:47	50:04	27:44
13	1:57:50	459	THE WIGWAM2	Wasagaming	20:17	1:05:56	31:38
14	2:03:43	11	MONEYBAG BENCHWARMERS	Melville	25:45	1:01:33	36:25

15 2:32:02 22 THE SLOW POKES Neepawa 1:02:04 1:04:43 25:16

Sprint Duathlon - 2.5K Run + 20K Bike + 5K Run

Men 39 and Under

Place	Time	Bib #	Competitor	City	Run1	Bike	Run2
1	1:14:50	421	Jeremy YOCOM	Winnipeg	12:00	41:33	21:17
2	1:16:20	402	Sean WOJNARSKI	Brandon	12:00	40:56	23:24
3	1:17:13	304	Colin SIBILLEAU	Morden	12:00	40:25	24:48
4	1:19:40	445	Patrick SHELDON	Winnipeg	12:00	43:21	24:19
5	1:20:48	411	Daniel LEHMANN	Gilbert Plains	12:00	44:50	23:58
6	1:21:43	457	Wes MANN	Victoria	12:00	45:35	24:08
7	1:23:24	83	Nate COATES	Winnipeg	12:00	46:29	24:55
8	1:23:27	271	Rob REVILLE	Brandon	12:00	45:19	26:09
9	1:25:34	118	Gordon FINLAY	Brandon	12:00	45:47	27:47
10	1:44:51	258	Kurt PENNER	Winnipeg	14:52	55:25	34:36

Men 40+

Place	Time	Bib #	Competitor	City	Run1	Bike	Run2
1	1:10:21	191	George KROUPA	Winnipeg	12:00	36:35	21:46
2	1:13:34	414	John KELLEHER	Brandon	12:00	39:54	21:40
3	1:21:39	149	Rob GRANTHAM	Oakbank	12:00	44:24	25:15
4	1:23:00	337	Troy THOMSON	Brandon	12:30	44:20	26:10
5	1:23:25	300	Lou SCHWINDT	Regina	12:00	43:34	27:52
6	1:24:00	288	Jarrett SASS	Winnipeg	12:00	46:53	25:07
7	1:24:09	310	Robert SMITH	Oakbank	12:00	45:22	26:48
8	1:24:21	51	Christian BEAUDRY	Winnipeg	12:00	48:39	23:42
9	1:24:47	257	Raul PARAGAS	Winnipeg	12:00	46:55	25:53
10	1:35:39	460	Corey PRATTE	Winnipeg	14:21	45:26	35:53
11	1:35:58	436	Trevor HALLSON	Brandon	14:43	49:47	31:29
12	1:41:02	417	Grant QUINN	WINNIPEG	14:08	58:54	28:00
13	1:42:56	279	Tony ROMANIUK	White city	15:41	55:22	31:54
14	1:43:09	198	Real LAMBERT	Ottawa	15:55	55:08	32:07

Women 39 and Under

Place	Time	Bib #	Competitor	City	Run1	Bike	Run2
1	1:20:38	47	Megan BANMAN	Morden	12:00	45:16	23:22
2	1:22:29	89	Ashley CVETKOVIC	Winnipeg	12:00	44:52	25:37
3	1:24:48	431	Lorrie GREN-DYCK	Winnipeg	12:00	45:16	27:33
4	1:25:00	290	Sara SASS	Winnipeg	12:00	48:16	24:44
5	1:25:58	311	Travis SMITH	Winnipeg	12:00	45:34	28:24
6	1:27:34	425	Tracy LIDSTER	Brandon	12:00	49:09	26:25

7	1:30:58	315	Nikou SNELL	winnipeg	12:00	48:37	30:21
8	1:35:41	388	Bryanne MCLAUGHLIN	Brandon	13:36	52:48	29:19
9	1:36:32	184	Sandi KINLEY	Gladstone	13:19	55:37	27:37
10	1:41:42	177	Robin JACOBSON	Brandon	15:13	53:48	32:43
11	1:42:56	278	Tanya ROMANIUK	White city	15:41	55:23	31:53
12	1:44:04	61	Stephanie BLAHEY	East St. Pau	14:00	59:12	30:54
13	1:46:41	438	Jennifer MELONEY	Gladstone	13:47	58:34	34:21
14	1:51:30	234	Carly MCNEILL	Winnipeg	16:39	1:00:29	34:23
15	3:58:55	342	Angela TRUNZO	Winnipeg	33:58	2:16:03	1:08:55

Women 40+

Place	Time	Bib #	Competitor	City	Run1	Bike	Run2
1	1:18:59	201	Jocelyn LEGAULT-CLARK	Brandon	12:00	43:03	23:57
2	1:25:17	330	Michelle STROCEN	Langruth	12:00	47:45	25:33
3	1:28:01	433	Cheryl BAYNTON	Brandon	13:15	48:05	26:42
4	1:29:13	447	Sherrill-Lee HYRA	Brandon	12:00	49:14	27:59
5	1:30:10	442	Lisa MACKEDENSKI	Erickson	12:00	52:08	26:02
6	1:30:22	286	Renee SANGUIN	Winnipeg	13:30	48:04	28:49
7	1:37:23	231	Patty MCLEOD	Kenora	15:14	52:31	29:39
8	1:41:39	156	Jeanette HALPAPE	Milestone	15:41	53:39	32:21
9	1:42:28	108	V.Roxanne DYCK	Brandon	15:42	54:57	31:50
10	1:48:53	35	Gloria ALSTON	Brandon	16:56	54:16	37:42
11	1:55:20	94	Sherry DE RUYCK	Killarney	15:53	1:02:59	36:29
12	2:00:03	343	Candace TRUSSLER	Winnipeg	19:20	1:00:16	40:28
13	2:44:36	385	Diane FORREST	Killarney	22:16	1:30:33	51:48

Try-A-Tri - 300m Swim + 10K Bike + 2.5K Run

Time	BiB #	Name	Swim	Bike	Run
42:56	289	Rebekah SASS	6:39	24:55	11:23
45:13	307	Jett SINCLAIR	6:42	26:21	12:11
45:38	296	Amy SAYER	6:15	26:34	12:50
47:39	441	Tyler FULTON	6:35	26:21	14:44
48:10	382	Jaime PRYSTENSKI	6:49	26:31	14:51
48:41	65	Stephen BOHRSON	7:06	27:29	14:06
49:17	355	Lauri VANHEYST	6:58	26:23	15:56
50:04	349	Ashley VAN DE VELDE	7:14	28:04	14:47
50:50	240	Bryton MOEN	7:04	29:19	14:28
51:36	178	Atoosa JALAYERI	6:57	31:27	13:13
51:42	344	Cindy UNGER	7:55	27:03	16:46
52:06	434	Jaya FREEMAN	7:10	29:32	15:24
52:43	67	Alida BOULIANNE	7:52	28:01	16:50
53:16	64	Mandy BOERSCH	7:07	28:28	17:42

54:24	359	Joelle WALL	7:05	31:49	15:30
54:30	72	Melanie BRITTON	8:30	28:18	17:43
54:37	432	Olivia SHELDON	6:51	29:30	18:17
56:31	387	Andrew BARON	8:25	32:09	15:58
56:35	427	Alyssa TILLEY	7:09	31:35	17:51
56:42	443	Jessica COOLEY	6:36	29:34	20:32
56:59	250	Rebecca NIELSEN	6:46	34:22	15:51
57:34	317	Barb SPEAREY	6:58	29:57	20:40
57:43	440	Rylie BASARABA	8:34	33:48	15:22
57:44	450	Lisa WINNING	7:17	31:37	18:51
58:12	403	Madelyn GOWLER	8:36	32:18	17:18
58:36	189	Carol KOHLERT	7:44	34:01	16:51
58:54	390	Erica WILKEN	7:00	32:48	19:06
1:00:19	147	Jamie GRAHAM	6:11	37:36	16:32
1:00:44	404	Leanne GOWLER	8:27	33:13	19:05
1:00:44	418	Christin STRAILE	7:28	35:08	18:09
1:00:51	71	Maureen BRITTON	7:36	34:22	18:54
1:02:55	42	Jennifer ASH	7:03	36:40	19:12
1:03:35	449	Alexander SINGBEIL	7:16	24:09	32:11
1:07:53	203	Karen LITKE	6:49	37:09	23:55
1:16:06	228	Penny MCKINNON	12:16	37:58	25:54
DNF	163	Brady HAY	7:06	25:53	

Thanks to:

RMTri Sponsors for their continued support

The "Clear Lake Crew" for their excellent support over the weekend

Triathlon Manitoba Officials for their support on race day