



# Riding Mountain Triathlon

Race #6 of Triathlon Manitoba's Grand Prix Series

Weather: 13°C, light rain, 15 gusting to 35KPH west wind, 21°C water Participants: 445

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

### Men 24 & under

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:26:13	100	Davis SOHOR	East St.	29:04	1:13:44	43:26
2	2:32:07	4	Evan GRAHAM	East St.	32:29	1:17:42	41:57
3	2:35:56	394	Michael PUTTAERT	East St.	37:08	1:20:19	38:30
4	2:54:27	6	Jake MCGEOUGH	Vancouver	33:16	1:31:03	50:09
5	2:59:48	45	Earl P. SCOTT	Minot	28:18	1:39:09	52:23
6		94	Evan ORLIKOW	Winnipeg	37:31		

### Men 25-29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:16:41	382	Les FRIESEN	Steinbach	28:08	1:10:37	37:57
2	2:34:36	388	Christopher SCHWEITZER	Regina	26:27	1:20:57	47:13
3	2:36:45	52	Mathieu BROSSEAU	Brandon	30:42	1:24:01	42:03
4	2:42:19	444	Scott BEATON	Winnipeg	26:05	1:24:47	51:28
5	3:04:58	409	Taren GESELL	Winnipeg	41:31	1:31:34	51:54

### Men 30-34

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:26:25	53	Derek EIDSE	Winnipeg	29:14	1:13:37	43:35
2	2:30:13	104	Paul DYCK	Winnipeg	33:39	1:12:34	44:01
3	2:30:44	81	Barry PENNER	Kleefeld	28:51	1:23:42	38:13
4	2:36:59	47	Mark KULCHYCKI	Winnipeg	35:33	1:14:47	46:40
5	2:43:45	71	Stuart HOLDEN	Winnipeg	37:47	1:20:08	45:51
6	2:44:13	95	Charles KOSTYK	Winnipeg	42:10	1:17:13	44:51
7	2:46:42	13	Nicholas POPIEL	The Pas	25:28	1:28:45	52:29
8	2:51:31	97	Kevin LAMOUREUX	Winnipeg	43:06	1:20:23	48:03
9	2:59:05	387	Scott WATSON	Winnipeg	54:01	1:19:36	45:30
10	3:01:41	17	Brad MCMORRIS	Calgary	35:29	1:30:03	56:10
11	3:14:44	411	Phil KAISER	Regina	38:10	1:42:01	54:34

Men 35-39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:14:30	105	Brad SPOKES	Saskatoon	25:46	1:09:58	38:47
2	2:20:14	357	Francois LEGOUPIL	Winnipeg	27:02	1:09:15	43:59
3	2:24:07	103	Laird LIDSTER	Brandon	31:13	1:10:15	42:39
4	2:25:29	405	Kevin BEECHINOR	Winnipeg	29:47	1:10:41	45:02
5	2:36:15	12	Ken DUECK	Winnipeg	34:11	1:12:36	49:29
6	2:44:02	62	Jarrett FEIST	Winnipeg	29:49	1:25:01	49:13
7	2:53:30	66	Craig WHITE	Winnipeg	36:01	1:25:03	52:26
8	2:57:56	14	Michael GLENNON	Winnipeg	31:44	1:21:54	1:04:20
9	2:59:53	92	Craig STEPHEN	Winnipeg	31:19	1:31:49	56:46
10	3:10:02	436	JASON BRESCACIN	WINNIPEG	53:20	1:23:34	53:09
11	3:14:05	1	Craig ROWAN	Regina	41:42	1:35:07	57:17
12	3:15:12	84	Ron JOWETT	Winnipeg	45:36	1:34:33	55:04
13	3:36:36	30	Don CHODZICKI	Saskatoon	55:01	1:53:30	48:06
14	3:46:37	7	Mark LECKIE	Brandon	49:24	1:49:06	1:08:08
15		51	Shane MCKECHNEY	Regina	24:26		

Men 40-44

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:14:17	110	Luc GUILLETTE	Winnipeg	23:06	1:10:27	40:45
2	2:16:59	435	Garth THOMSON	Brandon	32:16	1:06:00	38:44
3	2:28:47	79	George KROUPA	Winnipeg	31:20	1:13:30	43:57
4	2:43:07	20	Mike STOYKO	The Pas	31:06	1:21:46	50:16
5	2:43:41	392	Marc LECLAIR	Winnipeg	36:14	1:17:27	50:01
6	2:56:06	34	Mervin BILINSKI	Saskatoon	38:08	1:30:03	47:55
7	2:58:45	54	Christopher DUBBERLEY	Winnipeg	33:41	1:29:06	55:59
8	3:04:01	78	Tom WIEBE	Morden	36:44	1:25:35	1:01:43
9	3:05:44	83	Brad LOWES	Winnipeg	37:17	1:41:04	47:23
10	3:05:49	99	Glenn ROGERS	Weyburn	42:06	1:27:23	56:21
11	3:28:03	46	Doug MILLER	Dauphin	39:26	1:57:17	51:21
12	3:32:02	39	Johnnie ROBERTS	Calgary	59:33	1:38:12	54:19

Men 45-49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	2:21:08	56	Philippe CHABOT	Winnipeg	25:48	1:10:15	45:06
2	2:35:21	42	Michael KLATT	Winnipeg	33:02	1:16:54	45:25
3	2:39:10	9	Chris MURRAY	Lethbridg	36:18	1:16:16	46:38
4	3:01:08	35	Bernard MAUGHAN	Singapore	32:21	1:27:01	1:01:46
5	3:04:30	57	Darren GRAVES	Stonewall	37:09	1:32:34	54:48
6	3:11:06	59	Dennis MAIONE	Winnipeg	38:35	1:29:38	1:02:54
7	3:13:31	373	Alan WINGFIELD	Winnipeg	33:20	1:43:47	56:26
8	3:24:51	372	Ronald TOEWS	Brandon	47:16	1:37:34	1:00:02

### Men 50-54

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:28:46	68	Tom OKANY	Winnipeg	29:09	1:17:00	42:39
2	2:34:00	61	Scott CHAPMAN	Winnipeg	31:10	1:17:20	45:31
3	2:35:08	113	Danny MURRAY	Winnipeg	34:13	1:20:54	40:02
4	2:39:42	115	John KELLEHER	Brandon	38:24	1:18:58	42:21
5	2:45:03	80	John MURRAY	Winnipeg	33:10	1:19:09	52:45
6	2:58:01	419	Kevin WIEBE	Winnipeg	38:35	1:29:31	49:56
7	2:58:41	112	John BLYTH	Brandon	40:30	1:29:42	48:30
8	3:02:23	414	Marv GOOSSEN	Brandon	36:58	1:35:41	49:44
9	3:21:21	11	Brian CULLIGAN	Wpg	53:49	1:34:32	53:01
10		58	Dave TOPOROWSKY	Calgary	36:49		

### Men 55-59

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:38:56	67	Sheldon REYNOLDS	Winnipeg	31:03	1:21:11	46:42
2	2:49:34	63	Tim HAWKINS	Winnipeg	36:22	1:28:33	44:39
3	3:02:39	114	Doug MURRAY	Brandon	43:35	1:24:33	54:31
4	3:34:28	111	Fred LITCHFIELD	Calgary	52:45	1:42:04	59:41

### Men 60-64

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	3:06:32	32	Bob GROFF	Winnipeg	35:12	1:31:22	59:59

### Men 65-69

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:52:12	76	Jim MUNRO	Wpg.	35:44	1:20:59	55:31
2	3:35:19	116	Don WAITE	Regina	32:49	1:59:06	1:03:25

### Men 70+

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	3:32:29	75	Jim ANDERSON	Winnipeg	54:53	1:38:37	58:59

### Women 20-24

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:35:51	102	Alex BELL	Winnipeg	27:02	1:23:55	44:55
2	2:46:00	21	Chelsea WARDROPE	Winnipeg	26:52	1:25:38	53:31
3	3:05:48	10	Michelle ERICKSON	Weyburn	42:08	1:25:59	57:41
4	3:36:04	86	Karla-Rae BUGA	Regina	35:11	2:01:04	59:50
5	3:48:28	93	Brianne PISTER	Rhein	55:44	1:51:47	1:00:58

Women 20-24 - Continued

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
6	4:12:41	70	Meghan PIKE	Winnipeg	1:00:13	2:02:27	1:10:02

Women 25-29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:46:55	88	Diane GREGOIRE	Winnipeg	37:50	1:22:44	46:21
2	2:49:22	90	Sandra BAARS	Winnipeg	37:35	1:25:47	46:01
3	2:57:36	48	Gillian ROBINSON	Winnipeg	27:35	1:33:11	56:50
4	2:58:01	363	Tyra DICKSON	Assiniboi	37:25	1:32:42	47:55
5	3:13:16	96	Anne MACNEIL	Brandon	38:47	1:42:21	52:09
6	3:19:09	65	Carly LODEWYKS	Winnipeg	36:31	1:40:40	1:02:00
7	3:40:35	28	Nicole TOWERS	Winnipeg	48:29	1:51:25	1:00:42
8		82	Deanne BENNETT	Winnipeg	30:34	1:37:15	

Women 30-34

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:30:58	106	Melanie LECLAIR	Winnipeg	27:04	1:18:16	45:39
2	2:47:39	15	Jennifer SHNITKA	Winnipeg	32:58	1:26:03	48:39
3	2:49:21	29	Karina FEHR	Saskatoon	36:11	1:27:24	45:48
4	3:00:01	447	Terri MAY	Winnipeg	35:06	1:30:27	54:28
5	3:02:29	44	Stacey FINCH	Winnipeg	36:33	1:32:37	53:21
6	3:15:00	89	Amanda LIEVERSE	Winnipeg	40:54	1:38:39	55:29
7	3:56:03	26	Lauriellen RUMBALL	Onanole	52:43	1:55:38	1:07:43
8	4:05:20	72	Naomi WENDORFF	Dundurn	39:55	1:53:35	1:31:52

Women 35-39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:28:54	434	Deanna THOMSON	Brandon	31:13	1:14:27	43:15
2	2:45:18	371	Carina KIRK	Wpg	31:23	1:28:45	45:11
3	2:50:44	22	Michelle WATTS	Winnipeg	37:22	1:25:59	47:23
4	2:50:50	401	Jennifer RITTER	Winnipeg	33:26	1:30:54	46:31
5	2:57:30	55	Mandy ENRIGHT	Selkirk	33:02	1:35:44	48:45
6	3:01:41	16	Katherine MCMORRIS	Calgary	42:27	1:26:06	53:09
7	3:13:30	365	Kari Lee ARMOUR-LAZZARI	Papeete	38:40	1:39:43	55:09
8	3:21:38	85	Helen JOWETT	Winnipeg	37:27	1:44:48	59:23
9	3:28:34	40	Allison HAKOMAKI	Calgary	43:00	1:45:05	1:00:29
10	3:48:32	18	Kimberlie MANUEL	Vancouver	34:41	1:56:50	1:17:02

Women 40-44

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:30:11	448	Erica STACHESEN	Winnipeg	26:27	1:18:54	44:51
2	2:51:08	60	Lynne MARKHAM	Winnipeg	32:26	1:31:04	47:40
3	2:52:51	87	Lesley BALL	Winnipeg	25:31	1:32:10	55:11
4	2:54:31	410	Dawn Marie HUCK	Winnipeg	32:56	1:28:05	53:30
5	3:01:21	43	Michaela FRANCE	Huddersfi	31:31	1:41:48	48:03
6	3:07:00	362	Tiffany LEMAIRE	Brandon	40:48	1:33:41	52:32
7	3:24:54	5	Elaine ROSS	Winnipeg	53:20	1:36:19	55:17
8	3:38:51	27	Marianne BOYCHUK	Regina	45:34	1:46:01	1:07:16
9	3:47:16	38	Angelique LINGE	Calgary	59:32	1:53:17	54:28

Women 45-49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:46:10	393	Lisa GRAVELLE	Lumsden	32:35	1:27:36	46:00
2	3:07:26	49	Linda WHITFIELD	Winnipeg	38:06	1:40:33	48:48
3	3:08:10	36	Astrid DE BRUYN	Winnipeg	34:46	1:36:43	56:42
4	3:13:34	406	Maureen KRAUSS	Winnipeg	45:44	1:38:59	48:51
5	3:25:57	3	Kathleen PAROBEC	Beausejou	39:18	1:44:16	1:02:24

Women 50-55

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	2:55:49	69	Kate OKANY	Winnipeg	31:01	1:37:32	47:16
2	3:17:15	64	Jan HAWKINS	Winnipeg	37:15	1:44:18	55:42
3	3:26:53	41	Kim BOOTH	Brandon	43:27	1:39:20	1:04:07

Women 55-59

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	3:34:40	2	Carol WESTDAL	Vancouver	37:12	1:54:14	1:03:15

Olympic Tri Relay Teams

Place	Time	Bib #	Team Name	City	Swim	Bike	Run
1	2:22:35	381	ROCK YOUR SOCKS	Winnipeg	22:25	1:20:43	39:28
2	2:44:59	119	THE DIEHARDS	Winnipeg	28:40	1:24:16	52:03
3	2:51:49	376	RED HOT PEPPERS	Winnipeg			45:40
4	2:53:02	120	TRI 2 K	Steinbach	35:03	1:23:40	54:20
5	3:05:21	378	TEAM HARLEY	Neepawa	36:36	1:34:10	54:36
6	3:14:57	117	JUNK	Brandon	47:17	1:21:45	1:05:55
7	3:27:40	118	STRATH GALS	Strathclair	38:03	1:52:12	57:26
8	3:37:22	377	TEMPUS FUGIT	Winnipeg	41:58	2:01:53	53:32

## Sprint Triathlon -- 750m swim + 20K bike + 5K run

### Men 19 & Under

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:05:47	178	Riley UNGER	Winnipeg	12:05	35:20	18:22
2	1:08:25	154	Patrick NAYLOR	Winnipeg	13:31	36:58	17:58
3	1:09:59	389	Trevor PENNER	St. Clements	13:07	37:34	19:18
4	1:10:16	215	Mark OKANY	Winnipeg	12:15	38:32	19:30
5	1:10:18	249	Garrett LINDQUIST	Dryden	13:29	37:46	19:03
6	1:17:07	195	Brendan BROOKS	Winnipeg	13:11	42:09	21:48
7	1:24:27	413	Andrew CORDINGLEY	Winnipeg	19:22	42:45	22:22
8	1:28:43	241	Callum DUNCAN	Medicine Hat	14:37	48:47	25:20
9	1:30:33	149	Andrew PROVEN	Winnipeg	15:12	51:24	23:58

### Men 20 - 29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:18:24	245	Braeden TAYLOR	St. Andrews	11:43	41:44	24:58
2	1:18:24	246	Casey GERGELY	Winnipeg	11:41	42:03	24:41
3	1:20:45	148	Daniel VINCENT	Winnipeg	17:21	40:23	23:01
4	1:23:04	439	Michael VAND DE VELDE	Steinbach	17:23	43:05	22:37
5	1:24:58	267	Dane CROWLEY	Winnipeg	19:57	42:52	22:10
6	1:27:39	189	Steven REDL	Brandon	16:51	49:09	21:40
7	1:31:38	167	Jeff HUNTER	Winnipeg	18:58	46:20	26:21
8	1:32:25	356	Thomas BENSON	Winnipeg	25:28	43:51	23:07
9	1:33:25	214	Mathew TRIPPLE	Edmonton	23:17	48:31	21:39
10	1:33:33	225	Alex RYBACK	Saskatoon	22:03	46:40	24:50
11	1:33:59	185	Adam RAC	Winnipeg	19:35	49:45	24:40
12	1:36:40	257	Jeffrey VAN ROSMALEN	Winnipeg	25:34	51:00	20:07
13	1:37:15	203	Shea STRATTON	Winnipeg	24:49	49:40	22:46
14	1:38:21	216	Steve MCKIM	Winnipeg	24:38	45:44	28:00
15	1:44:58	191	Matthew FROESE	Winnipeg	23:25	51:53	29:41
16	1:45:35	150	James DYSON	Winnipeg	16:46	57:59	30:51
17	3:00:22	279	Steve LANGSTON	Onanole	38:45	1:28:33	53:05
18		407	Jules VAN DE VELDE	Winnipeg	18:17		

### Men 30 - 39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
=====	=====	=====	=====	=====	=====	=====	=====
1	1:10:24	252	Dave LIPCHEN	East St Paul	14:24	36:55	19:06
2	1:13:37	131	Sebastien MARCOUX	Onanole	16:11	38:32	18:55
3	1:19:16	162	Shane MACDONALD	Thompson	17:23	41:00	20:54
4	1:19:37	145	Justin REMPEL	Winnipeg	16:28	42:20	20:50
5	1:23:45	174	Jason ALSTON	Brandon	17:46	43:25	22:34
6	1:25:17	424	Sean LEPPER	Brandon	16:18	44:26	24:34

Men 30 - 39 - Continued

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
7	1:25:51	210	Rainer SCHIRA	Brandon		19:47	42:26 23:39
8	1:27:00	142	Curtis NICHOL	Winnipeg		17:48	46:53 22:20
9	1:27:10	159	Richard DUPUIS	Minnedosa		20:55	41:03 25:13
10	1:27:53	23	Dustin BOROTSIK	Calgary		17:11	47:58 22:45
11	1:28:33	223	Paul MUTCH	Winnipeg		20:26	45:56 22:12
12	1:28:38	171	Brant HARVEY	Winnipeg		17:39	45:05 25:56
13	1:29:34	208	Mark PHINNEY	Brandon		20:26	43:47 25:23
14	1:30:23	266	Chris SCHRADER	Winnipeg		23:18	46:04 21:02
15	1:30:23	193	Wyatt WOYCIK	Regina		18:34	48:17 23:33
16	1:32:00	140	Brent KYLE	Brandon		17:59	48:49 25:13
17	1:32:58	211	Andrew SMITH	Winnipeg		22:25	47:25 23:09
18	1:34:15	226	Corrado D'ANTONIO	Winnipeg		20:22	48:40 25:14
19	1:34:45	425	Elliot CAMERON	Winnipeg		23:23	47:11 24:12
20	1:37:21	172	Daryl PERRY	Winnipeg		17:44	54:05 25:34
21	1:38:26	240	John TROKE	Kelowna		25:40	49:35 23:12
22	1:38:33	350	David VAN HEYST	Winnipeg		23:09	48:15 27:09
23	1:38:40	408	Jayson LAPLANTE	Stonewall		26:44	50:04 21:53
24	1:40:54	166	Trevor FINCH	Winnipeg		23:33	47:57 29:25
25	1:41:56	219	Josh KUSIAK	Winnipeg		24:34	50:48 26:35
26	1:42:52	422	Scott MCCREA	Winnipeg		24:43	48:53 29:16
27	1:45:09	351	Jason CURTIS	Brandon		23:23	57:02 24:45
28	1:45:37	260	Derek ENO	Winnipeg		24:12	53:46 27:39
29	1:50:49	179	Joe OLAFSON	Winnipeg		22:00	55:21 33:30
30	1:54:14	224	Ben NEUFELD	Winnipeg		26:21	56:14 31:40
31	1:54:55	141	Jeremi KORPUSIK	Norquay		21:24	1:07:15 26:17

Men 40 - 49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:13:01	277	Marc FOURNIER	Winnipeg		13:54	38:28 20:39
2	1:16:31	251	Kirk DRAPER	Calgary		14:25	37:21 24:45
3	1:18:53	153	Tom NAYLOR	Winnipeg		15:39	42:53 20:22
4	1:18:58	430	Marty ROY	Wasgaming		18:38	38:49 21:32
5	1:24:05	175	Travis JENSEN	Winnipeg		18:43	43:33 21:50
6	1:24:16	194	Jeff BROOKS	Winnipeg		17:03	41:10 26:03
7	1:24:53	397	Mike STEEVES	Brandon		18:15	42:31 24:08
8	1:26:04	217	Richard ROGASKY	Winnipeg		19:18	43:21 23:27
9	1:29:14	271	John FERG	Portage		19:06	43:38 26:31
10	1:29:37	136	Darren REIMER	Steinbach		20:23	43:53 25:22
11	1:31:58	228	Ian MOGILEVSKY	Winnipeg		23:11	44:01 24:46
12	1:32:28	349	Robert DUNCAN	Headingley		22:37	45:39 24:13
13	1:33:02	180	David MARKHAM	Winnipeg		19:23	46:02 27:38
14	1:33:50	229	Brian BROWN	Winnipeg		19:02	48:06 26:42
15	1:34:16	199	James REIMER	Winnipeg		21:45	47:16 25:16

Men 40 - 49- Continued

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
16	1:36:42	400	Thaner CHARTRAND	Winnipeg		24:37	48:50 23:15
17	1:37:04	427	Kevin HUTCHINSON	Oakbank		19:31	49:55 27:39
18	1:38:03	443	Greg WELLS	Winnipeg		20:34	50:49 26:41
19	1:38:56	391	Jeff MALFAIT	Minnedosa		18:02	55:22 25:33
20	1:39:40	37	Mark ADAMKOWICZ	Winnipeg		19:10	52:01 28:30
21	1:45:06	187	Kelly BECKMAN	Stony Mountan		28:49	51:12 25:07
22	2:05:26	272	Chris OSCAR	Kindersley		24:55	

Men 50 - 59

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:11:33	268	Kevin SUTTON	Saskatoon	14:35	37:30	19:28
2	1:16:14	375	Jim SIMM	Winnipeg	17:07	39:03	20:05
3	1:25:10	233	Doug ROBINSON	Anola	15:26	46:05	23:41
4	1:30:08	177	Grant UNGER	Winnipeg	20:04	42:58	27:07
5	1:40:46	165	Robert CROWLEY	Winnipeg	22:17	52:24	26:06
6	1:46:32	259	Perry ROQUE	Brandon	22:45	58:26	25:22
7	1:51:34	158	Lyle RANCE	Sperling	26:28	56:08	29:00
8	2:04:27	261	Leo SAVOIE	Winnipeg	25:22	58:04	41:02

Men 60+ - No Competitors

Women 19 & Under

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:22:43	366	Terri-Lynn MACK	Flin Flon	14:14	44:04	24:26
2	1:27:30	432	Nikki BELL	La Salle	16:38	48:53	22:00
3	1:36:59	263	Alana MACDOUGALL	Winnipeg	18:23	50:30	28:08
4	1:41:54	243	Niri POLLOCK	Winnipeg	17:03	55:06	29:46

Women 20 - 29

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:08:54	368	Sarah-Anne BRAULT	Winnipeg	11:59	38:28	18:28
2	1:20:38	275	Erin SCHINKEL	Winnipeg	14:02	43:28	23:09
3	1:22:40	227	Nicole MULDER	Winnipeg	18:07	44:12	20:22
4	1:34:09	253	Karen RAWLINGS	Glenboro	18:11	50:42	25:17
5	1:34:15	190	Naomi REDL	Brandon	18:02	50:21	25:52
6	1:35:31	205	Rhela MANZ	Regina	22:09	48:19	25:03
7	1:35:43	231	Karrie GEROW	Souris	18:08	52:17	25:19
8	1:36:04	264	Bernadine CHEGUIS	Winnipeg	17:43	50:24	27:58
9	1:36:17	24	April CAMERON	Calgary	19:07	50:52	26:19
10	1:37:09	248	Laura FRASER	Winnipeg	14:20	55:57	26:53
11	1:38:06	147	Melanie ELLIOTT	Regina	18:39	51:09	28:19



Women 20 - 29 - Continued

Place	Total	Bib #	Competitor	City	Swim	Bike	Run	
12	1:38:36	364	Erin RAFFERTY	Niverville		18:44	50:42	29:11
13	1:39:05	230	Kira GEROW	Calgary		19:12	52:48	27:06
14	1:39:16	437	Alana GRIMOLFSO	Winnipeg		23:22	49:53	26:02
15	1:42:35	161	Alanna SIMPSON	Brandon		20:21	55:02	27:13
16	1:44:21	146	Natalie TRUDEAU	Winnipeg		23:52	51:27	29:02
17	1:44:54	132	Kellyn JOHNSTON	Regina		23:15	56:01	25:39
18	1:46:58	181	Kendelle FAWCETT	Brandon		21:28	58:54	26:38
19	1:51:10	160	Allison STENE	Saskatoon		22:58	57:06	31:07
20	1:51:42	428	Naomi BARR	Oakville		19:11	58:34	33:57
21	1:57:59	207	Kate WILLIAMSON	Winniprg		22:54	58:26	36:40
22	2:12:10	256	Alaina EDWARDS	Winnipeg		32:42	1:05:03	34:25
23	2:16:19	169	Merry LANG	Winnipeg		23:31	1:14:30	38:19
24	2:43:52	198	Randi THOMAS	Brandon		28:19	1:33:49	41:45

Women 30 - 39

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:27:22	188	Christa RUSK	Winnipeg	18:17	44:15	24:51
2	1:28:27	164	Kerri HYSUICK	Regina	17:21	47:58	23:09
3	1:32:09	168	Loretta KULCHYCKI	Winnipeg	19:10	48:00	25:00
4	1:32:49	192	Sherri CLIFFORD	Dauphin	20:09	46:02	26:39
5	1:32:49	441	Kimberly ENNS	Winnipeg	17:35	51:45	23:31
6	1:33:34	423	Tobi BACON	Brandon	17:26	47:26	28:43
7	1:34:35	176	Lauren MACMILLAN	Lorette	23:04	47:10	24:22
8	1:35:15	358	Susanne BOYD	Winnipeg	20:42	48:26	26:07
9	1:36:18	255	Krista MOFFATT	Neepawa	21:48	49:17	25:14
10	1:39:19	202	Jenny KRENTZ	Thompson	19:22	52:35	27:23
11	1:39:59	123	Maegen PEKAR	Regina	17:56	53:50	28:14
12	1:40:06	384	Cathy CORTVRIENDT	Winnipeg	19:20	49:39	31:07
13	1:40:39	204	Allison REVILLE	Brandon	17:49	53:23	29:29
14	1:41:02	209	Sarah SCHIRA	Brandon	21:34	53:21	26:09
15	1:41:35	370	Allison SINKINS	Dauphin	22:00	53:28	26:09
16	1:41:35	274	Ginny CHURCH	Brandon	21:51	53:12	26:33
17	1:42:33	133	Carla EMOND	Winnipeg	20:01	53:38	28:54
18	1:42:53	143	Christina NICHOL	Winnipeg	22:04	52:47	28:03
19	1:43:02	247	Lisa-Marie BUCCINI	Winnipeg	19:08	53:16	30:38
20	1:43:15	235	Sandra MUTCH	Winnipeg	22:01	56:10	25:05
21	1:43:54	125	Teri BRACKEN	Yorkton	20:00	54:53	29:02
22	1:44:17	239	Heather JANZEN	Morden	21:19	52:02	30:58
23	1:46:33	238	Carie WIEBE	Reinfeld	22:05	52:20	32:09
24	1:49:55	236	Cindie DUNN	Brandon	23:33	57:17	29:06
25	1:50:44	144	Kathy GRIFFITHS	Winnipeg	21:30	56:17	32:58
26	1:51:15	265	Lisa VAN LOON	Saskatoon	21:56	1:01:03	28:18
27	1:55:27	121	Jennifer MARCHAND	Yorkton	20:03	1:01:57	33:28

Women 30 - 39 - Continued

Place	Total	Bib #	Competitor	City	Swim	Bike	Run	
28	1:56:59	163	Rachelle MACDONALD	Thompson		26:29	58:45	31:46
29	1:57:12	170	Heidi THIESEN	Winnipeg		23:57	59:10	34:05
30	1:57:48	129	Ranee LEDUC	Regina		22:00	1:06:23	29:26
31	2:00:13	184	Tara OLAFSON	Winnipeg		23:25	1:03:02	33:48
32	2:10:28	128	Nicole KORPUSIK	Regina		25:48	1:14:37	30:04
33	2:12:15	352	Christine CURTIS	Brandon		36:09	1:01:11	34:57
34		130	Cori JOHNSTON	Regina				

Women 40 - 49

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:22:02	276	Cherrie FOURNIER	Winnipeg	16:07	42:51	23:04
2	1:25:26	269	Sarah ROBBINS	Saskatoon	19:07	42:28	23:52
3	1:25:35	237	Esther MACKINLAY	Winnipeg	16:19	44:05	25:12
4	1:26:16	234	Ruth HORNE	Winnipeg	12:15	50:02	24:00
5	1:32:33	383	Dawn GHEYSEN	Indian Head	17:23	49:42	25:29
6	1:33:58	398	Leah GROVE	Winnipeg	16:54	49:36	27:29
7	1:38:26	369	Cynthia MENZIES-SABISTO	Winnipeg	18:21	53:44	26:22
8	1:38:37	220	Michele HACZKEWICZ	Yorkton	19:51	52:04	26:43
9	1:38:55	124	Laurie NEWTON	Glenboro	24:21	45:55	28:41
10	1:40:40	200	Kerri HAYHURST	Neepawa	23:38	49:28	27:36
11	1:43:07	134	Sue DAVIDSON	PortagelaPra	19:53	54:23	28:52
12	1:45:43	213	Melody OLSON	Regina	23:30	55:20	26:54
13	1:50:22	182	April GOBERT	Winnipeg	23:13	57:32	29:38
14	1:55:00	273	Colleen OSCAR-SWAN	Kindersley	22:14	1:02:40	30:08
15	1:58:32	206	Elizabeth GEBAUER	Brandon	24:45	1:01:04	32:43
16	2:00:27	386	Ayn WILCOX	Winnipeg	25:01	1:03:35	31:53
17	2:01:56	221	Jennifer DOERKSEN	Winnipeg	23:20	1:00:22	38:15
18	2:02:30	139	Angie GIESBRECHT	Winnipeg	31:16	54:37	36:39
19	2:02:36	361	Shelley KYLE	Minto	29:39	1:01:19	31:38
20	2:04:20	155	Lisa ZARETZKY	Morden	24:09	1:05:44	34:27
21	2:12:06	258	Tara GILL	Winnipeg	25:28	1:07:42	38:56
22	2:13:45	173	Marina OLEARY	Winnipeg	30:46	1:03:48	39:12
23	2:18:55	254	Dina ARSENAULT	Winnipeg	32:36	1:04:06	42:13

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Women 50 - 59

Place	Total	Bib #	Competitor	City	Swim	Bike	Run
1	1:38:27	367	Kim BURNETT	Winnipeg	18:43	53:26	26:20
2	1:49:54	186	Nicole MERCIER	Winnipeg	21:23	59:46	28:46
3	1:51:45	183	Eileen PEDERSEN	Winnipeg	26:21	55:32	29:53
4	1:52:54	232	Carol GEROW	Souris	23:55	56:29	32:31
5	1:58:22	156	Jane WEITZEL	Winnipeg	20:19	59:21	38:43
6	2:00:33	138	Guinea DE HAAN-WARD	Winnipeg	25:43	1:00:37	34:15



Female Try-A-Tri - Continued

Place	Time	Bib #	Name	City	Swim	Bike	Run
8	47:59	337	Laura POWER	Winnipeg		6:52	35:02 6:06
9	59:23	327	Kara ROWAN	Regina		8:27	32:52 18:04
10	1:05:05	395	Lauren DOUPE	Yorkton		5:59	35:19 23:48
11	1:06:04	330	Marie GLEDHILL	Winnipeg		10:34	35:58 19:33
12	1:06:05	329	Stephanie STAPLES	Winnipeg		10:32	35:59 19:34
13	1:06:27	333	Krystal LECKIE	Brandon		10:27	39:07 16:55
14	1:07:55	340	Sharla BOYCHUK	Russell		8:31	35:19 24:06
15	1:08:00	338	Kristin REYNOLDS	Winnipeg		9:38	32:52 25:31
16	1:09:02	420	Heidi ADAMKO	Winnipeg		10:42	35:50 22:30
17	1:09:03	421	Sonia BROWN	Shilo		10:01	35:14 23:49
18	1:11:29	445	Heike EIDSE	Winnipeg		10:50	39:29 21:11
19	1:12:20	343	Heather RYBACK	Saskatoon		9:16	34:30 28:35
20	1:12:28	336	Joy EIDSE	Winnipeg		11:35	39:11 21:44
21	1:12:41	412	Frances BERARD	NotreDamedeL		9:01	34:57 28:44
22	1:13:17	348	Trina ZWARICH	London UK		9:10	33:46 30:22
23	1:13:23	341	Lorelle PERRY	Winnipeg		9:12	35:29 28:44
24	1:13:35	334	Leanne RANDALL	Brandon		10:07	34:55 28:34
25	1:14:03	331	Stephanie DORNN	Brandon		8:07	35:51 30:05
26	1:14:03	332	Tilda FORTIER	Brandon		9:04	35:46 29:14
27	1:15:43	326	Mary MYHRE	Dauphin		9:00	34:39 32:05
28	1:17:14	353	V. Roxanne DYCK	Brandon		10:20	33:16 33:40
29	1:22:30	328	Janet PETERS	Winnipeg		9:29	38:49 34:13
30	1:24:37	433	Donna BELL	Las Salle		7:50	52:18 24:30
31	1:24:38	431	Deb PFRIMMOR	La Salle		7:50	52:18 24:30
32	1:27:22	347	Laura VAN LOON	Saskatoon		12:01	54:11 21:10
33	1:52:49	355	Tania JAWORSKI	Winnipeg		9:39	

**Sprint Duathlon - 2.5K Run1 / 20K Bike / 5K Run2**

Men Duathlon

Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
1	1:10:27	135	Luke TURANICH	Emerald P	10:25	39:01	21:02
2	1:15:00	295	Jason POWERS	Brandon	10:26	43:57	20:38
3	1:15:09	297	Richard RUSK	Winnipeg	11:49	38:03	25:19
4	1:15:41	310	Kevin MILLER	Winnipeg	11:45	41:11	22:45
5	1:17:07	293	Tim SILVERSIDES	Brandon	11:36	42:19	23:14
6	1:17:59	318	Steve DESJARDINS	Birtle	11:23	43:58	22:39
7	1:18:06	319	Fraser CAMERON	Winnipeg	10:36	45:11	22:20
8	1:21:55	291	Jarrett SASS	Winnipeg	12:11	45:04	24:40
9	1:22:10	292	Murray GURSKI	Regina	11:31	46:52	23:48
10	1:23:17	390	Ryan RATUSHNIAK	Winnipeg	11:46	47:03	24:29
11	1:23:40	307	Troy THOMSON	Brandon	11:50	46:59	24:52
12	1:23:50	322	John GRAY	Winnipeg	12:14	46:44	24:52

Men Duathlon - Continued

Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
13	1:27:39	415	Victor MUI	Winnipeg		12:04	50:01 25:35
14	1:30:54	242	Trevor HALLSON	Brandon		13:32	47:56 29:27
15	1:31:52	303	Bob HYRA	Brandon		12:53	48:47 30:13
16	1:33:11	300	Josh DILLABOUGH	Brandon		12:06	51:34 29:32
17	1:33:38	306	James GOYMER	Brandon		12:41	52:13 28:44
18	1:45:30	288	Eric HILDEBRANDT	Brandon		14:52	56:54 33:45
19	1:57:29	301	Kurt PENNER	Winnipeg		15:18	1:05:28 36:43

Women Duathlon

Place	Total	Bib #	Competitor	City	Run1	Bike	Run2
1	1:22:16	308	Christel LECLAIR	Winnipeg	12:23	44:37	25:16
2	1:25:05	298	MissViv HORNE	Winnipeg	12:58	46:15	25:53
3	1:25:38	429	Allison MANNING	Brandon	11:38	50:55	23:06
4	1:25:43	305	Sherrill-Lee HYRA	Brandon	12:32	47:44	25:28
5	1:28:22	299	Claudia SMITH	Winnipeg	13:32	46:44	28:07
6	1:29:06	290	Sara SASS	Winnipeg	13:14	49:23	26:31
7	1:29:07	304	Patricia CAETANO	Winnipeg	13:06	49:34	26:27
8	1:29:34	320	Sara MACARTHUR	Winnipeg	12:40	50:47	26:08
9	1:31:33	360	Colleen CRIDLAND	Calgary	13:12	50:11	28:11
10	1:31:41	316	Tracy LIDSTER	Brandon	12:44	52:16	26:41
11	1:32:32	294	Lesley BETCHER	Swan Rive	13:13	53:06	26:14
12	1:34:38	446	Lexi MACARTHUR	Calgary	12:40	54:04	27:54
13	1:34:55	311	Anita MILLER	Winnipeg	13:24	54:51	26:40
14	1:36:21	309	April POPPLE	Brandon	14:29	53:11	28:42
15	1:36:29	312	Lisa DEMOND	Brandon	12:22	58:01	26:07
16	1:38:30	313	Evelyn MCKIM	Brandon	13:26	57:23	27:42
17	1:39:11	317	Melanie POWERS	Brandon	14:33	54:09	30:31
18	1:39:15	385	Nichole GROBOWSKY	Winnipeg	14:23	53:20	31:32
19	1:40:43	417	Darlene TWERDOCHLIB	Brandon	13:22	1:01:22	26:00
20	1:41:35	289	Karen KORNIK	Dauphin	14:30	56:28	30:39
21	1:43:36	440	Mary BARANYK	East Sain	16:10	53:25	34:02
22	1:47:55	323	Sherie GRAY	Winnipeg	15:35	59:52	32:29
23	1:55:58	404	Sherry DE RUYCK	Gilbert P	15:27	1:05:42	34:50
24	2:26:42	321	Diane FORREST	Killarney	21:00	1:20:42	45:01

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- **Tri MB: Darren Hemeryck, and officials: Jan Watters (Head), Kathy Deley, Liz Fritsch, Dave Bell**
- [Friends of Riding Mountain National Park](#) for their support and help over the weekend
- **Warren Cook and Dan Dechka who's hard work created a great transition zone!**
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- **Sparrow's Bakery for being so talented**
- **The Crowstons - Ellis, Deb, Kyle and Gage for their passion for this Park and this sport**
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